



## **N123 Community Mental Health Nursing Nursing Elective**

### **COURSE SYLLABUS 2nd Semester, AY 2023-2024**

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**N123: COMMUNITY MENTAL HEALTH NURSING**  
**2<sup>nd</sup> Semester, AY 2023-2024**

**Description:**

This nursing elective focuses on the nursing strategies for the promotion/maintenance of mental health and the management of psychosocial concerns of population groups or community. According to WHO (2004), promoting mental health is an integral part of public health. Mental health and mental illness are determined by multiple and interacting social, psychological, and biological factors, just as health and illness in general. In this course we would like to emphasize the role of the nurse in improving the mental well-being of a population group/ community. Aside from the lectures, there will be practical applications of providing care for a selected population group that will focus in assisting them to achieve a higher level of mental well-being.

**Course Outcomes:**

Given a population group/community, the students will be able to:

- 1 Apply critical thinking in analyzing factors that affect psycho-social adaptation in light of the existing mental health models, trends, principles and Philippine socio-cultural framework.
- 2 Assess the mental health status of the client using varied sources, methods and instruments
- 3 Develop mental health strategies to promote mental well-being of the client based on current mental health issues using a participatory approach
- 4 Implement appropriate and evidence based mental health promotion program to assist clients towards higher level of wellness
- 5 Demonstrate respect for human dignity, gender, culture sensitivity and social justice in the mental health promotion strategies especially to vulnerable population groups and/or population at risk of developing mental health concerns
- 6 Apply principles of therapeutic communication and therapeutic use of self towards the achievement of mental health goals & client empowerment
- 7 Document nursing practice decisions, implementation of programs/services and outcomes of client care
- 8 Value self-awareness, excellence, integrity and caring in the practice of community mental health nursing



**TOPIC OUTLINE**

<b>LEARNING OBJECTIVES</b>	<b>TOPICS</b>
<p>At the end of the learning activities, the students will be able to:</p> <ol style="list-style-type: none"> <li>1. Discuss mental health and mental health promotion, factors influencing mental well-being, and levels of prevention in mental health</li> <li>2. Describe frameworks/ models in understanding mental well-being</li> <li>3. Differentiate mental health nursing, psychiatric nursing and community mental health nursing</li> <li>4. Understand mental health perspectives and issues in the Philippine Setting</li> <li>5. Utilize appropriate tools for the conduct of mental health assessment in a population group or community</li> <li>6. Identify current concerns, issues and trends affecting community mental health</li> <li>7. Develop a plan of action with the client to promote mental well-being and prevent mental health problems</li> <li>8. Provide psychoeducation regarding mental health, stress management and self-care practices</li> <li>9. Provide interventions to promote/maintain mental health and manage psychosocial problems</li> <li>10. Practice therapeutic communication in the conduct of mental health promotion activities</li> <li>11. Evaluate outcomes of mental health care</li> </ol>	<ol style="list-style-type: none"> <li><b>I. Introduction to Community Mental Health Nursing</b> <ul style="list-style-type: none"> <li>▪ Introduction to mental health and mental health promotion</li> <li>▪ Levels of Prevention in Mental Health</li> <li>▪ The Role of the Nurse</li> <li>▪ Mental Health Nursing, Psychiatric Nursing and Community Mental Health Nursing</li> </ul> </li> <li><b>II. Understanding Mental Health</b> <ul style="list-style-type: none"> <li>▪ Frameworks/ Models in Understanding Mental Health</li> <li>▪ Social Determinants of Mental Health</li> <li>▪ Promoting Mental Health</li> <li>▪ Traditional and Contemporary Factors Influencing Mental Health</li> <li>▪ Mental Health in the Philippine Setting</li> </ul> </li> <li><b>III. Community Mental Health Nursing</b> <ul style="list-style-type: none"> <li>▪ Principles of Community Mental Health Nursing</li> <li>▪ Comprehensive Assessment on Community Mental Health</li> <li>▪ Program Planning, Implementation and Evaluation for Community Mental Health</li> </ul> </li> <li><b>IV. Strategies to Promote Mental Health in a Population Group / Community</b> <ul style="list-style-type: none"> <li>▪ Strategies, approaches and trends in mental health promotion:               <ul style="list-style-type: none"> <li>o Self-Awareness Techniques</li> </ul> </li> </ul> </li> </ol>



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<p>12. Document community mental health nursing care provided</p> <p>13. Demonstrate self-awareness</p> <p>14. Reflect on the values learned in the interaction with the client</p>	<ul style="list-style-type: none"> <li>o Stress Management Strategies</li> <li>o Self-Care Techniques</li> <li>o Psychosocial Processing; Psychological First Aid</li> <li>o Coping Pattern Identification</li> <li>o Values/ Value Clarification</li> <li>o Client Empowerment</li> <li>o Promotion of Parenting Skills</li> <li>o Support Groups / Peers</li> <li>o Peer Support</li> <li>o Family Relationships</li> </ul>
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**SCHEDULE:**

Our regular class schedule is **every Monday, 1 – 4 pm**. Please take note of our weekly activities.

<b>Week</b>	<b>Date</b>	<b>Teaching-Learning Activities</b>
1	February 5	Course Orientation Self-Awareness Activity
2	February 12	Lecture 1: Introduction to Community Mental Health Nursing
3	February 19	Lecture II. Understanding Mental Health
4	February 26	Group Reporting: Mental Health of Different Population Groups Lecture III. Community Mental Health Nursing; Development of Mental Health Assessment Tool
5	March 4	Lecture IV. Strategies to Promote Mental Health in a Population Group or Community
6	March 11	Long Exam
7-8	March 18 and 25	Start of Mental Health Needs Assessment
9	April 1	Reading Break
10	April 8	Data Analysis and Development of Program Proposal (Asynchronous Meeting)
11	April 15	Presentation of Program Proposal (Face-to-face)
12 - 15	April 22- May 15	Barangay Consultations, Program Implementation and Evaluation
16	May 20	Presentation of Final Output and Course Evaluation
17	May 27	Submission of Final Papers



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**Course Requirements/Grading System**

Class Participation and Attendance	5%
Long Quiz	40%
Group Output	45%
• Community Mental Health Nursing Assessment	
• Mental Health Promotion Program Plan	
• Program Implementation	
• Evaluation	
Peer Evaluation	10%
<b>TOTAL</b>	<b>100%</b>