



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Infermieristica in Psichiatria

2627-3-I0101D014-I0101D045M

Aims

1. Knowledge and understanding:
know the history and evolution of the nursing profession in the field of mental health;
understand regional and national psychiatric legislation;
know the structures and services of the Department of Mental Health and Addictions.
2. Applying knowledge and understanding:
apply nursing skills in managing acute episodes, crises, urgencies, emergencies, and psychological distress;
plan nursing care for the main clinical presentations of mental disorders.
3. Making judgements:
assess the specific responsibilities and competencies of the nurse within Mental Health and Addiction Services;
analyze and resolve clinical care cases.
4. Communication skills:
develop therapeutic communication and helping relationships specific to the mental health context;
work effectively in teams and networks.
5. Learning skills:
use teaching materials and audiovisual tools to deepen knowledge;
actively participate in lectures and discussions to improve skills.

Contents

History and evolution of the nursing profession in the field of mental health.

Regional and national psychiatric legislation.

The nurse and Mental Health Services.

Nursing care in the field of Mental Health and Addictive Disorders.

Responsibilities and specific competencies of the Nurse in Mental Health and Addiction Services.

Care planning applied to major clinical conditions: schizophrenia spectrum and other psychotic disorders, bipolar disorder, depressive disorders, anxiety disorders, personality disorders, feeding and eating disorders, substance-related and addiction disorders and neurodevelopmental disorders.

Detailed program

Know the history of the nursing profession in psychiatric settings and define national and regional psychiatric legislation.

Based on the chosen conceptual model, identify the key elements that guide nursing care in psychiatry.

Understand the Mental Health and Addiction Department and its related facilities:

The Psychiatric Diagnosis and Care Service (S.P.D.C.) and hospitalization for individuals experiencing acute psychological distress;

The Psychosocial Center (C.P.S.), including home-based and community services;

The psychiatric rehabilitation community and the restoration of the individual's social value;

The Psychiatric Day Center and the acquisition of skills useful for building or enhancing personal autonomy;

Child and Adolescent Neuropsychiatry Unit (U.O.N.P.I.A.) and its diagnostic, therapeutic, and rehabilitative services for clients aged 0-18;

Addiction Services (Ser.D);

Alcohol Dependence Operational Units (NOA).

Learn nursing skills and the specific nature of therapeutic communication and helping relationships in the mental health field:

Management of acute symptoms and immediate therapeutic intervention;

Management of crises and disruption of psychological balance;

Management of urgencies and psychological suffering;

Management of emergencies and de-escalation strategies;

Construction of therapeutic settings;

Teamwork;

Networking and interprofessional collaboration;

Psychopharmacology and nursing management in clinical practice.

Ability to plan care for major clinical conditions:

Nursing care for individuals with anxiety disorders;

Nursing care for individuals with depressive disorders, including mood regulation and suicidal behavior management;

Nursing care for individuals with schizophrenia, including managing delusions and hallucinations;

Nursing care for individuals with personality disorders and aggressive behavior;

Nursing care for individuals with substance dependence, especially in comorbidity with psychiatric disorders;

Nursing care for individuals with feeding and eating disorders, particularly anorexia and bulimia;

Basic nursing care for individuals with neurodevelopmental disorders, especially autism and attention deficit/hyperactivity disorder (ADHD).

Prerequisites

According to the academic regulations.

Teaching form

Lectures of 2 or 4 hours in classroom and discussion mode; use of slides and 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., Spagnoli E. (2004) Nursing di salute mentale. Firenze: Carocci Faber;

Ferruta A. (2001) Un lavoro terapeutico. L'infermiere in psichiatria. Milano: Franco Angeli.

Semester

Third year - First semester.

Assessment method

Written exam: 10 multiple-choice questions on Psychiatric Nursing, 1 clinical case in Psychiatric Nursing to be solved; 9 multiple-choice questions and 1 open-ended question on the Psychiatry module; 9 multiple-choice questions and 1 open-ended question on the Psychology module.

The test evaluation includes 3 points for each correct answer to the multiple choice questions for the Psychiatry and Clinical Psychology modules and up to 5 points for the open questions (cut-off 18 out of 32), and 2 points for each correct answer to the multiple choice questions and up to 12 points for the discussion of the nursing clinical case for Nursing in Psychiatry (cut-off 18 out of 32).

The final grade is based on 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
