

FACULTY OF NURSING
COLLEGE OF MEDICINE AND ALLIED HEALTH SCIENCES
UNIVERSITY OF SIERRA LEONE

DETAILS OF THE CERTIFICATE AND DIPLOMA IN MENTAL HEALTH PROGRAMME

PROPOSED FOR
2011/2012 ACADEMIC YEAR

JUNE 2011

INTRODUCTION

Mental Health Nursing provides specialized comprehensive nursing care to clients, their families and care givers through the utilization of the “Nursing Process” within a therapeutic environment. Given the prevailing socio-economic circumstances and the new wave of mental health problems in Sierra Leone, the mental health nurse requires a more dynamic and comprehensive preparation to cope with these new challenges.

Emphasis is on the creation and maintenance of therapeutic interpersonal relationship and the application of general nursing skills. Furthermore, intersectoral collaboration with partners in the promotion of mental health, prevention, treatment and rehabilitation of the mentally ill will be achieved. Clinical training will be based on solid foundation of the mH Gap.

SITUATIONAL ANALYSIS

Justification for the Certificate and Diploma in Mental Health Nursing Programmes

As many as one in five people are thought to suffer some form of mental health problem in Sierra Leone. For many, mental illness is brought on by a crisis in life, which they can't cope with, such as depression after the death of a partner.

Nurses constitute the largest workforce in the health care services and provide care at all levels and in all settings in Sierra Leone. Unfortunately there is a paucity of specialized nurses in mental health. This curriculum creates an opportunity for nurses who wish to become specialists in mental health. It is designed to increase the number of specialist mental health nurses in the country with the appropriate knowledge and skills to provide quality care based on scientific evidence.

Additionally it will equip the nurse to provide quality services to the community and contribute towards the attainment of the highest possible standard of health as well as professional growth.

In order for nurses to keep pace with recent advancement and development in the health profession, it is imperative that the country train and produce personnel locally with more advanced competencies through specialization and continuing education. This will ultimately provide opportunity to enhance clinical services during the course of the training, with improved clinical outcomes.

The development of a certificate and diploma Courses in mental health in Sierra Leone will ultimately equip professional nurses in various specialties with the necessary knowledge, skills and attitudes needed to effectively work in practice settings, so as to strengthen nursing specialization in the country. It is hoped that the above training programme when put in place, will assist in addressing the depletion of human resources in health institutions in Sierra Leone as a whole.

The Certificate and Diploma will prepare nurse graduates to undertake the BSc and MSc in Mental Health Nursing in future. The Faculty of Nursing, College of Medicine and Allied Sciences plans to offer the BSc and MSc in Mental Health when there are people and sufficient funds to support these programmes.

AIMS AND OBJECTIVES

Aim of the programme

To prepare professionally competent and highly knowledgeable Mental Health Nurses who through initiative, problem solving technique and self directed learning are capable of providing comprehensive mental health care to individuals and families in hospitals, clinics, health centers, communities and homes in Sierra Leone.

General Objectives of the programme

- To demonstrate advanced knowledge in mental health to enhance the quality of healthcare service delivery.
- To demonstrate evidence-based knowledge and skills in mental health.
- To demonstrate effective teaching and counseling skills in their areas of specialization.
- To demonstrate scholarly skills by engaging in clinical audit, reflective practice, peer and trainer's performance and promote continuing professional development.
- To demonstrate productive professional relationship and maintain confidentiality with clients, families, peers, students, the health care team and the community at large.

Learning Outcomes

On completion of the programme, students will be able to:-

- Provide health care at primary, secondary and tertiary levels, aimed at preventing mental ill-health, restoring and maintaining optimum mental health
- Provide mental health interventions such as drug therapy, psychotherapy, counseling, behaviour modifications (behaviour therapy) etc
- Diagnose and treat common mental health problems in health care settings and the community
- Utilize the nursing process in meeting the mental health needs of the individuals, families and communities
- Assist the client to develop an acceptable standard of personal hygiene and good grooming habits
- Prevent client from constituting danger to self and others in homes, communities and health care settings
- Plan with individuals and their families in meeting psychosocial, economic and spiritual needs of the client/patient through diversional, recreational and occupational therapies
- Educate the public on factors that contribute to mental health and illness
- Engage in activities that create therapeutic environment in which the client can function and be accepted in the community
- Collaborate with members of multidisciplinary team by utilizing available resources to promote mental health within the community
- Function in a research role by performing relevant investigations in mental health issues and participating in interdisciplinary projects to improve the standards of mental health practice
- Evaluate nursing care, develop and keep adequate record of clients and be instrumental in the implementation of research findings
- Supervise other health care personnel in mental health care setting.
- Provide a therapeutic environment, conducive enough for the implementation of comprehensive nursing care and other forms of treatments.

PHILOSOPHY

The philosophy of Mental Health Nursing Education in Sierra Leone takes cognizance of the importance of the preservation of human dignity, integrity and individuality. In developing this curriculum, the Nurses and Midwives Board of Sierra Leone believes that:-

- Man is a complex biopsychosocial, cultural and spiritual being, whose behaviour patterns develop from genetic inheritance and interaction with the environment
- Health is a changing biopsychosocial and spiritual level of wellness, which the client is assisted to maintain through the utilization of the nursing process
- Mental Health Nursing is an applied science that employs the intellectual, interpersonal and professional skills of the nurse to assist clients in achieving maximum mental health
- Mental Health Nursing education enables the nurse to develop specialized skills in mental health. It also encourages continuous refinement of practice by updating self with current literatures and by attending continuing education programmes and seminars
- We believe that to achieve wellness, the training of mental health nurses should be focused on holistic nature of man; using concepts of public health and health promotions
- We believe that appropriate integration of individuals with mental health issues into the normal ways of life through advocacy and self-help groups can help improve their socioeconomic, physical, mental and spiritual well-being.

