



Course Syllabus

N123- Community Mental Health Nursing

2nd Semester AY 24-25

Course 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 communities. According to WHO (2004), promoting mental health is integral to 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 nurse's role 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 on assisting them to achieve a higher level of mental well-being.

COURSE CODE: N-123

COURSE CREDIT: 3 units

PREREQUISITE: N119

COURSE DELIVERY: The course will be delivered through asynchronous, synchronous sessions, and in-person workshops.

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Course Outcomes:

- 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 the 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 programs to assist clients toward a higher level of wellness
- 5 Demonstrate respect for human dignity, gender, culture sensitivity, and social justice in mental health promotion strategies, especially to vulnerable population groups and/or populations at risk of developing mental health concerns



- 6 Apply principles of therapeutic communication and therapeutic use of self toward 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

LEARNING OBJECTIVES	TOPICS
<p>At the end of the learning activities, the students will be able to:</p> <ol style="list-style-type: none"> 1. Discuss mental health and mental health promotion, factors influencing mental well-being, and levels of prevention in mental health 2. Describe frameworks/ models in understanding mental well-being 3. Differentiate mental health nursing, psychiatric nursing, and community mental health nursing 4. Understand mental health perspectives and issues in the Philippine Setting 5. Utilize appropriate tools for the conduct of mental health assessment in a population group or community 6. Identify current concerns, issues and trends affecting community mental health 7. Develop a plan of action with the client to promote mental 	<p>Introduction to Community Mental Health Nursing</p> <ul style="list-style-type: none"> ▪ Introduction to mental health and mental health promotion ▪ Levels of Prevention in Mental Health ▪ The Role of the Nurse ▪ Mental Health Nursing, Psychiatric Nursing, and Community Mental Health Nursing <p>II. Understanding Mental Health</p> <ul style="list-style-type: none"> ▪ Frameworks/ Models for Understanding Mental Health ▪ Social Determinants of Mental Health ▪ Promoting Mental Health ▪ Traditional and Contemporary Factors Influencing Mental Health ▪ Mental Health in the Philippine Setting

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<p>well-being and prevent mental health problems</p> <ol style="list-style-type: none"> 8. Provide psychoeducation regarding mental health, stress management, and self-care practices 9. Provide interventions to promote/maintain mental health and manage psychosocial problems 10. Practice therapeutic communication in the conduct of mental health promotion activities 11. Evaluate outcomes of mental health care 12. Document community mental health nursing care provided 13. Demonstrate self-awareness 14. Reflect on the values learned in the interaction with the client 	<p>III. Community Mental Health Nursing</p> <ul style="list-style-type: none"> ▪ Principles of Community Mental Health Nursing ▪ Comprehensive Assessment on Community Mental Health ▪ Program Planning, Implementation, and Evaluation for Community Mental Health <p>IV. Strategies to Promote Mental Health in a Population Group / Community</p> <ul style="list-style-type: none"> ▪ Strategies approaches and trends in mental health promotion: <ul style="list-style-type: none"> ○ Self-Awareness Techniques ○ Stress Management Strategies ○ Self-Care Techniques ○ Psychosocial Processing; Psychological First Aid ○ Coping Pattern Identification ○ Values/ Value Clarification ○ Client Empowerment ○ Promotion of Parenting Skills ○ Support Groups / Peers ○ Peer Support ○ Family Relationships
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SCHEDULE:

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

Week	Date	Teaching-Learning Activities
1	February 3, 2025	Course Orientation Self-Awareness Activity
2	February 10, 2025	Lecture 1: Introduction to Community Mental Health Nursing**
3	February 17, 2025	Lecture II. Understanding Mental Health**

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4	February 24, 2025	Group Reporting: Mental Health of Different Population Groups Lecture III. Community Mental Health Nursing; Development of Mental Health Assessment Tool**
5	March 3, 2025	Lecture IV. Strategies to Promote Mental Health in a Population Group or Community**
6	March 10, 2025	Final Exam
7-8	March 17 and 24	Start of Mental Health Needs Assessment
9	March 25-27	Reading Break
10	April 7	Data Analysis and Development of Program Proposal (Asynchronous Meeting)
11	April 14	Presentation of Program Proposal (Face-to-face)
12 - 15	April 21- May 16	Barangay Consultations, Program Implementation and Evaluation
16	May 19	Presentation of Final Output and Course Evaluation
17	May 26	Submission of Final Papers

**Online Synchronous

Course Requirements/Grading System

Class Participation and Attendance	5 %
Long Quiz	35 %
Group Output	50 %
<ul style="list-style-type: none"> ● Community Mental Health Nursing Assessment ● Mental Health Promotion Program Plan ● Program Implementation ● Evaluation 	
Peer Evaluation	10%
TOTAL	100%