

Mental Health Interventions

Code: 106129
ECTS Credits: 3

Degree	Type	Year	Semester
2500891 Nursing	OT	4	A

Contact

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Teaching groups languages

You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject. Please note that this information is provisional until 30 November 2023.

Prerequisites

There are no prerequisites, but it is recommended to have taken the subjects of Psychosocial Sciences

Therapeutic Communication

Methodological bases of nursing

Scientific Methodology and Biostatistics

Objectives and Contextualisation

INTRODUCTION

Health professionals in the community and in general hospitals, as well as those attached to psychiatric institutions, are often faced with patients with symptoms of emotional disorders that do not require treatment by a psychiatrist, but are important enough to force significant intervention on the part of the nursing professional.

The professional familiar with the behavior patterns and the advantages and disadvantages of the different interventions will be able to develop their role with ease, understanding and effectiveness.

Mental health nursing aims to promote and maintain behaviors that contribute to the integrity of patients (the patient can be a person, a family, a group or the entire community).

The nurse will use the nursing process, a nursing decision-making system that includes assessment, planning, execution, and evaluation. The process guides the nurse to provide quality care to the client and family in any setting.

By following this process, the nurse can develop effective strategies to respond to the current and potential needs of clients and families, promoting mental health.

GENERAL AND SPECIFIC OBJECTIVES

Identify the theories, concepts, and research used by mental health nurses.

Analyze the effects of the context (cultural, legal, ethical, geographical, among others) on the mental health of clients (individuals, groups, or families) and on mental health nursing practice.

Discuss the relationship of psychosocial factors, physiological states, and mental illness.

Describe how the nursing process is used in mental health problems

Analyze the ethical and legal problems involved in mental health nursing practice.

Identify people, families and populations vulnerable to mental illness.

Prevent and correct mental disorders and their sequelae and promote mental health in society, the community and in living individuals.

Competences

- "Demonstrate an understanding of people without prejudice: consider physical, psychological and social aspects, as independent individuals; ensure that their opinions, values and beliefs are respected and guarantee their right to privacy, through trust and professional secrecy."
- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- Apply the main foundations and theoretical and methodological principles of nursing.
- Base nursing interventions on scientific evidence and the available media.
- Demonstrate that the interactive behaviour of the person is understood according to their gender, social group or community, within a social and multicultural context.
- Design systems for curing aimed at people, families or groups and evaluate their impact, making any necessary changes.
- Make changes to methods and processes in the area of knowledge in order to provide innovative responses to society's needs and demands.
- 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.

Learning Outcomes

1. Acquire and use the necessary instruments for developing a critical and reflective attitude.
2. Analyse nursing interventions justifying them with scientific evidence and/or expert opinions that support them.
3. Apply the nursing process to offer and guarantee the wellbeing, quality and safety of the people receiving the care.
4. Comprehensively assess health situations using tools such as physical examination, laboratory tests and nursing interview.
5. Describe the different theoretical models of nursing care.

6. Identify guides for clinical and care practice related to caring for the health demands of people during the whole life cycle and in changes which may occur.
7. Identify nursing care actions that respect the principles of ethical responsibility, fundamental rights and responsibilities, diversity and democratic values.
8. Identify the different stages of the nursing process and its specific application as a response to people with changing health.
9. Identify the factors that determine health and the problems related to surroundings to be able to offer care to people with different situations of health and illness as members of a community.
10. Identify the guides for clinical practice specific to each stage of the life cycle.
11. Identify the importance of cultural competence in nursing care.
12. Identify the most prevalent mental health problems, their clinical manifestations and influencing factors, as well as specific nursing care.
13. Indicate measures to ensure respect for opinions, beliefs and values without passing value judgements.
14. Propose measures to ensure respect for opinions, beliefs and values without passing value judgements.
15. Resolve nursing problems and collaboration problems using clinical histories, applying nursing methodology and current standardised languages.

Content

Topic 1: Social vulnerability. Donate in a situation of career and mental pathology. He paid attention to the immig

Topic 2: Bulling, causes, concept, symptoms. Tipus. Labor mobing, tractament, prevented. Child and adolescent
 Topic 3: Gender violence. Sexual abuse in childhood and adult stage. Pc
 Topic 4: Food disorders, classification. Diagnostics nurses and interventi
 Topic 5: Organization of the mental health organization. Coercive measu

Methodology

Theoretical sessions with discussion of practical cases. They are carried out through face-to-face sessions in the
 Note: 15 minutes of a class will be reserved within the calendar establish

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			
Elaboration of works/Personal studies/Reading of articles and information of interest.	49	1.96	1, 2, 3, 5, 9, 12, 7, 10, 11, 8, 6, 13, 14, 15, 4
Theoretical classes	24	0.96	1, 2, 3, 5, 9, 12, 7, 10, 11, 8, 6,

Assessment

This course does not include the single devaluation system.

The assessment will consist of 3 assessment moments:

1. Knowledge test that will account for 50% of the subject grade
2. Group work, will consist of the analysis of a clinical case related to the topic that will be worked on that day in t
3. Group work on the narration of a situation: will syndicate watch a film/read a book, etc., which will be worked o

Attendance is mandatory, failing 2 of the activities will result in the subject being suspended. Those students who

Disrespect for classmates or teachers will not be tolerated. Nor will homophobic, sexist or racist attitudes be toler

Any indication of plagiarism or dishonesty will result in the suspension of the course.

Recovery: students who have not passed the subject through continuous assessment and who:

- having attended at least 75% of the sessions
- That they have a positive assessment in group work and in the work of narrating the situation

-who have passed all the assessment tests

They can be submitted for a final make-up test.

Qualifications:

According to agreement 4.4 of the Government Council 17/1172010 of the evaluation regulations, the grades will

Suspended: 0 to 4.9

Approved: 5 to 6.9

Notable: 7 to 8.9

Excellent: 9 to 10

Honors will only be assigned to those students who, being among the best grades in the group and within the gra

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Prova de coneixements	50%	1	0.04	1, 2, 3, 5, 9, 12, 7, 10, 11, 8, 6, 13, 14, 4
Team work	25%	1	0.04	1, 2, 3, 5, 9, 12, 10, 11, 8, 6, 13, 14, 15, 4

Bibliography

Considering that one of the general skills that the student is expected to acquire is to develop strategies for indep

Software

It is not necessary to have any computer program for this subject.