



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Psychiatric and Mental Health Nursing

2223-3-I0101D014-I0101D045M

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#### Aims

#### Contents

History and evolution of the nursing profession in mental health.

Regional and national psychiatric legislation.

The nurse and Mental Health Services.

Nursing care in Mental Health and Pathological Addictions.

Specific responsibilities and competences of the nurse in Mental Health and Pathological Addictions Services.

Care planning applied to the main clinical pictures: schizophrenia spectrum disorders and other psychotic disorders, bipolar disorder, depressive disorders, anxiety disorders, personality disorders, nutrition and eating disorders, substance-related and addiction disorders and neurodevelopmental disorders.

#### Detailed program

To know the history of the nursing profession in psychiatry and to define national and regional psychiatric legislation.

Based on the conceptual model, identify the aspects that guide nursing care in psychiatry.

Get to know the Department of Mental Health and Addiction and the set of related structures:

- the Psychiatric Diagnosis and Treatment Service (S.P.D.C.) and the admission of patients with acute mental suffering;
- the Psycho-Social Centre (C.P.S.), home and community-based activities;
- the psychiatric rehabilitation community and the restoration of the person's social value;
- the Psychiatric Day Centre and the acquisition of skills useful for building or enhancing one's autonomy;
- the Neuropsychiatry of Childhood and Adolescence Unit (U.O.N.P.I.A.) and diagnostic, therapeutic and

rehabilitation activities for users from 0 to 18 years of age;

- the Pathological Addiction Service (Ser.D);
- the Operational Alcoholology Units (NOA).

Learning nursing skills and the specificity of therapeutic communication and helping relationship in the mental health field:

- acute management and immediate therapeutic intervention;
- crisis management and breaking the psychic equilibrium;
- management of urgency and psychic distress;
- emergency management and de-escalation actions;
- setting construction;
- teamwork;
- network work;
- management of psychopharmacology: responsibilities and care issues.

Knowing how to plan care in the main clinical pictures:

- nursing care of the patient with anxiety disorder;
- nursing care of the patient with depressive disorder; management of mood and suicidal behaviour;
- nursing care of the patient with schizophrenia and management of delusions and hallucinations;
- nursing care of the patient with personality disorder and aggressive conduct;
- nursing care of the patient with substance addiction in comorbidity with a psychiatric disorder;
- nursing care of the patient with nutrition and eating disorder with special reference to anorexia and bulimia;
- Nursing care of the patient with neurodevelopmental disorder with special reference to autism.

## **Prerequisites**

From teaching regulations

## **Teaching form**

Lectures and discussion; use of slides and audiovisual tools such as photos and films on experiences of illness and places of care

## **Textbook and teaching resource**

Barelli P., Spagnolli E. (2004) Nursing di salute mentale. Firenze: Carocci Faber; b) Raucci V., Spaccapeli G. (2013) Fondamenti di infermieristica in salute mentale. Santarcangelo di Romagna: Maggioli; c) Ferruta A. (2001) Un lavoro terapeutico. L'infermiere in psichiatria. Milano: Franco Angeli.

## **Semester**

3 years 1 semester

## **Assessment method**

Written examination: 10 multiple choice questions of Nursing in Psychiatry, 1 clinical case of Nursing in Psychiatry to be solved, 2 open questions concerning the module of Psychiatry, 2 open questions concerning the module of Psychology. The final assessment is given by the weighted average of the individual modules

## **Office hours**

By appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES  
| PEACE, JUSTICE AND STRONG INSTITUTIONS

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