UAB
Universitat Autònoma de Barcelona

2022/2023

Nursing Care in Mental Health

Code: 106114
ECTS Credits: 6

Degree	Type	Year	Semester
2500891 Nursing	OB	3	1

Contact

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Use of Languages

Principal working language: catalan (cat)

Some groups entirely in English: No

Some groups entirely in Catalan: Yes

Some groups entirely in Spanish: No

Prerequisites

This subject does not have prerequisites but it is recommended to have taken the subjects:

- First year Communication and Tics

- First year Psychosocial Sciences

- Second year therapeutic communication

Objectives and Contextualisation

- Identify the continuum health - mental disorder.

- To know the main paradigms of understanding and treatment of people, groups, communities and families with mental health problems in Western culture.

- Assess the interrelationship between the biological, psychological, social and cultural components associated with mental health.

- To know the basic psychopathology that can occur throughout the life cycle of people, the required interdisciplinary treatment and the associated nursing care.

- Identify the role of the mental health nurse in the contexts of intervention of the public and private mental health network.

- Distinguish the therapeutic interventions (prevention, psychoeducational, psychotherapeutic and clinical follow-up) from the mental health nurse, both own and collaborative, to the individual, family, group and community according to current treatment devices.

- Analyze the ethical and legal framework involved in the practice of mental health nursing

Competences

- Design systems for curing aimed at people, families or groups and evaluate their impact, making any necessary changes.
- Develop critical thinking and reasoning and communicate ideas effectively, both in the mother tongue and in other languages.
- Develop independent learning strategies.
- Generate innovative and competitive proposals for research and professional activities.
- Offer technical and professional health care and that this adequate for the health needs of the person being attended, in accordance with the current state of scientific knowledge at any time and levels of quality and safety established under the applicable legal and deontological rules.
- Plan and carry out nursing care aimed at people, families and groups orientated to health results and evaluate the impact of them using clinical and care practice guides describing the processes for the diagnosis, treatment or cure of a health problem.
- Promote healthy life styles, self-treatment, giving support to the maintenance of preventative and therapeutic conducts.
- Protect the health and welfare of people or groups attended guaranteeing their safety.
- Respect diversity in ideas, people and situations.
- Students must be capable of collecting and interpreting relevant data (usually within their area of study) in order to make statements that reflect social, scientific or ethical relevant issues.
- Students must have and understand knowledge of an area of study built on the basis of general secondary education, and while it relies on some advanced textbooks it also includes some aspects coming from the forefront of its field of study.
- Use scientific methodology in interventions.

Learning Outcomes

1. Acquire and use the necessary instruments for developing a critical and reflective attitude.
2. Analyse the factors involved in the health and welfare of people, families and groups attended to and ensure their safety.
3. Analyse the problems, prejudices and discrimination in the short and long term in relation to certain people or groups.
4. Apply knowledge of physiopathology and factors affecting health in nursing care.
5. Critically analyse the principles and values that regulate the exercising of the nursing profession.
6. Describe interventions aimed at the readaptation to daily life using local support resources.
7. Develop skills for the application of the scientific method in nursing interventions.
8. Identify risk factors in the health-illness process on a physical, emotional, social and environmental level.
9. Identify strategies to prevent gender violence.
10. Identify the intersection between gender inequality and other types of inequality (age, class, race, ethnic group, sexuality and identity/expression, functional diversity, etc.)
11. Identify the most prevalent mental health problems, their clinical manifestations and influencing factors, as well as specific nursing care.
12. Identify the social, economic and environmental implications of academic and professional activities within the area of your own knowledge.
13. Justify nursing actions with physiopathological processes.
14. Students must be capable of collecting and interpreting relevant data (usually within their area of study) in order to make statements that reflect social, scientific or ethical relevant issues.
15. Students must have and understand knowledge of an area of study built on the basis of general secondary education, and while it relies on some advanced textbooks it also includes some aspects coming from the forefront of its field of study.

Content

MENTAL HEALTH NURSING: CONCEPTUAL AND METHODOLOGICAL BASIS.

- Current and past understanding paradigms of mental illness processes in Western culture.

- Classification systems in mental health nursing: medical taxonomy, nursing taxonomy.

- Conceptual models of mental health nursing.

- Peculiarities of the process of nursing care in mental health.

- Introduction to nursing intervention in public and private mental health care networks.

- Psychological, sociocultural and spiritual context in the attention to the problems of mental health.

