



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Infermieristica in Psichiatria

1920-3-I0101D014-I0101D045M

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#### Aims

PSYCHIATRIC AND MENTAL HEALTH NURSING - The student must learn the basics of relational dynamics in nursing care related to the psychiatric patient and his/her life environment, aiming to plan assistance and being responsible for it.

#### Contents

Learning basics related to mental health and their application to clinical context.

#### Detailed program

PSYCHIATRIC AND MENTAL HEALTH NURSING - Analyze and know the care patterns in Italy, according to law, through the most significant historical stages; analyze the professional development of nursing in psychiatry; identify aspects of nursing care in the psychiatric context according to the conceptual reference model; understand outpatient organization, goals and activities; knowledge about assistance planning: from observation to data collection, nursing diagnosis, care planning, based on the principles of therapeutic relationship and project, and the use of staff of support; being able to participate in teamwork and multidisciplinary integration; ability to handle with the relationship of help to psychiatric patient; ability to use therapeutic communication; ability to use restraint models; manage the pharmacological administration to the psychiatric patient; be conscious of your own life as a care tool; be aware of psychiatric nursing responsibilities; plan patient care in case of aggression and violence. Contents: from the madness in history to the patient as a sick person; native history of psychiatry; national and regional psychiatric legislations; organization of care and care process, Department of Mental Health and related Units; the process and principles of nursing care in psychiatry according to the conceptual reference model; nursing records in psychiatry; nursing care to the patient in his/her different expressions of his illness (anxiety, delirium and hallucinations, depression, aggression etc ...); assistance to violent patients; assistance in treatment under section,

legal medical reflexes; the places of care: inpatient and outpatient units, rehabilitation or welfare centers; nurse case manager: reference for the person with psychic discomfort; specificity of the nursing profession; rehabilitation in psychiatry; the complexity of the disease, for the person and for the context; professional communication tools; observance of needs and assistance; team management of the therapeutic project; planning nursing care; self-awareness and emotional engagement; nursing in the area of Child Neuropsychiatry (the relationship with the child and his/her parents; nursing care of the child with autism; nursing care of people with eating disorders).

## **Prerequisites**

Be regular with the curricular exams.

## **Teaching form**

Frontal lessons and discussion of documentary material; use of audiovisual instruments about experiences of disease and about treatment appointments and locations.

## **Textbook and teaching resource**

PSYCHIATRIC AND MENTAL HEALTH NURSING: a) Drigo M.L., Borzaga L., Mercurio A., Satta E. (1997) Clinica e Nursing in Psichiatria. Milano: CEA; b) Barelli P., Spagnolli E. (2004) Nursing di salute mentale. Firenze: Carocci Faber; c) Raucci V., Spaccapeli G. (2013) Fondamenti di infermieristica in salute mentale. Santarcangelo di Romagna: Maggioli. IN-DEPTH BIBLIOGRAPHY: a) Basaglia F. (1997) Che cos'è la Psichiatria, Baldini & Castoldi; b) Basaglia F. (1998) L'istituzione negata. Rapporto da un ospedale psichiatrico, Baldini & Castoldi; c) Jervis G.(1997) Manuale critico di psichiatria, Feltrinelli; d) Sanza M.(1999) Il comportamento aggressivo e violento in psichiatria. Valutazione e intervento, Centro Scientifico Editore; e) Saraceno B. (1995) La fine dell'intrattenimento. Manuale di riabilitazione psichiatrica, ETAS-RCS.

## **Semester**

3 Year - 1 Semester

## **Assessment method**

Written test: 30 multiple choice questions (10 for each module) and 3 open questions (one for each module). Final vote deriving from the average of individual votes of each module (3 different parts) of the exam.

## **Office hours**

On appointment

