

1. OVERVIEW

Subject Area	Mental Health Disorders Throughout The Life Cycle
Degree	Bachelor's Degree in Nursing
School/Faculty	Biomedical and Health Sciences
Year	Third
ECTS	6 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On campus
Semester	Semester 5

2. INTRODUCTION

The subject area “Mental Health Disorders Throughout The Life Cycle” introduces third year students of the Bachelor's Degree in Nursing to mental health nursing care for individuals, families and groups. This is done in line with the concept of comprehensive care within the context of mental health promotion, prevention, and treatment throughout the life cycle, while also taking into account criteria of quality and patient safety.

This subject area combines two areas of scientific knowledge from health sciences and the humanities area of social science. This dual perspective will serve as an approach to training for the development of comprehensive and holistic care for people with mental illness and those around them. At the end of the subject area, the aim is for the student to be able to build on the specific knowledge acquired in the areas of care, teaching, management and research.

The main knowledge to be learned involves an understanding of the conceptual and organisational framework of specialised care and knowledge of the direct care provided by nursing professionals in the various forms of community care (in-clinic, programmes, home visits), as well as other forms of care provided in the various acute, medium and long-stay units for people with mental illness.

This subject area is a step up from psychology applied to health care, which takes place in the first year. The main objectives of specialised care for people with mental illness are based on direct, patient-centred support, the patient's environment and family, taking into account their dysfunctions and needs. The aim is always to pursue normalisation, rehabilitation and social integration, promoting safety and avoid stigma, which refers to labels that lead people to reject, avoid or fear those perceived as different. Training will be geared towards non-judgmental care, WITHOUT FEAR.

The aim of this subject area is for students to know and understand the role of the nurse in this field, to learn care and management skills in the area of Mental Health.

3. SKILLS AND LEARNING OUTCOMES

Basic skills (CB, by the acronym in Spanish):

- CB2: Students know how to apply their knowledge to their work or vocation professionally and have the skills that are usually demonstrated by forming and defending opinions and solving problems within their study area.
- CB3: Students have the ability to gather and interpret relevant data (normally within their area of study) to form opinions which include reflecting on relevant social, scientific or ethical matters.

Cross-curricular skills (CT, by the acronym in Spanish):

- CT1: Students will be able to analyse and evaluate aspects of their own professional activity from an ethical point of view, making decisions and assuming the consequences of their own and other people's actions.
- CT3: Contribute actively in work teams, assuming shared responsibilities.
- CT4: Apply effective communication strategies in professional practice.

Specific skills (CE, by the acronym in Spanish):

- CE28: Be aware of the most significant mental health problems that arise at different stages of the life cycle, providing holistic and effective care in the area of nursing.

General skills (CG, by the acronym in Spanish):

- CG2: Plan and provide nursing care directed at individuals, families or groups, geared towards effective results for health and assess their impact through clinical care practice guidelines, which describe the processes by which a health problem is diagnosed, treated or cared for.
- CG6: Base nursing interventions on scientific evidence and available resources.
- CG10: Protect the health and well-being of individuals, families or groups that use healthcare services, guaranteeing their safety.

European skills:

- CUE5: Independently give advice, guidance and provide support to people in need of care, as well as those close to them.
- CUE7: Establish full professional communication and cooperate with members of other health professions.

Learning outcomes (RA, by the acronym in Spanish):

- RA1. Be aware of the main concepts in relation to the structure and functions of mental health and psychiatric services.

- RA2. Describe the main concepts related to multidisciplinary teams in mental health, as well as the role and activities of the nurse within the team.
- RA3. Identify nursing care to promote mental health in everyday life situations throughout the life cycle.
- RA4. Describe the most significant mental health problems in the different stages of the life cycle.
- RA5. Explain nursing care for people with mental health disorders, taking into account the scientific evidence and available resources.
- RA6. Explain the issues of safe care and dignity in nursing care for individuals with mental health disorders.