CHILD - YOUTH MENTAL HEALTH. BASIC PSYCHOPATHOLOGY AND NURSING CARE.

- Developmental disorders: attention deficit hyperactivity disorder, autism.

- Anxiety disorders.

- Behavioral disorders.

- Personality disorders.

MENTAL HEALTH OF THE ADULT AND THE ELDERLY. BASIC PSYCHOPATHOLOGY AND NURSING CARE.

- Anxiety and obsessive-compulsive disorder.

- Eating disorders.

- Addictive disorders.

- Affective disorders.

- Psychotic disorders.

- Organic mental disorders in mental health.

- Personality disorders.

GENERALITIES OF THE TYPES OF NURSING INTERVENTION IN MENTAL HEALTH

ETHICAL AND LEGAL FRAMEWORK OF MENTAL HEALTH INTERVENTION

NEW HORIZONS IN MENTAL HEALTH

Methodology

The following training activities will be carried out:

- Theoretical classes: attendance is not mandatory but highly recommended to pass the final exam with guarantees.

- Seminars: Divided into 5 sessions, compulsory attendance. They promote mental health reflection and critical thinking.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			

Group reflexive practice	18	0.72	1, 5, 2, 3, 4, 6, 7, 8, 11, 9, 10, 12, 13, 15, 14
theoretical classes	32	1.28	1, 5, 2, 3, 4, 6, 7, 8, 11, 12, 13, 14
Type: Autonomous			
Personal study and academic work	92	3.68	14

Assessment

SEMINARS.

- Attendance at the Seminars is 100% mandatory. Otherwise, the student will not be able to take the exam. The evaluation of the Seminars (participation, attitude, critical and reflective thinking) will be individual and represents 20% of the final grade. Consult the seminar evaluation section. The seminars will also be evaluated with a personal reflection that represents 15% of the final grade. Consult the corresponding section.

EXAM (Written assessment with restricted questions).

- The evaluation of the exam supposes 50% of the final mark. This evaluation will be carried out by means of the written answer to 50 closed questions, of unique answer, on the subjects worked in the theoretical classes.

ELABORATION OF A WORK RELATED TO A FILM.

The reflective work of the film accounts for 15% of the final grade. This evaluation will be carried out by means of the specific rubric of evaluation of the written work (consult the guide of elaboration of the written work).

RECOVERY TEST

Students who have not passed the subject through continuous assessment, ie students who have been suspended and cannot be assessed, will be able to take a resit test.

OBTAINING THE FINAL QUALIFICATION

The minimum grade to average and pass the course will be a 5 in all parts evaluated. The requirement for obtaining the final grade is to have been presented to all the evaluated parties. Students who do not attend 100% of the seminars or do not take the exam will be considered non-assessable. The student has the right to review the assessment tests. For this purpose, the date will be specified on the virtual campus. The assessment of special situations and particular cases will be carried out by an evaluation committee set up for this purpose. The final grade of the course will be the sum of the different parts that make it up.

According to agreement 4.4 of the Governing Council 11/17/2010 of the evaluation regulations, the grades will be: From 0 to 4.9=Suspended From 5.0 to 6.9 = Approved From 7.0 to 8, 9 = Notable From 9.0 to 10 = Excellent Honors => 9 According to the regulations on permanence in official undergraduate and master's degree studies at the Autonomous University of Barcelona, a "Non-assessable" will be recorded in those students who do not provide sufficient evidence of assessment. Criteria for assigning a "Non-Assessable" will be considered: Failure to meet the hours set out in this guide. Failure to present the work within the deadlines established by the teaching staff.

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Group reflexive practice	15%	2	0.08	1, 5, 2, 3, 4, 6, 7, 8, 11, 9, 10, 12, 13, 15, 14
Personal work at reflexive group practice	20%	2	0.08	1, 5, 2, 3, 4, 6, 7, 8, 11, 9, 10, 12, 13, 15, 14
Written evaluation through objective tests	50%	2	0.08	1, 5, 2, 3, 4, 6, 7, 8, 11, 9, 10, 12, 13, 15, 14

| Written reflexive job about a film | 15% | 2 | 0.08 | 2, 3, 11, 10, 12, 15 |

Bibliography

In line with the methodology used in previous courses, Problem-Based Learning (PBL) and, given that one of the competencies The general goal of the student is to develop strategies for in autonomous learning, no bibliography is specified. The student must be done competent in the search and management of information.

Software

Microsoft WORD and Microsoft TEAMS.