

Course unit title:	Mental Health Nursing and Counseling		
Course unit code:	NUR.402		
Type of course unit:	Compulsory		
Level of course unit:	Bachelor (1st Cycle)		
Year of study:	4		
Semester when the unit is delivered:	8 (Fall)		
Number of ECTS credits allocated :	5		
Name of lecturer(s):	Dr. Alexandros Argyriadis		
Learning outcomes of the course unit:	<ol style="list-style-type: none"> 1. Describe concepts, basic definitions and fundamental principles of mental health nursing and the criteria for diagnosis of mental health and mental disease. 2. Analyze the elements of the therapeutic environment and understand (comprehend) the important role of family in creating therapeutic environment 3. Identify the clinical types of schizophrenia and the purpose of nursing care of the patient with schizophrenia 4. Define the factors that cause emotional stress and identify the purpose of mental health nursing care of the patient with depression 5. Describe the nursing responsibilities when administering antidepressants and provide appropriate nursing care to the patient subjected to electroconvulsive therapy. 6. Describe the priorities of nursing care of patients with mania and know the principles of communication with the manic patient 7. Define the basic principles of alternative therapies applied for maintaining and promoting mental health 8. Identify the role of counselling in maintaining and promoting mental health 		
Mode of delivery:	Face-to-face		
Prerequisites:	-	Co-requisites:	
Recommended optional program components:	None		
Course contents:	<ul style="list-style-type: none"> • 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 mental health. Therapeutic patient environment. New scientific developments in psychiatry. • 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 		

	<ul style="list-style-type: none"> • 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
Textbooks:	<ul style="list-style-type: none"> • Argyriadis, A. (2015). <i>The Cultural Construction of Diversity. The example of the Psychopath.</i> Athens:Pedio. (in Greek).
References:	<ul style="list-style-type: none"> • HOGAN MARY-ANN, ΝΟΣΗΛΕΥΤΙΚΗ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ, ΑΝΑΣΚΟΠΗΣΕΙΣ ΚΑΙ ΑΙΤΙΟΛΟΓΗΣΕΙΣ , ΕΚΔΟΣΕΙΣ ΠΑΣΧΑΛΙΔΗΣ, 2012 ΚΑΡΑΝΙΚΟΛΑ Ν. Κ. ΜΑΡΙΑ, ΖΙΩΓΟΥ Ι. ΘΕΟΛΟΓΙΑ, ΝΤΑΦΟΓΙΑΝΝΗ ΧΡΥΣΟΥΛΑ • Eby, L., Brown, N. (2010). <i>Mental Health Nursing.</i> Athens: Medical Publications Lagos Dimitrios (in Greek).
Planned learning activities and teaching methods:	The course is delivered to the students by means of lectures, conducted with the help of computer-based presentations. Lecture notes and presentations are available through the web for students to use in combination with the textbooks.
Assessment methods and criteria:	<ul style="list-style-type: none"> • Assignment 20% • Test 30% • Final Exam 50%
Language of instruction:	Greek
Work placement(s):	No