OPPORTUNITIES

Following successful completion of the programme, the Mental Health Nurse will be suitably placed to pursue a career in mental health. Career opportunities will exist within Ministry of Health and Sanitation hospitals, peripheral health units, universities etc.

PROGRAMME DESCRIPTION

The following programmes will be offered:

1. Certificate in mental health
2. Diploma in mental health

Duration of programmes

- | | |
|---------------------------------|-----------|
| 1. Certificate in mental health | 12 Months |
| 2. Diploma in mental health | 18 Months |

STANDARD SETTING

Admission Requirements

Entry Level	Requirements
Certificate	Certificate in Nursing / SECHN plus at least three (3)years work experience
Diploma	Candidates must possess Diploma in Nursing / SRN /BScN. Must be a registered nurse with the Nurses and Midwives Board of Sierra Leone or equivalent SECHN with Mental Health Certificate Plus 3 credits at WASSSC. Must be a registered nurse with the Nurses and Midwives Board of Sierra Leone or equivalent

Profile of Prospective students

The course is opened to candidates with the relevant entry requirements as stated above. Students should also be able to demonstrate a commitment to mental health nursing practice, education and training.

Selection process

This will be in line with the COMAHS/University of Sierra Leone selection criteria.

Attendance

In line with the COMAHS/University of Sierra Leone's regulations, students will be expected to have 75% attendance (lectures and clinical placements) as a minimum.

Staff Profile

The Faculty/COMAHS has the following cadre of staff:

a) Academic staff

- Mental Health Nurse Educators x 11
 1. Dr Joseph Edem-Hotah, RN, DPSN, BA (Hons), MPH, DPH, MSc, MBA, EdD, FWACN
 2. Dr Julian Eaton – MBBS, MSc, FRCPsychiatry
 3. Dr Mohamed Samai, BSc, MB ChB, MSc, PhD
 4. Dr Edward Naheem – MD, DPsych&M, FWACP
 5. Dr Gladys Palmer, DCPsychology
 6. Mr Donald Conteh – BSc (Hons), RMN, MSc In Mental Health
 7. Rev. ETO Cole – RN, RMN, DNA, MSc, FWACN
 8. Christine Veldink – BSc in Mental Health, MSc in Mental Health
 9. Major Agartha Sandy – RN, RNT, RPN, BSc in Nutritional & Dietetics, FWACN
 10. Mr Amara Fornah – RN, CTCM&H, DTM&H, Master of Pharmacy
 11. Annieru Brima – RN, RPN, FWACN
- General Nurse Educators x 20
- Guest/Expert lecturers in specialist areas such psychology, sociology, neurosciences, complimentary therapy etc
- Faculty/COMAHS has established partnerships with several international bodies who have expressed a desire to offer visiting teaching.

b) Clinical instructors

- **Professionals in institutions to which people are sent for attachments.** The CBM / EU Coordinator will mentor and supervise students on clinical placement at Kisumu Psychiatric Hospital and community

c) Non-Academic Staff

- Secretary/Typist x 2
- Senior Clerical Superintendent x 1
- Administrative Officer x 1
- Messengers x 2

The coordinator of the Mental Health Nursing Programme shall be a Registered Mental Health Instructor who has a basic preparation in mental health nursing with a minimum of first and a master / PhD or equivalent degree in nursing.

Teachers Students Ratio

The ratio of registered instructors to students in the lecture room and the clinical setting is 1:6.

Student Intake

A maximum of 30 students shall be admitted annually but this will be based on staff/student ratio.

Teaching Methods

Emphasis shall be on integrating theory with practice. All instructors are expected to work with students in the clinical areas i.e. community, hospital etc. as preceptors. Preference shall be given to interactional teaching methods. Teaching and learning methods will include:-

- Lecture/discussion
- Practical Demonstration
- Clinical instruction
- Group Discussion
- Research project writing
- Clinical Round
- Field Trip
- Role Play
- Case studies
- Seminar
- Group Work
- Client Care study
- Home/Community Health
- Audio-visual
- Role modeling
- Tutorial
- Information Technology

Teaching Placements, Mentorship and Supervision

The Faculty will be responsible for organizing and co-coordinating teaching placements in mental health units and other clinical settings.

Tuition Fees

Candidates or their sponsors will be responsible for enrolment fees, tuition fees, learning materials, upkeep allowances, accommodation and any costs incurred to facilitate teaching practice and other incidental expenses.

Sources of Funding

Funding will be provided by MoHS, WHO, EC/GIP/CBM 'Enabling Access to Mental Health Programme', US Embassy Sierra Leone, DFID, Islamic Development Bank and other partners.

METHOD OF ASSESSMENT AND GRADING

Assessment

Assessment will be undertaken in all course modules. This will comprise of periodic continuous assessment and final examinations of academic understanding and clinical practice as indicated below. *External examiners will be involved as and when necessary*

- **Students'**
 - Course work
 - Research
 - Client case study
 - Final Qualifying Examination

- **Course**
 - Course evaluation
 - Teacher evaluation

Research Project

Students will be expected to undertake an assessed research project in their own specialty area. The research project will be supervised by the respective expert lecturer for that subject.