The following table shows how the skills developed in the subject area relate to the intended learning outcomes:

Skills	Learning outcomes
CB2, CG2, CE28	RA1 RA2
CB2, CG2, CG6, CE28, CT3, CUE5	RA3
CB3, CG10, CT1, CUE7, CE28	RA4
CB3, CG10, CT4, CE28	RA5 , RA6

4. CONTENTS

The subject area is divided into six topic blocks:

1. Introduction to mental health. Key concepts and processes. Services and the multidisciplinary team.
2. Major mental health problems throughout the life cycle: children, adolescents, adults, the elderly
3. Nursing care for patients with mental health and psychiatric issues.
4. Everyday life and mental health.
5. Stigmatisation of mental illness.
6. Safety in the care of patients with mental health problems.

5. TEACHING-LEARNING METHODS

The types of teaching-learning methods are as follows:

- Lecture.
- Case studies.
- Collaborative learning.

6. LEARNING ACTIVITIES

The types of learning activities, plus the amount of time spent on each activity, are as follows:

On campus:

Learning activity	Number of hours
Lectures	26h
Asynchronous lectures	10h
Case studies	40h
Group tutorials	2h
Debates and discussions	10h
Excursion	4h
Simulation activities	6h
On-campus knowledge tests	2 h
Independent working	50 h
TOTAL	150h

7. ASSESSMENT

The assessment systems, plus their weighting in the final grade for the subject area, are as follows:

On campus:

Assessment system	Weighting
On-campus knowledge tests	50%
Case study/problem: Clinical case study	30%
Case study/problem: Oral presentations	10%
Participation in debates and forums	10%

On the Virtual Campus, when you open the subject area, you can check the guide with the details of your assessment activities, including the deadlines and assessment procedure for each.

8. BIBLIOGRAPHY

The recommended bibliography is indicated below:

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Chinchilla, A y cols. (2011) Urgencias psiquiátricas. Barcelona: Ed. Elsevier.

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Womble, D. (2012). Introducción a la enfermería de la salud mental. Barcelona: Ed. Lippincot. Williams and Wilkins.

Bibliography and electronic resources related to nursing methodology:

NNN Consult. Disponible como recurso electrónico en la biblioteca virtual UEM. <http://0-www.nnnconsult.com.busca.uem.es/>

Bulechek, G.M., et al. (ed.) (2018). Clasificación de intervenciones de enfermería (NIC) (7ª ed). Madrid: Mosby

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Moorhead, S., et al. (ed.) (2018). Clasificación de resultados de enfermería (NOC) (6ª ed). Madrid: Mosby.

Documents related to mental health nursing:

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Sociedad española de psiquiatría. (2010). Indicadores para la evaluación de sistemas de salud mental en España. Gclim-SEP.

Recommended websites:

<http://www.aentde.com/> Asociación Española de Nomenclatura, taxonomía y diagnósticos de enfermería

<http://anesm.net/> Asociación Nacional de enfermería de salud mental

<http://www.apna.org/>American Psychiatric Nurses association.

<http://www.index-f.com/presencia/revista.php> Revista de enfermería de salud mental

Recommended films/TV programmes:

“Estigma y salud mental” Documental contra el estigma en los profesionales.

Documental #di_capacitados de Pepe Martínez. Rehabilitación de la Persona con enfermedad mental

"Una mente maravillosa" Dirigida por Ron Howard. T. Esquizofrénico.

"40 días como paciente de TCA". Video. TCA Terapia Grupal

"Mr. Jones" Dirigida por Mike Figgis. T. Bipolar

"Mejor...imposible" Dirigida por James L. Brooks. T. Obsesivo Compulsivo

"Shutter island. Dirigida por Martin Scorsese. T. Esquizofrénico

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"El hombre de arena" José Manuel Gonzalez- Berbel. Tratamientos Manicomiales

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The bibliography provided is a selection; the teacher of each topic may refer to other books, articles from specialized journals, and other materials.