

### Module Description: Mental Health and Psychosocial Nursing (21R01120903)

<b>Module designation</b>	Course Module
<b>Semester(s) in which the module is taught</b>	IV
<b>Person responsible for the module</b>	Nurlaila Fitriani, S.Kep., M.Kep., Ns. Sp.Kep.J (coordinator)
<b>Language</b>	Bilingual, Bahasa Indonesia and English
<b>Relation to Curriculum</b>	This course is a compulsory course and offered in the 4 <sup>th</sup> semester.
<b>Teaching Methods</b>	<p>Teaching methods used in this course are:</p> <ul style="list-style-type: none"> <li>- Lecture (i.e., SGD, Problem Based Learning, Focus Group Discussion, case study, demonstration)</li> <li>- Structured assignments (i.e., report)</li> <li>- Practice in Nursing Laboratory (i.e., Clinical Skill Lab)</li> <li>- Team based project during Clinical Fieldwork (i.e., field observation)</li> </ul> <p>The class size for lecture is approximately 60 students, while for clinical skill lab is about 15 -20 students for each lecturer.</p>
<b>Workload</b> (incl. contact hours, self-study hours)	<p>Contact hours for lecture is 26.67 hours, assignments are 32 hours, and practice are 45.33 hours.</p> <p>For this course, students are required to meet a minimum of 136 hours in one semester, which consist of:</p> <ul style="list-style-type: none"> <li>- 26,67 hours (equals with ECTS) for lecture,</li> <li>- 32 hours for structured assignments,</li> <li>- 32 hours for self-study hours,</li> <li>- 45.33 for practice hours.</li> </ul>
<b>Credit points</b>	3 credit points (equivalent with 4.53 ECTS)
<b>Required and recommended prerequisites for joining the module</b>	<p>Students must have taken following courses:</p> <ol style="list-style-type: none"> <li>1. Therapeutic Nursing Communication</li> <li>2. Education and Health Promotion</li> <li>3. Patient Safety and Occupational Health and Safety in Nursing</li> <li>4. Nursing Information System</li> <li>5. Adult Nursing: Cardiovascular, Respiratory, and Hematology Systems</li> <li>6. Maternity Nursing</li> <li>7. Maritime Socio-Cultural Insight</li> <li>8. Nursing English III</li> </ol>
<b>Module objectives/intended learning outcomes</b>	<p>After completing the course and given with a maternity nursing case, students will be:</p> <p><b>Knowledge:</b></p> <p><b>CLO1:</b> Able to demonstrate a comprehensive understanding of the concepts, theories, and principles of nursing management when providing nursing care to patients in clinical and community settings based on research findings <b>(K)</b></p>

	<p><b>Skill:</b>  <b>CLO2:</b> Possesses task competence in delivering nursing care and services that can compete nationally and globally (<b>S1</b>).</p> <p><b>Competence:</b>  <b>CLO3:</b> Ensures patient safety in accordance with nursing care standards in all nursing fields, especially in tropical diseases that are prevalent in maritime continents, in accordance with clinical nurse privileges (<b>C1</b>).</p> <p><b>CLO4:</b> Capable of conducting therapeutic communication and providing accurate information to clients and/or their families/companions/advocates in obtaining informed consent for the care that is their responsibility (<b>C2</b>).</p>
<b>Content</b>	<p>Students will learn about:</p> <ol style="list-style-type: none"> <li>1. History of psychiatric nursing and global trends and issues in psychiatric nursing.</li> <li>2. The process of mental disorders from a psychiatric nursing perspective.</li> <li>3. Concepts of stress, mental health-illness continuum, and coping.</li> <li>4. Conceptual models in psychiatric nursing: primary, secondary, and tertiary prevention.</li> <li>5. The role of psychiatric nurses.</li> <li>6. Services and interdisciplinary collaboration in mental health and psychiatric nursing</li> <li>7. The psychiatric nursing process.</li> <li>8. Sociocultural aspects in the context of psychiatric care.</li> <li>9. Legal and ethical considerations in the context of psychiatric care.</li> <li>10. Psychiatric nursing care across the lifespan: pregnant women, infants, toddlers, preschoolers, school-age children, adolescents, adults, and the elderly</li> <li>11. Psychiatric nursing care for clients with anxiety disorders, helplessness, despair, and spiritual distress</li> </ol>
<b>Examination forms</b>	<p>Written exam: Multiple Choice Questions using Vignettes.</p> <p>Skill examination: Objective Structured Clinical Examination (OSCE)</p>
<b>Study and examination requirements</b>	<ul style="list-style-type: none"> <li>- Students must attend 15 minutes before the class starts.</li> <li>- Students must inform the lecturer if they will not attend the class due to sickness, etc.</li> <li>- Students must submit all class assignments before the deadline.</li> <li>- Students must attend all classes of clinical skill laboratories.</li> <li>- Student must attend the early clinical exposure.</li> <li>- Student must attend OSCE to get final clinical examination grade.</li> <li>- Students must attend the exam to get final grade.</li> </ul>

