



Ministry of Health



សាកលវិទ្យាល័យ ពុទ្ធិសាស្ត្រ  
UNIVERSITY OF PUTHISAstra

គោរពខ្លួនឯង  
Honor Self

គោរពអ្នកដទៃ  
Respect Others

អភិវឌ្ឍសង្គម  
Develop Society

## មហាវិទ្យាល័យគិលានុបដ្ឋាក និង ឆ្មប

Faculty of Nursing and Midwifery

### បរិញ្ញាបត្ររងគិលានុបដ្ឋាក

Associate Degree of Nursing

ឆ្នាំសិក្សា Academic Year: 2023 - 2024

#### Course Outline

មុខវិជ្ជា Course Title: Mental Health Nursing 1 កូដមុខវិជ្ជា Course Code:.....

ឆមាស Semester: 2 ឆ្នាំទី Year: 2 ចំនួនក្រេឌីត Credits: 03

ម៉ោង Hours: 45 hours Theory: 45 hours Practice: 00 hours

ព្រឹទ្ធបុរសមហាវិទ្យាល័យ Name: Ms. Tun Sreypeov  
Dean/Head of Department Email:tsreypeov1@puthisastra.edu.kh

អ្នកសម្របសម្រួលមុខវិជ្ជា Name: Mr. Mao EAM, RN, MSN  
Course Coordinator: Email: emao@puthisastra.edu.kh

សាស្ត្រាចារ្យ Lecturer: Name: Keo Somony RN,BA in mental health nursing,  
MA in clinical psychology and trauma treatment.  
Email: ksomony @puthisastra.edu.kh  
Phone : 098476562

#### I. ខ្លឹមសារនៃមុខវិជ្ជា Course Description

This is the first of two courses in mental health nursing. In this course, students will be introduced to environmental and psychological factors that influence the mental health and wellbeing of people at different stages of their life. Behaviors causing concern will be discussed along with both risk factors and protective factors. There will be a focus on common mental health disorders and how substance use in these different situations ,with different age groups, impacts on the patient outcome. Moreover, the students are

introduced to mental health nursing as a specialty area of practice. In this course, students will learn about the role of the nurse in screening, assessment and intervention of people with mental health illnesses. There will be a focus on the assessment of specific patient scenarios using case management to enhance students' application of knowledge and skills. The course will also cover illness prevention and health promotion in detail including specific needs at different ages across the life span, different socio-economic groups and different life experiences across a range of settings including hospitals and the community.

**I. លទ្ធផលរំពឹងទុកសម្រាប់កម្មវិធី Program Learning Outcomes**

Aim: To prepare nurse students with the competencies including knowledge, skills and appropriate attitudes to provide health care services with quality, efficiency and safety in science in line with identified strategies of the Ministry of Health.

វត្ថុបំណង:

ដើម្បីបណ្តុះបណ្តាលនិស្សិតគិលានុបដ្ឋាកឱ្យមានសមត្ថភាពប្រកបដោយចំណេះដឹង ជំនាញ និងអាកប្បកិរិយាសមស្រប ដើម្បីមានលទ្ធភាពផ្តល់សេវាថែទាំដែលមានគុណភាព ប្រសិទ្ធភាព និងសុវត្ថិភាពតាមលក្ខណៈវិទ្យាសាស្ត្រ អនុលោមទៅតាមយុទ្ធសាស្ត្រកំណត់ដោយក្រសួងសុខាភិបាល។

**Program Learning Outcomes:**

At the end of the 3 year program for the Associate Degree in nursing, graduates will be able to:

នៅចុងបញ្ចប់នៃកម្មវិធីសិក្សារយៈពេល៣ឆ្នាំថ្នាក់បរិញ្ញាបត្ររងគិលានុបដ្ឋាក និស្សិតបញ្ចប់ការសិក្សា ទាំងអស់នឹងមានសមត្ថភាព៖

