

Paper II: Technical Subject
Section (A) – 45 Marks

A. Psychiatric Nursing

1. Concept of mental health/ mental illness
2. Principles of psychiatric nursing
3. Classification of mental disorders
4. Epidemiology of mental health problem
5. Ethical and legal aspects in psychiatric nursing
 - National Mental Health Policy and Mental Health Act
 - Rights of psychiatric patients.
6. Mental health assessment
7. Stress, crisis and coping
 - Concept of stress and stressors
 - Models of stress (stimulus based model, response-based model and transaction-based model)
 - Crisis: phases and types of crisis
 - Coping and adaptation
 - Grief and grief reaction, types of grief (anticipatory grief and dysfunctional grief)
 - Stress management and crisis intervention
 - Psychological First Aid (PFA)
8. Assertive training
9. Promoting self-esteem
 - Components of self-concept
 - Development of self-esteem
 - Manifestations of low-self-esteem
10. Thought disorders
 - Types, epidemiology, clinical features, predisposing factors, diagnostic criteria, treatment and nursing management of Schizophrenia:
 - Other psychotic disorders and their treatment and nursing management.
 - Schizoaffective disorders
 - Persistent delusional disorders
 - Acute and transient psychotic disorder
11. Mood disorders (affective disorder)
 - Classification of mood disorders, epidemiology, clinical features, predisposing factors, diagnostic criteria, treatment and nursing management.
12. Mental and behavioural problems due to substance abuse
 - Common types of abusing substance abuse: opium, cannabises, sedatives, stimulants, hallucinogens and alcohol
 - Psychiatric disorders due to drugs and alcohol dependence
 - Prevention of substance abuse
 - Treatment and Nursing Management of substance abuse

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प्राज्ञिक-नर्सिङ्ग सेवा, नर्सिङ्ग समूह, **Psychiatry** उपसमूह, लेक्चरर नौ (क) (९ क) तहको
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Section (B) – 55 Marks

13. Treatment modalities in psychiatry

- Psychotropic drugs
- Electroconvulsive Therapy (ECT)
- Different therapies used in psychiatric treatment
 - Psychotherapy
 - Counseling
 - Behavioral therapy
 - Cognitive therapy
 - Psychoanalytic therapy
 - Family therapy
 - Group therapy
 - Milieu therapy/ therapeutic community
 - Motivational Enhancement Therapy (MET)
- Restraints/ seclusion
- Discuss nurses' role in different therapies

14. Community mental health nursing

- Trends of care: de-institutionalization
- Community mental health program in Nepal
- Purpose of community mental health program
- Components of community mental health program
 - School mental health program
 - Rehabilitation
- Models for preventing mental disorders
 - Public health model of care
 - Mental health intervention spectrum model
- Role of the psychiatric nurse in community mental health

15. Trends and issues in psychiatric nursing

- Current trends and issues
- Evidence based practice in psychiatric nursing

16. Neurotic disorder / stress related disorder

- Types of neurotic disorder, epidemiology, clinical features, predisposing factors, diagnostic criteria, treatment and nursing management

17. Behavioral and emotional problems of children and adolescents

18. Mental health problem among women

- Pre-menstruation syndrome,
- Post-menopausal syndrome
- Postnatal blues
- Postnatal depression
- Postnatal psychosis

19. Mental health problem in elderly people

20. Psychiatric emergencies and their nursing management:

21. Caring for special and vulnerable population

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22. Psychosocial rehabilitation of psychiatric patients

- Goals and principles of rehabilitation
- Psychiatric rehabilitation approaches
- Steps in psychiatric rehabilitation
- Types of rehabilitation
 - Vocational rehabilitation
 - Occupational therapy
- Rehabilitation centers : half way home, Day care canters, shelter workshop, correctional home
- Role of nurse in psychiatric rehabilitation

23. Administration and management of psychiatric units

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