Assessment distribution of marks

Continuous assessment – 30%

Examination – 70%

Grading

The pass mark is 50%.

Grading Framework

- 70% and above – Distinction

- 60% - 69% - Credit

- 50% - 59% - Pass

- Below 50% - Fail

Progression through the Course

Progression will be determined by students passing all the modules in a given year, with at least 50% in each module.

Procedure for failed modules

A student will be given the opportunity to re-sit examinations in each of the module failed.

Failure at these re-sit examinations will lead to an overall fail for that year and the student will be expected to repeat the year.

If a student fails more than three modules there will be no opportunity to retake the examinations and students will be expected to re-take the failed year.

PROGRAMME COMPLETION AND STANDARDS OF BEHAVIOUR

Student behaviour must be appropriate at all times, whilst within the institution and when engaged in any institution-related activity. Any behaviour that is violent, indecent, threatening or offensive may be deemed as misconduct and could lead to disciplinary action being taken; this may include suspension or termination from the course.

CERTIFICATE AND LICENSING

Upon successful completion of the Mental Health Nursing course the graduate shall be required to seek registration as a Registered "Mental Health Nurse" with the Nurses and Midwives Board of Sierra Leone and be licensed to practice as such in any health care setting. This license for practice shall be renewable in accordance with the rules and regulations of the Board.

DETAILS OF THE CURRICULUM MODULES

Semester I

Subject	Credits units	Practical	Total contact hours
Perspectives in Mental Health Care 1	3 units		45 hours
Dynamics of Mental Health Nursing 1	3 units		45 hours
Neuro-anatomy and Neurophysiology	3 units		45 hours
Applied Psychology Care	3 units		45 hours
Community Mental Health Nursing	3 units		45 hours
Introduction to Information Technology	3 units		45 hours
Clinical Practice I (Hosp and Community)	10 units	Clinical	450 hours

Semester II

Subject	Credits	Practical	Total contact hours
Perspectives in Mental Health Care II	3 units		45 hours
Dynamics of Mental Health Nursing II	3 units		45 hours
Diseases of the Nervous and Endocrine Systems I	3 units		45 hours
Psychopharmacology	3 units		45 Hours
Legal Aspects of Mental Health	3 units		45 hours
Mental Health Promotion, Advocacy and Human Right	3 units		45 hours
Introduction to Sociology in Mental Health	3 units		45 hours
Hospital Based Clinical Practice II	4 units	Clinical	150 hours
Community Based Clinical Practice I	4 units	Clinical	150 hours

Successful completion of 12months of the programme, the candidate will be granted the Certificate in Mental Health Nursing

Semester III

Subject	Credits	Practical/ clinical	Total contact hours
Research Methods	3 units		45 hours
Diseases of the Nervous and Endocrine Systems II	3 units		45 hours
Management and Administration in Nursing	3 unit		45 hours
Research Project	3 units		45 hours
Community Based Clinical Practice II	4 units		150 hours
Hospital Based Clinical Practice III	4 units		150 hours

Successful completion of 18 months of the programme, the candidate will be granted the Diploma in Mental Health Nursing

DETAILS OF SYLLABUS

Year 1 – Semester 1

Module Code: MHN 001

Module Title: Perspectives in Mental Health Care 1

Credit Units: 3

Level: Certificate & Diploma

Module Summary

The Course is designed to provide the student with the knowledge of basic theories, principles and concepts guiding the practice of mental health nursing. It deals with the recognition, treatment and prevention of mental abnormalities and disorders.

Learning outcomes

At the end of the course, the student will be able to:

- Discuss the concept of Mental Health and Mental illness.
- Discuss the major theories of the aetiology of mental illness
- Describes behaviours associated with disintegrative life pattern
- Describe the specific features of mental illness
- Discuss the general management of mental disorders
- Explain the theories of psychophysiology reaction
- Describe the management of psychophysiological diseases
- Discuss the management concept in neurotic and psychotic disorders
- Explain the management concept in development disorders
- Discuss the management of sexual and behavioural deviations

Course Content (Detailed)

Concept of Mental Health and Mental Disorder

- Definition of mental health/mental illness
- Characteristics of good and positive mental health
- Characteristics features of each of the behaviour
- The scope of mental health illness
- Classification of mental illness – DSM and ICD
- Characteristics/features of a mentally ill person

Aetiology of Mental Disorder

- Heredity consideration
- Personality/constitutional factors
- Environmental factor
- Psycho-social factors in aetiology of mental illness

Behaviours Associated with Disintegrative Life Pattern

- Definition of disintegrative behaviour –medical, personal, social, legal and statistical
- Disintegration of perception, thought, affect and motivation
- Disintegrative behaviour (e.g., schizophrenia, depression and mania)

- Characteristics features of each of the behaviours
- Specific features of mental illness/disorders
- Psychopathology of mental disorders
- Differential diagnosis of mental disorders

General Management of Mental Disorders

- Management strategies use for each class of mental illness
- General management of each condition

Theories of Psychophysiological Reactions

- Theories of psychophysiology reactions
- Causes of psycho-physiological reactions
- Characteristics features of each of the behaviours
- Specific features of mental illness/disorder
- Psychopathology of mental disorders
- Differential diagnosis of mental disorders

Management of Neurotic Disorders

- Characteristics/features of neurotic conditions
- General management of patients with neurotic disorders
- Path physiology and psychopathology of neurotic disorders
- Prognosis of various neurotic disorders
- Post-traumatic disorders, reactions to trauma