<p><b>PLO1</b></p>	<p>Provide nursing care that follows the professional Cambodian Code of Ethics for Nurses and complies with Cambodia's laws &amp; regulations ផ្តល់ការថែទាំស្របតាមក្រមសីលធម៌វិជ្ជាជីវៈរបស់គិលានុបដ្ឋាកនិងអនុលោមទៅតាមច្បាប់និង បទដ្ឋានគតិយុត្តរបស់ព្រះរាជាណាចក្រកម្ពុជា</p>
<p><b>PLO2</b></p>	<p>Apply the nursing process using an evidenced based critical thinking approach along with principles of holistic care with all individuals and families. អនុវត្តរបៀបថែទាំជំងឺដោយប្រើប្រាស់វិធីសាស្ត្រការគិតប្រកបដោយវិចារណញ្ញាណ ផ្អែកលើភស្តុតាងរួមនឹងគោលការណ៍នៃការថែទាំគ្រប់ជ្រុងជ្រោយក្នុងការថែទាំអ្នកជំងឺ និងក្រុមគ្រួសាររបស់ពួកគាត់</p>
<p><b>PLO4</b></p>	<p>Demonstrate their ability to present information clearly, logically, and critically, both orally and in writing, and use information technology. បង្ហាញឱ្យឃើញសមត្ថភាពក្នុងការបង្ហាញព័ត៌មានច្បាស់លាស់ សមហេតុផល និងប្រកបដោយវិចារណញ្ញាណ ទាំងការនិយាយនិងការសរសេរនិងការប្រើបច្ចេកវិទ្យាព័ត៌មាន។</p>

PLO5	Demonstrate a positive attitude and respect for people in all situations regardless of economic status, customs and beliefs. បង្ហាញអាកប្បកិរិយាវិជ្ជមាននិងការគោរពចំពោះមនុស្សគ្រប់ស្ថានការណ៍ដោយមិនគិតពីស្ថានភាពសេដ្ឋកិច្ច ទំនៀមទម្លាប់ និងជំនឿ។
PLO6	Demonstrate accountability for nursing practice including continuous professional development in life-long learning. បង្ហាញគណនេយ្យភាពចំពោះការអនុវត្តន៍ថែទាំរួមទាំងការអភិវឌ្ឍន៍វិជ្ជាជីវៈបន្តក្នុងការរៀនសូត្រពេញមួយជីវិត។
PLO7	Demonstrate communication and collaboration with colleagues, and multidisciplinary team. បង្ហាញការប្រាស្រ័យទាក់ទងនិងកិច្ចសហការជាមួយសហសេរីក និងក្រុមពហុជំនាញដើម្បីលើកកម្ពស់ទំនាក់ទំនងជាមួយបុគ្គល/គ្រួសារនិងសហគមន៍
PLO8	Demonstrate therapeutic communication and collaborate with patients and families to achieve best patient outcomes. បង្ហាញការប្រាស្រ័យទាក់ទងក្នុងការព្យាបាលជាមួយអ្នកជំងឺនិងក្រុមគ្រួសារ និងសហការ ជាមួយក្រុមការងារពហុជំនាញដើម្បីទទួលបានលទ្ធផលអ្នកជំងឺប្រកបដោយគុណភាព

All PLOs can be found here: [Program Learning Outcome for Associate Degree Nursing](#)

### I. លទ្ធផលសិក្សារំពឹងទុក Course Learning Outcomes, CLOs:

By the end of this course, students will be able to:

No	Learning Outcome	Related PLOs
CLO 1	Explain relationship between health determinants and biopsychosocial factors and types and causes of mental health disorders	1,2,5
CLO 2	Determine risk factors and protective factors for a person's mental health across different population groups	1,2,5
CLO 3	Explain behaviors that may be of concern for potential mental health problems	1,2,5
CLO 4	Distinguish the impact of substance use in children, adolescents and adults with common mental health disorders.	1,2,5
CLO 5	Utilize a screening and assessment tool to identify the clients with mental illness	4,6,7,8
CLO 6	Demonstrate holistic nursing care of a client with a mental health condition using case management	4,6,7,8

	and including drug administration and health education	
<b>CLO 7</b>	Discuss health promotion and illness prevention strategies specific to population groups, specific health issues and according to specific settings.	4,6,7,8
<b>CLO 8</b>	Distinguish the nursing care between patients who have experienced different types of trauma.	4,6,7,8
<b>CLO 9</b>	Plan appropriate resources to support the range of mental health promotion and illness prevention interventions.	4,6,7,8

