

Course unit title:	Clinical Teaching 10 (Mental Health Nursing)		
Course unit code:	NUR 411		
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 :	1		
Name of lecturer(s):	Dr. Despina Sapountzi-Krepia Ioannis Dimitrakopoulos		
Learning outcomes of the course unit:	<ol style="list-style-type: none"> <li>1. Describe concepts, basic definitions and fundamental principles of mental health nursing and the criteria for diagnosis of mental health and mental disease.</li> <li>2. Analyze the elements of the therapeutic environment and understand (comprehend) the important role of family in creating therapeutic environment</li> <li>3. Identify the clinical types of schizophrenia and the purpose of nursing care of the patient with schizophrenia</li> <li>4. Define the factors that cause emotional stress and identify the purpose of mental health nursing care of the patient with depression</li> <li>5. Describe the nursing responsibilities when administering antidepressants and provide appropriate nursing care to the patient subjected to electroconvulsive therapy.</li> <li>6. Describe the priorities of nursing care of patients with mania and know the principles of communication with the manic patient</li> <li>7. Define the basic principles of alternative therapies applied for maintaining and promoting mental health</li> <li>8. Identify the role of counselling in maintaining and promoting mental health</li> </ol>		
Mode of delivery:	Face-to-face		
Prerequisites:	-	Co-requisites:	
Recommended optional program components:	None		
Course contents:	<p>During this course, students practice in nursing procedures and techniques learned in the course Mental Health Nursing and Counselling, such as:</p> <ul style="list-style-type: none"> <li>• Nursing care of patients in psychiatric clinics.</li> <li>• 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</li> <li>• Medication administration: Nursing responsibilities in the medication of the mentally ill.</li> <li>• Electroconvulsive Therapy: The role of nurse</li> <li>• Individualized nursing care to patients</li> <li>• Participation in therapy groups operations, alternative therapies and counseling to maintaining and promoting mental health.</li> <li>• Community Psychiatric Nursing.</li> <li>• 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</li> </ul>		
Recommended and/or required reading:			
Textbooks:	<ul style="list-style-type: none"> <li>• HOGAN MARY-ANN, ΝΟΣΗΛΕΥΤΙΚΗ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ, ΑΝΑΣΚΟΠΗΣΕΙΣ ΚΑΙ</li> </ul>		

	ΑΙΤΙΟΛΟΓΗΣΕΙΣ , ΕΚΔΟΣΕΙΣ ΠΑΣΧΑΛΙΔΗΣ, 2012 ΚΑΡΑΝΙΚΟΛΑ Ν. Κ. ΜΑΡΙΑ, ΖΙΩΓΟΥ Ι. ΘΕΟΛΟΓΙΑ, ΝΤΑΦΟΓΙΑΝΝΗ ΧΡΥΣΟΥΛΑ
References:	<ul style="list-style-type: none"> <li>• Eby Linda - Brown Nancy, <b>Mental Health Nursing</b>, Medical Publications Lagos Dimitrios,(in Modern Greek). 2010</li> <li>• A. Raya, <b>Mental Health Nursing - Psychiatric Nursing</b>, Athens, 4th Edition 2004</li> </ul>
Planned learning activities and teaching methods:	In clinical practice, demonstrations and supervised (by clinical instructors) nursing interventions applications are used.
Assessment methods and criteria:	<p>Continuous Assessment 100%</p> <p><i>(Presence is compulsory for all students, absences of up to 15% are replenished, and beyond this percentage the student fails the entire course. Students must succeed a continuous assessment of at least 50%, otherwise the student fails the entire course.)</i></p>
Language of instruction:	Greek
Work placement(s):	Yes