	- Students must get final mark minimum of 40
<b>Reading list</b>	<ol style="list-style-type: none"> <li>1. Stuart, G.W.T., Keliat B.A., Pasaribu J. (2016). <i>Prinsip dan Praktik Keperawatan Kesehatan Jiwa Stuart</i>. Edisi Indonesia 10. Mosby: Elsevier (Singapore) Pte Ltd.</li> <li>2. Berman, A., Snyder, S.J., Koziar, B., &amp; Erb, G.( 2008). <i>Fundamental of Nursing, Concept, Process and Practice, 8ed</i>. USA: Pearson Education, Inc.</li> <li>3. Boynton, B., (2016). <i>Successful Nurse Communication. Safe Care, Healthy Workplaces &amp; Rewarding Careers</i>. Philadelphia:F.A. Davis Company.</li> <li>4. Hockenberry, M.J. &amp; Wilson,D. (2014). <i>Wong's Nursing care of Infant and children</i>. 10 th edition.Mosby: Elsevier Inc.</li> <li>5. Mundakir. (2016). <i>Buku Ajar Komunikasi Pelayanan Kesehatan</i>. Indonesia: Indomesia Pustaka &amp; Distributor.</li> <li>6. Sarfika, R., Maisa, E.A., &amp; Freska, W. (2018). <i>Buku Ajar Keperawatan Dasar 2 Komunikasi Terapeutik Dalam Keperawatan</i>. Indonesia: Andalas University Press.</li> <li>7. Townsend, Mary C. (2009). <i>Psychiatric Mental Health Nursing: Concept of Care in Evidence Based Practise (6thEd)</i>. F.A. davis Company</li> <li>8. Keliat, B. A., Hamid, A. Y. S., Putri, Y. S. E., Daulima, N. H. C., Wardani, I. Y., Susanti, H., Hargiana, G., &amp; Panjaitan, R. U. (2020). <i>Asuhan Keperawatan Jiwa</i>. Jakarta: EGC.</li> <li>9. Nurhalimah, N. (2016). <i>Keperawatan Jiwa</i>. Kementerian Kesehatan Republik Indonesia</li> <li>10. Kurniawan, K., Susanti, H., Mustikasari, M., Khoirunnisa, K., Fitriani, N., Yosep, I., Widiarti, E., Ibrahim, K., Komariah, M., Maulana, S., &amp; Arifin, H. (2022). Nursing Care on HIV/AIDS-Positive Men Who Have Sex with Men: A Qualitative Descriptive Study of Nurse's Perspective in Indonesia. <i>Healthcare (Basel, Switzerland)</i>, 10(12), 2485. <a href="https://doi.org/10.3390/healthcare10122485">https://doi.org/10.3390/healthcare10122485</a></li> <li>11. Anwar N, Irwan AM, Saleh A, Usman S. Effect of Foot Massage on Decreasing Blood Pressure and Anxiety in Older People with Hypertension in Indonesia. <i>Journal of Health Management</i>. 2022;24(2):260-267. doi:10.1177/09720634221087786</li> </ol>
<b>Cluster of Competence</b>	Nursing Clinical Sciences and Skills

<b>Form of Assessments</b>	<ul style="list-style-type: none"><li>- Class/group participation (20%)</li><li>- Class attendance (5%)</li><li>- Assignment: Team-based project report and role play 1 (15%),</li><li>- Written Test (25%)</li><li>- Quiz (10%)</li><li>- OSCE (25%)</li></ul>
<b>Date of last amendment made</b>	September 2021

### Course Learning Outcome Assessment of Learning Outcomes for Course Modules

**Course Module Name** : Mental health and Psychosocial Nursing  
**Code** : 21R01120903  
**Semester** : IV  
**Person responsible for the module** : Nurlaila Fitriani, S.Kep., M.Kep., Ns.Sp.Kep.J  
**Lecturers** : 1. Prof. Dr. Ariyanti Saleh., S.Kp., M.Si  
                   2. Akbar Harisa., S.Kep., Ns., MN., PMNC  
                   3. Dr. Hastuti., S.Kep., M.Kes.

Intended Learning Outcomes	Course Module Objectives	List of Assessments	List of Rubrics
<p><b>Knowledge (K):</b></p> <p>Nursing graduates master nursing science and also information system and technology to provide patients with nursing care based on scientific nursing process and approaches</p>	<p>After completing the course and given with a maternity nursing case, students will be:</p> <p><b>Knowledge:</b></p> <p><b>CLO1:</b> Possesses task competence in delivering nursing care and services that can compete nationally and globally (<b>K</b>).</p>	<p><b>Class participation</b></p> <p><b>Class attendance</b> (Reflects the student's compliance with the agreed upon course contract)</p> <p>- Case study report : Students are asked to compile a nursing care report according to the case obtained, using applicable nursing care standards.</p> <p><b>Written exam:</b> Multiple Choice Questions using Vignettes.</p> <p>- Mode of delivery: Online through Learning Management System (LMS) &amp; paper-based exam.</p> <p>- Total number of questions: 50.</p>	<p>Rubric for class participation</p> <p>Student attendance register</p> <p><b>Rubric for Multiple Choice Questions</b></p> <p><b>Rubric for case study report</b></p> <p>- Scored 2, if the answer is correct.</p> <p>- Scored 0, if the answer is wrong.</p>