#### IV. ប្លង់មេរៀន Course Content:

សប្តាហ៍/ កាលបរិច្ឆេទ Week	Sessions	មាតិកាមេរៀន Content/s	Weekly Learning- Teaching Activities	ម៉ោង Number of Hours		Related CLO
				Theory	Total	
				15	15	
Week 1	1	<b>Introduction to mental health, mental illnesses and substance use</b> - Health determinants - Biopsychosocial intervention	- Lecture - Brainstorming - Video display (Youtube, DVD)	1.5	1.5	CLO1
	2	<b>Introduction to mental health, mental illnesses and substance use</b> - Human psychological development - Types of mental health disorders	- Lecture - Brainstorming - Video display (Youtube, DVD)	1.5	1.5	CLO1
Week 2	3	<b>Introduction to mental health, mental illnesses and substance use</b> - The causes of mental health disorders - Signs and symptoms of mental health disorders	- Lecture - Brainstorming - Video display (Youtube, DVD)	1.5	1.5	CLO1
	4	<b>Introduction to mental health, mental illnesses and substance use</b>	- Lecture - Mind Mapping - Group	1.5	1.5	CLO1,2

		<ul style="list-style-type: none"> <li>- Young people</li> <li>- Older adults</li> <li>- Homeless</li> <li>- Refugees</li> </ul>	<ul style="list-style-type: none"> <li>- discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>			
Week 3	5	<b>Introduction to mental health, mental illnesses and substance use</b> <ul style="list-style-type: none"> <li>- Prisoners</li> <li>- Caretakers</li> <li>- Healthcare staff</li> <li>- Disaster situations</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO <sub>1,2</sub>
	6	<b>Behaviors causing concerns</b> <ul style="list-style-type: none"> <li>- The person who displays aggressive behavior</li> <li>- The person who is confused</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO <sub>3</sub>
Week 4	7	<b>Behaviors causing concerns</b> <ul style="list-style-type: none"> <li>- The person who has false beliefs and is hearing voices</li> <li>- The person who threatens suicide or self harm</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO <sub>3</sub>
	8	<b>Common mental illnesses and the impact of substance use</b> <b>Adulthood</b> <ul style="list-style-type: none"> <li>- The person with unexplained physical signs and symptoms</li> <li>- The person with insomnia</li> <li>- The person who is constantly tired</li> <li>- The person who suddenly has loss of a body function</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO <sub>4</sub>

Week 5	9	<b>Childhood and adolescence</b> <ul style="list-style-type: none"> <li>- The child who is developing slowly</li> <li>- The child who has difficulties with learning</li> <li>- The child who is hyperactive</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO4
	10	<b>Childhood and adolescence</b> <ul style="list-style-type: none"> <li>- The child who has been abused</li> <li>- The child who behaves inappropriately</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO4
Week 6	11	<b>Nursing assessment and intervention</b> <ul style="list-style-type: none"> <li>● Screening and assessment tools</li> <li>● Interviewing and communication skills</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
	12	<b>Nursing assessment and intervention</b> <ul style="list-style-type: none"> <li>● Basic knowledge in counseling</li> <li>● Structured problem-solving</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Mind Mapping</li> <li>- Group discussion</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
Week 7	13	<b>Nursing assessment and intervention</b> <ul style="list-style-type: none"> <li>● Case management</li> <li>● Brief interventions and stages of change</li> <li>● Relaxation techniques/exercises</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
	14	<b>Nursing assessment and intervention</b> <ul style="list-style-type: none"> <li>● Relaxation techniques/exercises</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
Week 8	<b>Summative assessment 1 with MCQ and Matching at UP campus</b>					

Week 9	15	<b>Nursing assessment of patients in special situations. A patient:</b> <ul style="list-style-type: none"> <li>• who refuses to talk</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
	16	<b>Nursing assessment of patients in special situations. A patient:</b> <ul style="list-style-type: none"> <li>• who presents with a physical complaint that has no apparent physical cause</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
Week 10	17	<b>Nursing assessment of patients in special situations. A patient:</b> <ul style="list-style-type: none"> <li>• with a family member present</li> <li>• on the telephone</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
	18	<b>Nursing assessment of patients in special situations. A patient:</b> <ul style="list-style-type: none"> <li>• who has chronic illness</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO5,6
Week 11	19	Nurse's role in psychotropic drug administration in a clinical setting	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO6
	20	Nurse's role in psychotropic drug administration in a clinical setting (Con't)	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO6
Week 12	21	<b>Health promotion and illness prevention in</b> <ol style="list-style-type: none"> <li>1. Population groups: <ol style="list-style-type: none"> <li>a. Children including developmentally delayed</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO7
	22	<b>Health promotion and illness prevention in</b>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> </ul>	1.5	1.5	CLO7

