

Teaching Guide of the subject

Year 2026 - 2027

NURSING CARE IN MENTAL HEALTH

Code: 106114

ECTS credits: 6

Qualification	Types	Course	Semester
2500891 Nursing	OB	3	2

Contact	Use of languages
<u>Responsible:</u> De Francisco Próximo, Seyla sdefrancisco@santpau.cat <u>Teaching staff:</u> De Francisco Próximo, Seyla sdefrancisco@santpau.cat Campillo Zaragoza, Beatriz bcampillo@santpau.cat	Group 1 : Catalan

Prerequisites

There are no official prerequisites, but it is advisable to have achieved the knowledge of the subjects: Theoretical Bases of Nursing, Methodological Bases of Nursing and Ethics and Legislation, Health Education and Therapeutic Communication.

Contextualization and objectives

This subject is part of the Nursing Sciences training module, subject Clinical Nursing and is planned for the sixth semester of the degree. It is aimed at the adult population at risk of loss of health or in a situation of illness.

We are in an era of great technological advances that provide more evolved forms of life with great repercussions for humanity, among them we can name the longevity of life. All this implies a great concern to reach the greatest degree of well-being of the individual who enjoys health or suffers from an illness, whether physical or mental. We must take into account the conception of psychiatric illness that over the centuries has been condemned by society, and at present there continues to be damage to the psychiatric patient.

Both patients admitted to hospital and those who attend primary care services have a high prevalence of depression, psychosis, anxiety disorders, confusional syndromes, drug addiction and personality disorders. These psychiatric problems can generate significant difficulties in terms of relationships between patients and health professionals.

Therefore, we consider it necessary that the student, thanks to the concepts of this thematic unit, is able to see the psychiatric patient as just another patient and, therefore, collaborate in their reintegration as a person who has well-defined needs within our society.

The purpose of this subject is for students to acquire the basic knowledge that allows them to establish measures to protect and promote mental health in individuals or groups, detect the potential appearance of mental disorders in individuals and provide appropriate nursing care.

Learning objectives of the subject

1. To promote the mental health of health users.
2. Identify the most frequent psychiatric illnesses and their possible relationships with problematic situations at a biopsychosocial-cultural level.
3. To develop therapeutic attitudes and behaviours towards people suffering from psychiatric illnesses.
4. Identify nursing care and interventions aimed at the person with mental health problems.
5. Describe care aimed at the promotion and education of mental health.
6. Apply the knowledge acquired in nursing care.

Learning outcomes

Learning Outcomes of the DEGREE (RAT)	Learning Outcomes of the SUBJECT (RAM)
KT03. Define the fundamental concepts of health and well-being of individuals, families, or the community.	KM33. Describe the most relevant mental health diseases and problems across the different stages of the life cycle (KT03).
ST03. Plan nursing care directed at individuals, families, or the community and oriented toward health outcomes.	SM31. Plan nursing interventions to promote, maintain, or restore individuals' mental health (ST03).
ST04. Formulate clinical judgments based on clinical and care practice guidelines, applying diagnostic and therapeutic reasoning in care delivery.	SM30. Analyse the data collected during the assessment of individuals with mental health diseases or problems to identify their care needs (ST04). SM32. Apply techniques and procedures related to nursing care for individuals with mental health diseases or problems, based on available scientific evidence (ST04).

Contents

MODULE 1. Nursing and Mental Health: General concepts

Topic 1. Historical evolution of Psychiatry.

- Concept of psychiatric illness throughout history.
- Birth of the discipline of the psychiatric nurse.

Topic 2. Models of psychiatric care and mental health.

- Concept of mental health and psychiatric illness.
- Conceptual models of attendance. Incidence of nursing in its treatment.
- Medical diagnoses and nursing diagnoses.

Topic 3. Current situation of psychiatric care in our country.

- WHO Psychiatric Care Plan. Plan for psychiatric reform in Catalonia.

Topic 4. Psychiatric nursing.

Concept of psychiatric nursing.

Nursing care in psychiatry.

Topic 5. Role of Nursing in Psychiatric Illnesses.

Communication. Therapeutic communication.

Topic 6. Assessment in psychiatric nursing.

Data collection.