Management of Psychotic Disorders

- Definition and classification of psychoses
- Clinical features of each condition
- Pathophysiology and psychopathology of each condition
- Differential diagnosis
- General management of functional and organic psychoses
- Prognosis of each condition

Management of Developmental Disorders

- Definition of intellectual impairment
- Clinical conditions that cause intellectual impairment
- Characteristic features of each condition
- Management
- Prognosis

Management of disorders that occur in special groups

- Child mental disorders, understanding and management
- Gender and mental health issues related to women i.e. pregnancy, childbirth
- Mental health in the elderly
- People with physical illness .e.g. HIV

Module Code: MHN 002
Module Title: Dynamics of Mental Health Nursing 1
Credit Units: 3
Level: Certificate & Diploma

Module Summary

The course is designed to provide the students with the knowledge of the basic principles, concepts, and skills guiding the practice of Mental health Nursing. It highlights the recognition, prevention and treatment of mental disorders.

Learning Outcomes

At the end of the course, the students will be able:

- To explain the historical developments of Mental Health Nursing nationally and internationally.
- To discuss the qualities of effective mental health and practice
- To understand the concepts of effective communication
- To discuss the phases of therapeutic relationship
- To explain the concept of counseling in Mental Health Nursing
- To describe the role of the nurse in mental health setting.

Module Content (Detailed)

Introduction to Development of Mental Health Nursing

- The development of mental health nursing from the custodian era to the present day.
- Some important personalities that have contributed to the development of Mental Health (Nationally & Internationally)
- The facilitative characteristics of a Mental Health Nurse
- Clients needs and ability

Effective Communication

- Communication – Definition and classification
- Factors influencing effective communication
- Communication skills, ability to empathize
- Communication with other members of the Mental Health Team
- The process of information sharing i.e. observing, assessing and recording etc.

Therapeutic Relationship

- Definition and characteristics of therapeutic relationship
- Phases of therapeutic relationship
- The processes in therapeutic relationship e.g. observation, initial interview, assessment etc

Counseling

- Concept of counseling, active learning
- Theories of counseling
- Steps in counseling
- Principles of counseling

- Skills of counseling

Psychological Therapies

- Types of Psychological therapies
- Mental Health conditions that is suitable for each of the therapies
- Behaviour activation therapy
- Motivational interviewing
- Problem solving therapy
- Relaxation therapy
- The role of the nurse in psychological therapies.

Module Code: MHN 003
Module Title: Neuro-Anatomies and Physiology
Credit Units: 3
Level: Certificate & Diploma

Module Summary

The course is designed to strengthen the students' knowledge of neuro-anatomy and physiology as applied to mental health nursing. Emphasis is placed on the implication of anatomical and physiological/biochemical changes and such knowledge is applied for the understanding of the process of disease condition and its management.

Learning Outcomes

At the end of the course, the student will be able to:

- Identify the basic structures of the nervous and endocrine systems in relation to normal functioning of the brain and human body
- Describe the functional changes that occur during different stages of the development of man
- Utilize the knowledge of neuro-anatomy and physiology in effective recognition and management of mental disorders.

Module Content (Detailed)

Basic Embryology of the Nervous System

- Development of the brain, spinal cord and the nerves
- Components of the nervous system
- Neurons/nerves
- The Synapse
- Chemical transmitters and muscular contractors
- Properties of nerve tissue
- Meninges and ventricles of the brain
- Cerebro-spinal fluid

The Central Nervous System

- Brain and spinal cord
- Peripheral nervous system
- Cranial and spinal nerves

The Autonomic System

- Sympathetic and parasympathetic nervous system
- Functions of the automatic nervous system
- Effects of autonomic nervous system on the various systems of the body
- The clinical importance of the endocrine glands

Module Code: MHN 004
Module Title: Applied Psychological Care
Credit Units: 3
Level: Certificate & Diploma

Module Summary

The course is designed to broaden the student's knowledge on various concepts and principles relating to human growth and development as well as factors affecting personality development.

It highlights the characteristics of human behaviour and problems of each stage of development as well as their implications for nursing practice.

It enables the nurse to understand herself and handle her own emotional problems successfully thereby, being able to exercise meaningful interactions with others.

Learning Outcomes

At the end of the course, the student will be able to:

- Apply the knowledge of psychology in the practice of mental health nursing.
- Discuss the theories of human growth and development
- Explain the concepts of human emotions and behaviours
- Explain the role of cognitive functions in human development
- Discuss the fundamentals of psychopathology of mental illness
- Describe the tools in psychological testing

Module Content (Detailed)

Introduction to Psychology

- Definition of terms
- Fields of psychology
- Psychology and Nursing Practice

Growth and Development

- Theories of human growth and development
- Theories of psychosocial development
- Basis of mental health in family situations
- Mother Child relationship
 - Characteristics of emotional and behavioural problems associated with each stage of human development:
 - Childhood
 - Adolescence
 - Adulthood
 - Old Age

Human and Emotion and Behaviour

- Concept of human emotions and behaviour
- Instinct and behaviour
- Emotions and reflex action
- The mind attitudes, motivation, and intelligence etc

Cognitive Functions in Human Development

- Process of attending, perceiving, learning, remembering and forgetting
- Process of problem solving
- Communication
- Inter personal Relationships
- Crisis and Crisis Intervention
- Fundamentals of psychopathology of mental illness
- Personality development and personality tests
- Unconscious motivation (personality defense mechanisms)

Psychological Tests and Testing

- Definition
- Cultural issues in testing
- Psychological Tools (standardized tests)
 - Types of tests
 - Projective tests
 - Non-projective tests
 - Vocational Inventory
 - Nursing Implication

Module Code: MHN 005
Module Title: Community Mental Health Nursing
Credit Units: 3
Level: Certificate & Diploma

Module Summary

The course is designed to equip the students with the knowledge and skills of community based mental healthcare.