Intended Learning Outcomes	Course Module Objectives	List of Assessments	List of Rubrics
		<ul style="list-style-type: none"> <li>- Each question must be completed within 1 minute.</li> <li>- Duration of exam: 100 minutes.</li> </ul> <p><b>Individual and group presentation</b></p>	<ul style="list-style-type: none"> <li>- Final grade= Total corrected items divided by total items multiply 100.</li> </ul> <p><b>Rubric for Presentation</b></p>
	<p><b>Skill:</b>  <b>CLO2:</b> Able to demonstrate a comprehensive understanding of the concepts, theories, and principles of nursing management when providing nursing care to patients in clinical and community settings based on research findings <b>(S1)</b>.</p>	<p><b>Assignment:</b>  student creates a case of psychosocial mental health nursing and prepares a role-play script that demonstrates the nursing care process and the implementation of therapeutic communication in accordance with the standards of nursing practice that are relevant to the given case. The results of the nursing care implementation are presented in front of the class and then discussed collectively with the students and the teaching team.</p>	<p><b>Rubric for role play simulation</b></p>
<p><b>Competence (C1):</b>  Graduates are able to provide comprehensive and continuous nursing care that ensures research-based patient safety in accordance to nursing care standards</p>	<p><b>Competence:</b>  <b>CLO3:</b> Ensures patient safety in accordance with nursing care standards in all nursing fields, especially in tropical diseases that are prevalent in maritime</p>	<p><b>Clinical Skill Lab Mastery:</b>  Objective Structured Clinical Examination (OSCE)</p>	<p><b>Rubric for Clinical Skill Lab Observation</b></p>

<b>Intended Learning Outcomes</b>	<b>Course Module Objectives</b>	<b>List of Assessments</b>	<b>List of Rubrics</b>
in all areas of nursing particularly of diseases that are common in Indonesia as a tropical and maritime country.	continents, in accordance with clinical nurse privileges (C1).		
<b>Competence (C2):</b>	<b>CLO 4:</b> Capable of conducting therapeutic communication and providing accurate information to clients and/or their families/companions/advocates in obtaining informed consent for the care that is their responsibility (C2).	<b>Assignment:</b> Students are asked to compose a paper based on cases related to mental health and psychosocial problem.	<b>Rubric for paper</b> <b>Rubric for group presentation</b>

**Proportion of assessment aspects according to the course learning outcomes.**

No	Code	CLO	Sub CLO	Learning Method	Metode Evaluasi						Proporsi	
					Participatory Analysis	Project result	Assignment	Quis	Mid-test	Final Test		
1	K	CLO 1	Sub CLO 1	Lectures, discussions, case method	• Attendance in class 5%						Final test: MCQ 25%	30%
2	S1	CLO 2	Sub CLO 2	Lecture				Quis 5%				5%
				Team-based project: creating health education posters		Assignent : Team-based project: creating paper and role play 15%						15%
				Discussion, case method	10						10%	
3	C1	CLO 3	Sub CLO 3	CSL								
				Lecture				Quis 5%			5%	
				OSCE	25						25%	
4	C2	CLO 4	Sub CLO 4	SGD, group presentation	10							10%
<b>TOTAL</b>					<b>50%</b>	<b>15%</b>		<b>10%</b>	<b>0%</b>	<b>25%</b>	<b>100%</b>	



## Example of Written Test Exam

1. A woman, 36 years of age, came to the psychiatric hospital for the first time because she has been isolating herself, crying, and feeling continuously sad since her child passed away 2 months ago. The nurse will conduct an assessment and says, "Good morning, ma'am, it seems like you are very sad today. What if I accompany you in discussing the sadness you're feeling and how to overcome it?" **(CLO 4)**

- A. Interaction Phase
- B. Orientation Phase
- C. Working Phase
- D. Termination Phase

2. A 57-year-old man is hospitalized because he fainted at home. Assessment results: History of diabetes for the past 5 years, the client appears lethargic, refuses visitors, for the last 3 months, the client has not been monitoring his health and stopped taking diabetes medication. The patient complains of feeling tired and frustrated with his condition. Nursing problems in this case may include? **(CLO 1)**

- A. Anxiety
- B. Low self-esteem
- C. Hopelessness
- D. Helplessness

3. A 57-year-old woman is hospitalized for the past two days. Assessment results: History of chemotherapy for the past 3 weeks, the patient feels that her condition has not improved and is tired of various treatments that have been done, she appears lethargic, passive, and uninterested. Nursing problems in this case may include **(CLO 1)**

- A. Anxiety
- B. Low self-esteem
- C. Hopelessness
- D. Helplessness