Interview. Concept of limit. Characteristics of the limits. Application of limits. Evaluation.

Topic 7. Ethical and legal framework for mental health intervention.

Topic 8. Women and Mental Health

MODULE 2 Clinical nursing of adults with mental illnesses: Specific mental health problems.

Topic 9. Introduction.

Classification in psychiatry. Definition of typical psychiatric signs and symptoms (semiology)

Topic 10. Nursing care in organic psychiatric disorders.

Concept and generality. Alteration of needs.

Main nursing diagnoses associated with organic psychiatric disorders.

Nursing intervention.

Topic 11. Nursing care in (functional) psychoses.

Concept and generality. Alteration of needs.

Main nursing diagnoses associated with psychotic disorders.

Nursing intervention. Clinical case of schizophrenia.

Topic 12. Nursing care in affective disorders.

Concept and generality. Alteration of needs.

Main nursing diagnoses associated with affective disorders.

Nursing intervention.

Clinical case of major depression disorder and manic-depressive disorder manic phase.

Topic 13. Nursing care for anxiety disorders.

Concept and generality. Alteration of needs.

Main nursing diagnoses associated with anxiety disorders.

Nursing intervention. Clinical case of a disorder of hysterical neurosis and OCD.

Item 14. Nursing care in personality disorders.

Concept and generality. Alteration of needs.

Main nursing diagnoses associated with personality disorders.

Nursing intervention.

Topic 15. Nursing care for eating disorders.

Concept and generality. Alteration of needs.

Main nursing diagnoses associated with eating disorders.

Nursing intervention.

Item 16. Nursing care for addictive behavior disorders.

Concept and generality. Alterations of needs.

Main nursing diagnoses associated with addictive behavior disorder.

Nursing intervention.

Topic 17. Nursing care in child and adolescent mental health.

Concept and generality

Nursing intervention.

Item 18. Promotion of mental health and prevention of mental health problems. We horizons. Nursing intervention.

Topic 19. Sexuality and mental health.

Item 20. Biologist therapies: psychotropic drugs and electroconvulsive therapy.

Topic 21. Psychiatric Emergencies.

Aggressive behavior: Concept and generalities. Alteration of needs.

Main nursing diagnoses associated with aggressive behavior.

Nursing intervention.

Suicidal behavior: Concept and generality. Alterations of needs.

Main nursing diagnoses associated with suicidal behavior.

Nursing intervention.

Panic crisis: Concept and generality. Alterations of needs.

Main nursing diagnoses associated with panic attacks.

Nursing intervention.

Methodology

This subject proposes different activities based on active learning methodologies focused on the student. Thus, an approach is outlined in which they combine traditional teaching techniques with other more active ones in order to promote meaningful learning. The table below shows the planning of directed, supervised and autonomous activities.

The student must attend the scheduled laboratories/seminars before carrying out the clinical practice in healthcare centers that allow the acquisition of clinical skills through the simulated manipulation of procedures and techniques. Attendance is 100% compulsory.

Training activities¹

Activity	Hours	ECTS	Learning Outcomes
Type: Directed			
Theory (TE):	33	1,32	KM33, SM30
Classroom Practice (PAUL):			SM30, SM32, SM31
Seminars (SEM):	12	0,48	KM33, SM30, SM31, SM32
Type: Supervised			
Scheduled tutorials:	1	0,04	SM30, SM31, SM32
Type: Autonomous			
Personal study, bibliographic consultations and documents.	90	3,6	KM33, SM30, SM31, SM32
Preparation of works.			SM30, SM31, SM32

Evaluation

Students have only one call per academic year to pass the subject. Students who have planned absences or punctuality disorders must report it at the beginning of the course.

Academic progression and approval of the subject is assessed by:

Continuous assessment

A continuous and summative assessment is carried out throughout the semester using 5 assessment instruments:

- **Seminars (20%) Attendance at the theoretical-practical seminars is compulsory. It will be assessed through active participation, case studies, problem-solving and reflective activities.**
- **Written assessment (40%): objective test**
- **Written assessment (10%): short essay test**
- **Delivery of reports (10%): Individual written work**
- **Delivery of reports (20%): Group written work**

The grade of the subject is given by the weighted sum of the grades obtained in these tests.