Learning Outcomes

At the end of the course, the student will be able to:

- Identify the changing focus of care in the field of mental health
- Describe the concept of care associated with the model of public health
- Describe the various models used in community mental health care
- Discuss nursing goals for community based mental health practice
- Understand the role of family and community representatives in community mental health care
- Explain treatment alternatives for the care of clients in the community
- Understand the responsibilities and leadership role of the nurse in community mental health practice
- Understand the implications of research for community mental health practice

Module Content (Detailed)

Community Mental Health

- The changes in mental health belief from:
 - Custodial to humanism
 - Somatotherapy to Psychotherapy
 - Psychotherapy to Community therapy
 - Community mental health orientation
 - Community mental health ideologies
 - Advantages and disadvantages of community mental health care

Community Mental Health Practice

- Concepts and principles
- Goals of Care
- Current trends in community mental health practice
- Essential services in community mental health center
- Management of resources in Community Mental Health Centers

Community Mental Health Care Team

- The Family: Definition of family
- Roles of family members in health and illness
- Composition of community mental health team
- Functions of members of community mental team

Management of the Mentally Ill in the Community

- The Principles of community mental health care
- Types, description, treatment and rehabilitation for the mentally ill in the community

- Merits and demerits of each type
- Difference between orthodox and traditional mental health care in the community
- Application of the nursing process in the care of patients

Responsibilities of the Nurse in Community Mental Health Practice

- Community needs assessment
- Maternal welfare
- Psychological functioning
- Coping ability
- Social support
- Sustained motivation
- Health maintenance
- Role of the nurse in meeting the needs of the clients and community
- The responsibilities of the nurse in community mental health practice.
- Collaborative responsibilities of other health workers in community mental health practice
- Management strategies for community based mental health care

Nursing Research in Community Mental Health Practice

- Identification of areas of research in community mental health practice
- Preparation of a proposal on identified problem
- A research study
- Feasibility
- Fund sourcing

Module Code: MHN 006
Module Title: Introduction to Computer Studies
Credit Units: 3
Level: Certificate & Diploma

Module Summary:

With increasing need for computer technological application to all spheres of human endeavour, it is important that the Psychiatric-Mental Health Nurse keeps abreast of information technology as it applies to health care system. This course is designed to introduce the student to the use of computer.

Learning Outcomes:

At the end of the course, the student will able to:

- Identify the different types of computers commonly used
- Appreciate the basic concepts of data processing
- Explain the major advantages of electronic data processing over manual processing
- Relate processing ideas to everyday activities
- Demonstrate an understanding of computer application.

Module Content (Detailed)

Introduction

- Definition of Computer
- Classification of computer

Components of Computer System

- Hardware
 - Input, Output, Processing devices
 - Software
 - Examples. Practical use of software
- Input Devices
- Keyboards, computer mouse, scanners etc

Processing, **Memory**

- Central Processing Unit (CPU)

- Output Devices
 - Printers, projectors etc

Computer Files

- Logical files, physical files, master files, reference file
- File arrangement
- Practical management of files

Practical use of computing

- MS Word, Excel, PowerPoint

Computer Networking

- Internet
- E-mail

Year 1 Semester 2

Module Code: MHN 007

Module Title: Perspective in Mental Health Care II

Credit Units: 3

Level: Certificate & Diploma

Module Summary:

This course is designed to provide the students with the knowledge of concepts basic to child and adolescent mental health, substance abuse and crisis intervention.

Learning Outcomes

At the end of the course, the student will be able to:-

- Explain the personal and external factors that influence the child and adolescent response to stress.
- Identify the techniques used for assessment and treatment of child and adolescent problem
- Discuss the concepts and theories of substance abuse and drug dependence
- Discuss the management of a client with substance abuse
- Explain the theories associated with crisis development
- Discuss the role of the nurse in crisis management.

Module Content (Detailed)

Stress

- Definition of Stress
- Causes of stress in child and adolescent
- Factors influencing child and adolescent response to stress
- Outcome of stress response in child and adolescent

Childhood and Adolescent Disorders

- Overview of normal growth and development
- Common childhood and adolescent disorders
- Clinical manifestation of various types
- Assessment techniques for child and adolescent
- Management of child and adolescent disorders
- The role of the nurse in the management of childhood and adolescent disorders

Substance Misuse / Abuse

- Concepts of substance abuse dependence, tolerance
- Theories, Concepts related to substance abuse
- Types of substances commonly misused
- Phases of drugs
- Factors influencing substance misuse
- Clinical manifestations of substance misuse
- Management and rehabilitation of victims of substance misuse, physical, psychological and social consequence of substance misuse
- Preventive measures
- Health education/counseling

- Public enlightenment activities
- Legislation and control of drugs and alcohol
- Responsibilities of a nurse.

Unit IV: Crisis and Crisis Intervention

- Definition of Crisis
- Theories and concepts of crisis development
- Types of Crisis
- Causes of Crisis

Intervention Methods

- Group Process/Dynamics
- Hotline Crisis Intervention
- Short term crisis intervention
- Long term crisis intervention
- Multidisciplinary approach to crisis intervention
- Roles of the nurse in Crisis Management.

