

## An Online Certificate Course on Mental Health

(An initiative by Department of Psychiatric Nursing under MEET LGBRIMH)

### CURRICULUM

#### Course Overview

This course on “**Mental Illness in Primary Care For Nurses**” is an online certificate program designed to help the nurses to deal with the patients having mental illnesses. The course is prepared with the aim to strengthen the existing manpower in the health system and utilize the knowledge in mental health care as well. This short term basic course may be availed by the basic nursing trainees which will help them to develop their knowledge and skill to provide psychiatric nursing care in their workplace in future.

#### Course Objectives

1. Identify the person with mental illness
2. Make proper referral for identifying person with mental illness
3. Provide Psycho-education to the person with mental illness and their family
4. Create awareness in the community about the mental health problems
5. Counsel about the treatment and adherence
6. Identify the possible side-effects of prescribed medicines and provide its management.

#### Training Method

This is a blended training program which combines both Synchronous and Asynchronous learning methods. Total duration of the course is for 8 weeks, comprising of 5 modules. The approximate time to complete the course is about 8 hours of online interaction (2 hours every fortnight) and 16 hours of self- paced e-learning content. Assignments would be provided during the course duration. Self-paced e-learning materials, assignments, audio video lectures, articles, guidelines and discussion forums will be provided using **Google Classroom**. Multipoint Videoconference via **Zoom** (free download) will be



# MENTAL ILLNESS IN PRIMARY CARE FOR NURSES

conducted every fortnight using digital device, such as laptop, smartphone, desktop PC etc. for clarification of doubts, question answers & didactic lectures. Participation in the course would be monitored by Learning Management System.

## Eligibility Criteria

- Trainees pursuing B.Sc Nursing courses / GNM
- Any Registered Nurse / Midwife other than DPN or M.Sc N (Psy.Nsg) Degree

## Number of Participants

A single batch will comprise of not more than 30 participants.

## Tentative Schedule of Topics

Week	1	2	3	4	5	6	7	8
Module	Intro to Mental illness							
1								
2		Signs and symptoms of Mental illness						
3			Approaching a client with mental illness					
4				Psychiatric Disorders				
5								Treatment of Mental Disorder and Nursing Care



# MENTAL ILLNESS IN PRIMARY CARE FOR NURSES

Topics for Learning				
Modes	e-text Material	Video Lectures	Audio Podcast	Live Interactive sessions
Modules				
<b>1</b> Introduction to Mental Illness	Mental health & Mental illness		Concept of Normalcy	<ul style="list-style-type: none"> <li>• Myths &amp; Misconception of Mental illness</li> <li>• Clarification of Doubts</li> </ul>
<b>2</b> Signs and symptoms of Mental illness	2.1ET- Signs and symptoms of Mental illness 2. 2ET- Common terminology	Psychopathology	Formal Thought Disorders	_____
<b>3</b> Approach & Assessment of a client with mental illness	Mental Health Assessment	Mental Status Examination	Approaching a client & family with mental illness	<ul style="list-style-type: none"> <li>• Preparing therapeutic environment Q&amp;A</li> </ul>
<b>4</b> Psychiatric Disorders	4.1ET- Classification of Mental Disorders 4.2ET- Substance Use Disorders	VL- Schizophrenia VL- Childhood disorders	AL-Mood Disorders AL- Organic Brain Disorders	<ul style="list-style-type: none"> <li>• Neurotic Disorders</li> <li>• Q&amp;A</li> </ul>
<b>5</b> Treatment of Mental Disorder and Nursing Care	ET-Treatment modalities for Mental illness ET- Psychosocial therapies ET- Caring of Patient with mental illness in community	VL- Identification of S/E of psychotropic medications VL- Management of S/E of Psychotropic Medication	5.1 AL- Classification of psychotropic Medication 5.2 AL- Electro Convulsive Therapy Care	<ul style="list-style-type: none"> <li>• Live interaction</li> <li>• Q&amp;A</li> </ul>
<b>FINAL ASSIGNMENT</b>				



## Course Completion Criteria

The following criteria are to be fulfilled to be eligible for the award of Certificate

More than 60% completion of Assignments  
(calculated by the Learning Management System)

+

Participation of 50% or more in Video conference based discussion  
(as measured by the software)

+

A score of  $\geq 50\%$  in the FINAL ASSIGNMENT

Assignments would be in the form of Multiple choice questions, descriptive questions, based on clinically relevant case scenarios, case vignettes, management oriented.

**Certificate will be awarded only to Course Completers. No certificate for Participation.**

**Course Fee: NIL**

## Team

Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry  
Course Co-Ordinator: Dr. Nurnahar Ahmed, Asst. Professor, Psychiatry Nursing  
Mr. Sandeep Kollipara, Nursing Tutor, Psychiatric Nursing