It is considered an essential requirement to pass the continuous assessment to have obtained a minimum score of 5 out of 10 in each of the tests.

¹ The teaching staff will allocate approximately 15 minutes once the subject is finished to allow that their students can answer the assessment surveys on teaching and subject.

It is considered an essential requirement to pass the continuous evaluation to have submitted all the work carried out in the established period.

In multiple-choice tests, the negative answers are according to the following formula:

$x = \text{hits} - (\text{errors} / n-1)$, where n is the number of answer options.

The activities and/or work of the continuing education must be delivered, in paper format or in digital format on campus, on the dates agreed on the first day of the presentation of the subject. The works must be governed by the regulations for the presentation of works of the EUI.

Feedback on the results of the evaluation tests will be made through the classroom and tutorials if necessary.

The evaluation rubric of the work is available in the virtual classroom.

Qualification

- 0 to 4.9: Suspense
- 5.0 to 6.9: Passed
- 7,0 a 8,9: Notable
- 9.0 to 10: Excellent (in the event that the student has obtained a grade equal to or higher than 9, he/she may opt, at the discretion of the teacher, for an honors degree).

Recovery activity

1. A single date for the retake activity is determined for all students.
2. A recovery activity is proposed to students who have been previously evaluated by a set of activities whose minimum weight is equivalent to 2/3 of the total grade of the subject and who have obtained a final grade of less than 5 and greater than 3.5.
3. This test will consist of an evaluation activity of the test(s) not passed.
4. The recovery tests will be determined by the teaching staff.
5. Teachers may exclude from the recovery process those activities that, due to their nature, they consider to be not recoverable.
6. In the event that the student passes the retake test corresponding to the failed part, the maximum grade of this will be a 5.
7. The retake grade will replace the grade originally obtained and the final weighted grade will be recalculated.
8. Once the subject has been passed, it cannot be subject to a new evaluation.

No evaluable

It is considered that the subject will not be assessable when one of these circumstances is met:

1. Not having delivered any of the continuous assessment activities provided for in the teaching guide.

2. Not having attended any of the practical or compulsory sessions, when these are necessary to assess learning outcomes and as indicated in the teaching guide.
3. Not having taken the final test (exam, written or oral test, work defense, etc.), if This represents an essential percentage of the grade.
4. Not having completed the minimum required participation in training activities (for example, seminars, presentations, forums, etc.), when these are part of the evaluation.
5. Not having submitted the final project or compulsory project, if this constitutes central evidence of learning of the subject.

Review of the written test

Once the final grade has been published, the student can request the review of the final exam within the established period. Review requests are not accepted on dates outside of this period.

Procedure in case of copying / plagiarism

Copying or plagiarism in any type of evaluation activity constitutes a crime, and will be penalized with a 0 as a grade for the subject, losing the possibility of recovering it, whether it is an individual or group work (in this case, all members of the group will have a 0).

1. If, during the completion of an individual assignment in class, the teacher considers that a student is trying to copy or is discovered some type of document or device not authorized by the teacher, the same will be graded with a 0, without the option of recovery, and therefore, the subject will be suspended.
2. A work, activity or exam will be considered to be "copied" when it reproduces all or a significant part of the work of oneself, another classmate.
3. A work or activity will be considered "plagiarized" when a part of a text by an author is presented as one's own without citing the sources, regardless of whether the original sources are in paper or digital format.

The use of Artificial Intelligence (AI) technologies

The use of Artificial Intelligence (AI) technologies is regulated according to the type of work to be carried out:

1. In the event that the work aims at personal reflection and meaningful learning by the student, **the use of AI technologies is prohibited** in any of its phases of completion.
Any work that includes AI-generated fragments (e.g. abstracts, translations, text writing or image creation) will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater penalties in cases of seriousness.
2. In other works, **the restricted use of AI technologies is allowed** exclusively in those support tasks, such as bibliographic or information searches, proofreading, translations, and other specific

situations that are indicated. In these cases, the student will have to clearly identify which parts have been generated with this technology, specify the tools used and include a critical reflection on how they have influenced the process and the final result of the activity. The non-transparency of the use of AI in this assessable activity will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater sanctions in cases of severity.