Module Code: MHN 008
Module Title: Dynamics of Mental Health Nursing II
Credit Units: 3
Level: Certificate & Diploma

Module Summary

The course is designed to provide a framework for student understanding of the basic principles, concepts and skills guiding the practice of mental health nursing. It aims to provide student with broad knowledge base from which to place mental ill-health in context in terms of prevalence, meeting the needs of client and family, and current policy and practice. It will also give students opportunities to use nursing process skills to explore common behavioural responses and nursing therapeutic interventions for mental illness.

Learning Outcomes

At the end of the course, the student will be able to:

- Describe the basic principles of Mental Health Nursing
- Identify factors that contribute to and inhibit healthy mental state
- Demonstrate an understanding of mental health concepts and principles in meeting the mental health needs of clients, families and community.
- Discuss laws and legal rights of mentally ill clients/patients
- Describe treatment techniques available for client care

Module Content (Detailed)

Introduction

- Concepts, principles, and scope of mental health nursing.
- Epidemiology
- Investigations and physical examination
- General symptomatology and diagnosis

Tools of Mental Health Nursing

- Establishment of therapeutic interpersonal relationship
- Application to the nursing process
- Use of communication skills
- Interviewing techniques
- Observations, recording and reporting

Strategies of Care

- Changing concepts in mental health nursing
- Client/patient centered care
- Comprehensive and total care (holistic care)
- Psycho-social implications
- The role of the mental health nurse in health institutions, prisons, remand homes and community

Management of Patients with Specific Mental Health Disorders

- Nursing management in specific mental health, emergencies and other behavioural patterns
- Severe depression or hyperactivity
- Acute toxic confessional state

- Aggressive behaviour
- Acute attack of anxiety or panic
- Suicidal attempts and threats
- Needs of specific age groups
 - Childhood
 - Adolescent
 - Adulthood
 - The elderly
- Nursing management of behavioural patterns associated with:
- Psycho-physiology alterations and disorders, alterations in body image, peptic ulcer, asthma, essential hypertension, migraine, and others.

Child Psychiatry

- Child Psychiatry
- Learning Disorders
- Conduct Disorders
- Autism
- Epilepsy in children
- Attention Deficit Hyperactivity Disorder (ADHD)

Psychological Therapies

- Psychotherapy: concepts, principles and techniques
- Conditioning
- Cognitive Behavioural Therapy

Somatotherapies

- Electro Convulsive Therapy (ECT)
- Definition and indications
- Procedures and contra-indications

Module Code: MHN 009

Module Title: Diseases of the Nervous and Endocrine Systems I

Credit Units: 3

Level: Certificate & Diploma

Module Summary

This course introduces the students to diseases of the nervous and endocrine systems which can affect the mental health of an individual because of their incapacitating tendencies. It enables the students acquire knowledge and develop skills, in the recognition and management of patients with these diseases.

Learning Outcomes

At the end of the course, the student will be able to:

- Identify the structural changes that may occur in the endocrine and nervous systems, which could result in dysfunction of various parts of the body.
- Utilize the knowledge acquired in the effective management of clients with identified conditions.
- Utilize the knowledge acquired in preventing mental disorders in clients

Module Content (Detailed)

Review of Anatomy and Physiology of the Nervous System

- Review of Anatomy and physiology of the nervous system
- Definition of some terminologies related to nervous diseases
- Clinical manifestations of damaged structures of the nervous systems e.g.
- Brain, Spinal Cord, Nerves
- Regeneration of damaged nervous tissues

Neurological Investigation and Nursing Care

- Neurological investigations and examination e.g. Lumbar and cisternal puncture etc
- Essential principles of neurological nursing
- Nurse's responsibility in the management of neurological disorders

Cerebrovascular Disorder

- Causes and clinical features of cerebro-vascular disorder
- Unconsciousness
- Cerebro-vascular accident (stroke), cerebral thrombosis embolism
- Other related disorders which affect mental health
- General and specific management and prevention of these disorders

Trauma to Central Nervous Systems

- Causes. Clinical manifestations, management, complications and prevention of the following:
- Head injury
- Spinal cord injury
- Fracture of the skull, Intra-cranial hemorrhage
- Pre and postoperative care of a patient with intracranial injury and/or surgical operations on the head

Other physical illness with mental health consequences

- Brains Tumor:
- Causes, types, possible location and effect on central nervous system
- Interaction between HIV/AIDS and mental illness
- Syphilis and General Paralysis of the Insane (GPI)

Module Code: MHN 0010
Module Title: Psychopharmacology
Credit Units: 3
Level: Certificate & Diploma

Module Summary

The course is designed to provide the student with the knowledge of drugs currently in use in the treatment of mentally ill patients. It highlights the concepts, classification and problems of substance abuse. It emphasizes the skills in the management and rehabilitation of patients/clients.

Learning Outcomes

At the end of the course, the students will be able to:

Demonstrate competence in the administration of psychopharmacology agents through various routes

- Explain the role of the Mental Health Nurse in the legal considerations of drug storage, administration and recording.
- Demonstrate an understanding of drug action and side effects in practice situations
- Utilize the knowledge of drug control and substance (drug) abuse in total clients/patients care.

