UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Psychiatric and Mental Health Nursing

2425-3-I0101D014-I0101D045M

Aims

Learning the knowledge and techniques needed to assist people with mental disorders in clinical settings

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 the field of 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 reference conceptual model, identify 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 Alcohology Units (NOA).

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

- acute management and immediate therapeutic intervention;
- crisis management and breaking of psychic equilibrium;
- management of urgency and psychic distress;
- emergency management and de-escalation actions;
- setting construction;
- teamwork;
- network work;
- management of psychopharmacology and the nursing role in clinical practice.

Knowing how to plan care in the main clinical settings:

- 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 patients with neurodevelopmental disorders with special reference to autism and attention-deficit/hyperactivity disorder (ADHD).

Prerequisites

From teaching regulations

Teaching form

Lectures delivered in face-to-face mode with practice on clinical cases and with the use of audiovisual tools such as photos and films on experiences of illness and places of care

Textbook and teaching resource

• Raucci V., Spaccapeli G. (2013) Fondamenti di infermieristica in salute mentale. Santarcangelo di Romagna: Maggioli;
• Secchiarelli L., Turelli B. (2009) L'operatore sanitario in psichiatria. Teoria e casi clinici sulla relazione con il paziente. Carrocci Faber editore;
• Barelli P., Spagnolli E. (2004) Nursing di salute mentale. Firenze: Carocci Faber;
• Ferruta A. (2001) Un lavoro terapeutico. L’infermiere in psichiatria. Milano: Franco Angeli.

Semester

3 years 1 semester

Assessment method

Written examination to check preparation on the examination syllabus:
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