

Course Title	Mental Health Nursing and Counseling				
Course Code	NURS401				
Course Type	Compulsory				
Level	Bachelor (1st Cycle)				
Year / Semester	4 th / Fall				
Instructor's Name	Dr. Alexandros Argyriadis				
ECTS	6	Lectures / week	3 + 1*	Clinical Teaching/ week	5
Course Objectives	The purpose of the course is to provide students with knowledge of the principles, theories, techniques and methodologies of the field of mental health nursing and counselling. More specifically, it introduces students to the mental health nursing profession and connects theory to practice; giving students the opportunity to learn how can a nurse contribute to the psychiatric needs of patients.				
Learning Outcomes	<p>After the completion of the course, students are expected to</p> <ul style="list-style-type: none"> - Describe concepts, basic definitions and fundamental principles of mental health nursing and the criteria for diagnosis of mental health and mental disease. - Analyze the elements of the therapeutic environment and understand (comprehend) the important role of family in creating therapeutic environment - Identify the clinical types of schizophrenia and the purpose of nursing care of the patient with schizophrenia - Define the factors that cause emotional stress and identify the purpose of mental health nursing care of the patient with depression - Describe the nursing responsibilities when administering antidepressants and provide appropriate nursing care to the patient subjected to electroconvulsive therapy. - Describe the priorities of nursing care of patients with mania and know the principles of communication with the manic patient - Define the basic principles of alternative therapies applied for maintaining and promoting mental health - Identify the role of counselling in maintaining and promoting mental health 				
Prerequisites	None	Required	None		
Course Content	- General information: on Mental health - Mental illness. Criteria for assessing mental health and mental illness. Fundamentals of Psychiatric nursing. Primary, secondary and tertiary prevention in				

	<p>mental health. Therapeutic patient environment. New scientific developments in psychiatry.</p> <ul style="list-style-type: none"> - Communication: Communication methods with mentally ill and neurological patients - Mental functions: Classification of mental illness - Personality disorders. Individualized nursing care in psychosis. - Nursing assessment, accountability and intervention in patients with: schizophrenia, Mania – Depression, suicidal thoughts / Addictions, anxiety, diseases in general on the nervous system, multiple sclerosis, myasthenia and - Parkinson Disease, bulimia nervosa – Bulimia, Alzheimer / mental problems of the elderly, autism-- Epilepsy - Medication: Nursing responsibilities in the medication of the mentally ill - Electroconvulsive Therapy: The role of nurse - Individualized nursing care in: neuroses - Nursing Ethics in Mental Health - Nursing care of patients in psychiatric clinics. - Alternative therapies and counseling to maintaining and promoting mental health. - Community Psychiatric Nursing. - Counseling: Rating Counseling needs of individuals and groups, Counseling process and methods used, Planning a Counseling Session, Choice of subject, Setting objectives, Determination of content, Ensuring confidentiality, Designing assessment tools, Plan, implement and evaluate a counseling session <p>Clinical Teaching: Students under the guidance of clinical instructors' practice in nursing procedures related to the course content and provide individualized nursing care <i>in Mental Health departments</i> according to the Clinical Education Guide.</p>
Teaching Methodology	<p>Theory</p> <p>The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals are also used to follow the latest developments related to the subject of the course.</p> <p>Tutoring*</p> <p>Students will also have the opportunity during the tutoring exercises to understand and consolidate the theoretical part of the course.</p> <p>Clinical Teaching</p> <p>In clinical teaching, the method of demonstration and guided and supervised by the clinical instructors is used to implement various nursing operations / procedures and application of personalized nursing care.</p>

Bibliography	<p><u>Textbooks:</u></p> <p>Jones, J. S., & Beauvais, A. M. (2022). <i>Psychiatric mental health nursing: An interpersonal approach</i>. Jones & Bartlett Learning.</p> <p>Smith, G. (2017). <i>Νοσηλευτική Ψυχικής Υγείας με μια ματιά</i> (1η Εκδ.). Εκδ. Παρισιάνου (In Greek)</p> <p><u>References:</u></p> <p>Bowling, M. (2021). <i>Psychiatric Mental Health Nursing Study Guide - PMHN Practitioner Exam Review Secrets, Full-Length Practice Test, Detailed Answer Explanations: [3rd Edition]</i>. Mometrix Media LLC.</p> <p>Hurley, J., Lakeman, R., Linsley, P., Ramsay, M., & Mckenna Lawson, S. (2022). Utilizing the mental health nursing workforce: A scoping review of mental health nursing clinical roles and identities. <i>International Journal of Mental Health Nursing</i>.</p> <p>Kaskoun, J., & McCabe, E. (2022). Perceptions of school nurses in addressing student mental health concerns: An integrative review. <i>The Journal of School Nursing</i>, 38(1), 35-47.</p> <p>Macfarlane, J. (2022). Positive psychology pioneers: Professor Martin Seligman's power and potential to influence mental health nursing. <i>British Journal of Mental Health Nursing</i>, 11(1), 1-8.</p> <p>Argyriadis, A. (2015). <i>The Cultural Construction of the Psychopath</i>. Athens: Pedio Books.</p> <p><i>Through the services of the university library, access is provided to electronic repositories of scientific journals and articles, indicatively ProQuest, Cambridge University Press and Science Direct with thousands of scientific journals in the fields of health sciences.</i></p>
Assessment	<p>The evaluation of the course consists of continuous assessments (coursework: mid-term examination, clinical teaching evaluation, written assignment) and final examination.</p> <p>Midterm exam: 30%. The written mid-term exam consists of multiple-choice questions, short answer questions and open questions.</p> <p>Written assignment: 10%. Development of a nursing care plan according to the nursing process for a clinical case from clinical teaching / practice.</p> <p>Clinical Teaching assessment: 10%. It is applied by daily assessment of student performance when providing personalized nursing care to individuals, families and communities, in accordance with the course's clinical goals. (Absences of up to 15% are replenished, and beyond this percentage the student fails the entire course. Students must succeed an assessment of at least 50%, otherwise the student fails the entire course.)</p> <p>Final exam: 50%. The written final exam includes multiple-choice questions, short answers and open questions.</p>
Language	Greek / English



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