Unit I: Drug Administration

- Classification of Psychotropic drugs
- Methods of drug administration
- Nurses responsibility in the ordering, storage, administration and documentation of drugs
- Legal aspects of drugs administration
- Measures of increase therapeutic effects of drug
- Observation, reporting and recording of treatment side-effects and toxicity of drugs

Unit II: Drugs Used in Mental Health Care

- Anti-psychotics
- Antidepressants
- Anticonvulsants and muscle relaxants
- Anti-parkinsonism
- Barbiturates
- Antibiotics in current use
- Essential drug list for mental health
- Drug revolving fund

Module Code: MHN 0011

Module Title: Legal Aspect of Mental Health Nursing

Credit Units: 3

Level: Certificate & Diploma

Module Summary

This course is designed to equip the student with the knowledge in ethical and legal aspects of Mental Health Care. It deals with ethics and legal issues covering nursing practice in general and psychiatric nursing in particular. It also deals with the legality involved in the care of psychiatric patients in terms of their freedom and human right.

Learning Outcomes

At the end of the course, the student will be able to:

- Discuss the sources and aspects of general law in relation to mental health practice
- Apply ethics of nursing and standard of practice to mental health practice
- Apply the relevant mental health laws, human right laws and the provisions of Sierra Leone's constitution to the practice of mental health care.

Module Content (Detailed)

Aspects of General Law

- Definition of law
- Types of law
- Constitution, legislature and judiciary decisions
- United Nation Universal Declaration of Human Right and the Sierra Leone Constitution
- UN Convention on the Rights of Persons with Disabilities and mental health
- Legal concepts as applied to health care:
- Offence, civil offence, tort, liable, slander, assault and battery, negligence, malpractice, damage, testamentary capacity, will validity etc

Review of Ethics of Nursing and Standard of practice

- Principles of confidentiality'
- Privilege communication
- Patient's privacy
- Ethical situation in nursing practice – client, profession and society
- Consent
- Least restrictive practice and forced treatment

Mental Health Law

- Laws related to confinement/admissions of patients into psychiatric institutions
- Formal and informal admissions
- Emergency admissions etc.

Module Code: MHN 0012

Module Title: Mental Health Promotion, Advocacy and Human Rights

Credit Units: 3

Level: Certificate & Diploma

Module Summary

This course is designed to provide the students with a broad base knowledge of key concepts, theory and evidence relating to mental illness prevention and mental health promotion. Student will examine and analyze structures and support at the individual and service provider levels and at community and policy levels as there affect the mental well being and human right of those with mental illness.

Learning Outcomes

At the end of the course, the students will be able to:

- Describe the relationship between the mind and body.
- Explain the links between physical and mental well-being.
- Discuss the concepts of holistic man, self actualization and self determination.
- Discuss the role of advocacy and self-help groups in mental health.
- Explain the role of stigma and social construction of mental illness, inequalities, culture, gender, and ethnicity in mental illness
- Discuss the role of policy, media, international organization, non-governmental organizations in mental health promotion, advocacy and human right of those with mental illness
- Develop and evidence based mental health promotion or mental illness prevention strategy
- Use contemporary policy documents to demonstrate an understanding of issues of public safety with respect to rights of the patients as an individual.

Mental Health Promotion and Prevention

- Concepts of mental health and mental illness
- Prevalence of mental ill-health
- Cost of mental illness on individuals, family and society
- Psycho-Education for preventing relapse of mental illness
- Mental health promotion or mental illness prevention strategies

Mental Health Policy and Advocacy

- Strategies that strengthen communities, inclusion, and participation

Laws and System that Project Human Rights

- Internal Rights Protection System
- External Advocacy Systems
- Accreditation of Mental Health care delivery systems
- Bill of rights
- Issues of consent

Module Code: MHN 0013

Module Title: Introduction to Sociology in Mental Health

Credit Units: 3

Level: Certificate & Diploma

Module Summary

The course is designed to introduce the student to the relationship between sociology and medicine and the application of the general concepts of sociology in the mental health care delivery system in Sierra Leone. It will enable the student to understand the societal response to illness.

Learning Outcomes

At the end of the course, the student will be able to:-

- Discuss the social and cultural aspects of medical sociology
- Explain the individual, family and societal response to mental illness.
- Explain the relationship between societal class and mental illness
- Discuss the complementary nature of modern and traditional medicine
- Discuss the relationship between health practitioners and their clients and their health condition
- Discuss the general principles of social planning as it affects mental health care delivery in Sierra Leone.

Module Contents (Detailed)

Sociology and Health

- Nature and scope of health sociology
- Concepts of “Health” and “Illness”
- Social and cultural implications of “mental illness”

Societal Response to Mental Disorders

- Causes of mental disorders and their social perspectives (e.g., depression, schizophrenia, and epilepsy).
- Family/social response to mental disorder

Social Class / Disease Relationship

- Diseases of affluence and poverty (e.g., mental illness, hypertension, cardiovascular disease, diabetes, stroke, obesity, kwashiorkor, tuberculosis, kidney disease etc).
- Relationship between social class and mental illness.