In any case, in the description of each assignment, the teacher in charge will clearly indicate **whether the prohibited or restricted use of AI applies**.

Aspects of evaluation related to values and attitudes

1. The teacher may reduce the grade of the subject by between 1 and 2 points when the student repeatedly does not respect the indications of behavior in the classroom and/or disturbs the normal functioning of the same.
2. "No lack of respect for classmates or teachers will be tolerated. Homophobic, sexist or racist attitudes will also not be tolerated. Any student in whom any of the attitudes described above are detected will be classified as having failed the subject."

Formal aspects of written work

In all activities (individual and group) linguistic correction, writing and formal presentation aspects will be taken into account.

Other considerations

1. All the evaluation tests will be published in the daily program and in the calendar of training and evaluation activities.
2. Students who repeat the subject may request at the beginning of the course to carry out only one final synthesis assessment (article 117, page 46 of the Academic Regulations of the Universitat Autònoma de Barcelona (Approved by agreement of the Governing Council of 7 July 2022, and modified by agreement of the Governing Council of 1 February 2023)).

Students in second or more enrolment who have taken all the assessment tests in the previous year may opt to be assessed with a single synthesis assessment activity. This activity will consist of an exam at the end of the subject coinciding with the written exam of the subject. Students in second or more enrolment who wish to opt for the final exam must notify the teaching staff responsible for the subject in writing two weeks before the published date.

Evaluation activities

Activity	Weight	Hours	ECTS	Learning Outcomes
Attendance and active participation in classes and seminars. Case studies and problem solving.	20%	2	0,08	KM33, SM30, SM31, SM32 SM30, SM31, SM32, KM33

Written evaluations:				
Objective tests	40%	2	0,08	KM33, SM30
Written evaluations:				
Short Essay Test	10%	0,5	0,02	SM30, SM31, KM33
Delivery of reports:				
Written work (individual)	10%	1	0,04	SM30, SM31, SM32, KM33
Delivery of reports:				
Written work (group)	20%	2	0,08	SM30, SM31, SM32, KM33

Bibliography

Books:

PSYCHIATRIC AND MENTAL HEALTH NURSING. BASIC CONCEPTS. 2 VOLS.

Authors: Johnson B.

Edition: Madrid: Mac Graw Hill Interamericana 1999

ISBN: 978-84-8086-481-7

NURSING DIAGNOSES: DEFINITIONS AND CLASSIFICATION 2021-2023

Authors: Nanda International.

Edition: Elsevier España S.L 2021

ISBN: 978-8413821276

PSYCHIATRIC AND MENTAL HEALTH NURSING. BASIC CONCEPTS.

Authors: Shives, L.R (2007)

Edition: Madrid: Mac Graw Hill Interamericana 2007

ISBN 978-84-481-4661-0

INTRODUCTION TO PSYCHOPATHOLOGY AND PSYCHIATRY

Authors: Vallejo J

Edition: 6th edition. Barcelona : MASSON 2006

PRACTICAL GUIDE TO MENTAL HEALTH NURSING REPORTS

Authors: Tejedor M^a Jesús; Etxabe M^a Pilar

Edition: Barcelona: editorial Glosa 2007

ISBN 978-84-7429-361-6

PSYCHOPHARMACOLOGY. GUIDE FOR HEALTH, EDUCATION AND JUSTICE PROFESSIONALS

Authors: Urra J

Edition: Eos Psychology 2018

ISBN 978-849727807

PSYCHOPHARMACOLOGY. GUIDE FOR HEALTH, EDUCATION AND JUSTICE PROFESSIONALS

Authors: Urra J

Edition: Eos Psychology 2018

ISBN 978-849727807

DSM-5 CLINICAL CASES

Authors: Barnhill, John W

Edition: Panamericana 2015

ISBN 978-8498359213

Web links:

- <http://www.feafes.com/FEAFES/HOME>
- <http://www.psiquiatria.com>
- <https://www.som360.org/es>
- https://salutweb.gencat.cat/ca/el_departament/ambits-estrategics/atencio-salut-mental-addiccions/pla-director/
- <https://www.nnnconsult.com/>

To the program

- Moodle
- Mendeley
- Kahoot
- Genially
- Canva
- Google Forms