Modern and Traditional Mental Health care Systems

- Modern mental health institutions e.g. Hospitals, PHUs, Health centers etc
- Traditional mental health system
- Socio-cultural setting in modern mental health care

Relationship in Health Care Systems

- Doctor-Nurses relationship
- Nurse-Patient relationship
- Role of hospital administrator and practitioners

Social Planning and Health Care

- Structure of Health Care Delivery System in Sierra Leone

- Government of Sierra Leone policies on health, education, housing, water supply, waste disposal and rehabilitation
- Financing of Health Care/Mental Health Care
- The Mental Health Service System

Mental Health Problems in Sierra Leone

- The present pattern of mental health problems in Sierra Leone
- Mental health problems in Sierra Leone and their solutions
- Implementation of mental health programme in Primary Health Care
- Problems associated with the implementation of mental health programme in Primary Health Care
- Prospects of Public Private Partnership.
- Role of NGOs, CBOs and Faith-Based Organizations in Mental Health Care
- The Sierra Leone mental health policy and strategic plan
- Introduction of WHO mhGAP programme in Sierra Leone

Year 2 Semester I

Module Code: MHN 0014

Module Title: Research Methods and Statistics

Credit Units: 3

Level: Diploma

Module Summary

This course is based on the previous knowledge of research and statistics. It reviews the various concepts and principles used in statistics, the research process and methodology. It also emphasizes qualitative and quantitative statistical analysis. It further highlights the importance of project writing, documentation and critique of scientific studies in mental health.

Learning Outcomes

At the end of the course, the student will be able to:

- Demonstrate in-depth knowledge of statistical methods used in health care research.
- Initiate, conduct and present well organized research project
- Collaborate with other health care providers in conducting empirical research
 - Utilize research findings for improving nursing care

Module Content (Detailed)

Introduction

- Basic statistical concepts, principles, methods and uses of statistics in health care delivery
- Health statistics
- Vital statistics and statistical indices
- Sources and nature of statistical data in Sierra Leone with equivalent data from other nations

Data Collection

- Registration process for births and deaths
- Registration certificates of births and deaths in Sierra Leone and other nations
- Methods of direct standardization of rates
- Methods of indirect standardization of rates
- Problems involving standardized rates
- Review of research process, and its significance in mental health care
- Qualitative and quantitative statistical methods

Planned Studies in Medical Research

- Definition of clinical trials
- Ethical problems involved trials
- The term, "Placebo treatment"
- Clinical trial using the placebo treatment
- Types of research
- Retrospective studies
- Double blind studies
- Case control study
- Follow up

Project Writing

- Selection of topic
- Differentiation of long essay from research report
- Writing research proposal
- Data collection and processing
- Writing research report
- Reference/Bibliography
- Funding or research- government, non-governmental organizations (NGO's) etc

Research Communication

- Ethical issues
- Critique of research reports
- Application of research process in clinical practice
- Acknowledge of contributors and references
- Communicating research findings
- Utilization of research findings

Module Code: MHN 0015

Module Title: Diseases of the Nervous and Endocrine System II

Credit Units: 3

Level: Diploma

Module Summary

This course is designed to build upon the foundation laid in the students to diseases of the nervous and endocrine systems which can affect the mental health of an individual because of their incapacitating tendencies. It enables the students acquire knowledge and develop skills, in the recognition and management of patients with these diseases.

Learning Outcomes

At the end of the course, the student will be able to:

- Identify the structural changes that may occur in the endocrine and nervous systems, which could result in dysfunction of various parts of the body.
- Utilize the knowledge acquired in the effective management of clients with identified conditions.
- Utilize the knowledge acquired in preventing mental disorders in clients

Disease of the Endocrine System

- Review of Anatomy and Physiology of the Endocrine System
- Endocrine glands and hormones produced
- Under secretion and over secretion of each gland
- Diabetes, hypothyroidism, hyperthyroidism
- Implications on Mental Health of individual, family and community
- Prevention and Health Education/Counseling
- Management and Rehabilitation of patients in the family and community

Organic Diseases of the Nervous System that Affect Mental Health

- Inherited degenerative diseases
- Alzheimer's disease
- Parkinson's Disease (paralysis Agitan)
- Epilepsy, Convulsions and fits
- Effect of the above on Mental Health

Infective Disease of the Nervous System

- Aetiology, pathophysiology, signs and symptoms, complications and general nursing management of the following: - meningitis, encephalitis, brain abscess, syphilis, otitis, media etc.
- Congenital malformations e.g. spinal bifida. Causes, signs/symptoms, investigation, prevention and general/specific management.

Module Code: MHN 0016

Module Title: Management / Administration

Credit Units: 3

Level: Diploma

Module Summary

This course is designed to review the philosophy, theories, principles and techniques of management as related to mental health nursing. It further develops the skills of mental health nurses in the use of management tools in primary, secondary and tertiary levels of mental health care services.

Learning Outcomes

At the end of the course, the student will be able to:

- Utilize the knowledge of basic principles of management in planning, organizing, administering and controlling mental health care services.
- Demonstrate competence in the use of managerial skill for quality assurance in mental health practice.

Module Content (Detailed)

Introduction to Management

- Philosophy and principles of management
- Theories of Management

Element of Management

- Planning
- Types of planning
- Decision making process
- Organizing
- Structure of organization
- Interdepartmental relationship and communication
- Staffing
- Directing
- Leadership
- Delegation of Responsibility
- Authority and accountability
- Motivation
- Controlling
- Accounting/budgeting
- Discipline
- Job performance evaluation

Application of Principles of Management to Mental Health Nursing Practice"

- Organization of Mental Health Clinic
- Role of Psychiatric-Mental Health Nurse in the Management of psychiatric clinic

Quality Assurance and Risk Management

- Concepts of risk management
- Quality assurance and nursing audit

- Common risk categories for mental health nurses
- Elements of risk management
- Hospital policy for quality assurance and risk prevention
- Incident report