		<ol style="list-style-type: none"> <li>1. Population groups: <ol style="list-style-type: none"> <li>a. Pregnant women and childbirth</li> <li>b. Older adults</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Video display (Youtube, DVD)</li> </ul>			
Week 13	23	<b>Health promotion and illness prevention in</b> <ol style="list-style-type: none"> <li>1. Specific health issues: <ol style="list-style-type: none"> <li>a. Drug, alcohol, and tobacco use</li> <li>b. Gender equity</li> <li>c. Poverty</li> <li>d. Early intervention</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO7
	24	<b>Health promotion and illness prevention in</b> <ol style="list-style-type: none"> <li>1. Specific Settings <ol style="list-style-type: none"> <li>a. Workplace</li> <li>b. Schools</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO7
Week 14	25	<b>Trauma – the person who has experienced</b> <ul style="list-style-type: none"> <li>- a traumatic event</li> <li>- physical, sexual, psychological, emotional or financial abuse</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO8
	26	<b>Trauma – the person who has experienced</b> <ul style="list-style-type: none"> <li>- bereavement</li> <li>- loss from violence</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO8
Week 15	27	<b>Trauma – the person who has experienced</b> <ul style="list-style-type: none"> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO8
	28	<b>Trauma – the person who has experienced</b> <ul style="list-style-type: none"> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Brainstorming</li> <li>- Video display (Youtube, DVD)</li> </ul>	1.5	1.5	CLO8



Week 16	29	<b>Community Resources for Mental Health</b> - Mental health awareness	- Lecture - Brainstorming - Video display (Youtube, DVD)	1.5	1.5	CLO9
	30	<b>Community Resources for Mental Health</b> - Mental health education	- Lecture - Brainstorming - Video display (Youtube, DVD)	1.5	1.5	CLO9

## V. វិធីសាស្ត្ររៀន និងបង្រៀន Learning and Teaching (L&T) Methodologies:

### Study Workload

The information provided below is a guide to assist you in planning your studies and the minimum contact time expected for this course.

3 hours facilitated classroom via UPOP, and Simulation demonstration for TP Nursing Lab (15 weeks)	45 hours
1 hours reading and homework per week (15 weeks in Semester One)	15 hours
1 hours (approximately) working on summative assessment 1	1 hour
1 hours (approximately) working on summative assessment 2	1 hour
<b>Total Hours: 62 hours</b>	62 hours

### Learning & Teaching Modes:

In this course, lecturers will use a student-centered approach and support students to take responsibility for their learning. Learning and teaching will also be underpinned by competency-based learning which supports students to apply evidence-based practice into to practical settings in the future;

Thus, in this course, the lecturers will provide the students with both knowledge and skills with a variety of teaching methods:

**Direct instruction:** Lecturers would provide lecturing to the whole class with the clear instruction on each session based on the course syllabus/outline. Lecturers would explain some of the basic points and call students for revision at the end of each class.

**Group discussion:** Students are required to work in groups either in class or outside class in order to submit the tasks that have been assigned by the lecturer.

**Blended/Flipped classroom:** Students are required to read material and present what they have read to the classmates and lecturer in class. The reading material will be uploaded in UPOP (Moodle) or lecturers may provide extra learning materials in class.

**UPOP/Moodle:** Each student is required to self-study via UPOP (UP online learning Platform) by completing all tasks that have been assigned by the lecturer in that online classroom. This

online learning would be graded automatically recorded and contribute the score to the in-class learning.

**Learning & teaching materials/ equipment used:**

- Computer/laptop
- Projector
- Speaker
- Markers
- Online delivery via Google meet and/or UPOP

**VI. វិធីសាស្ត្រវាយតម្លៃ Assessment Methods:**

**Assessment methods**

**A. Assessment**

No.	Assessments	Mode of Submission	Assessment Deadline	Related CLOs
1	Summative Assessment 1	Computerized MCQ and matching at UP campus by RO	Week 8	CLO 1,2,3,4,5,6,
2	Summative Assessment 2	Computerized MCQ and matching at UP campus by RO	Week 17	CLO 1,2,3,4,5,6,7,8,9,

**B. Grading Summary**

03 credit(s)	Summative Assessments		Minimum Pass
	Weighting	Assessment Tasks	
	40%	Summative Assessment	Minimum Pass Mark for each assessment and overall is 60%
	60%	Summative Assessment	

**VII. បទបញ្ជាផ្ទៃក្នុងទាក់ទងនឹងការសិក្សា និងការវាយតម្លៃ Rules and Regulations for Study and Assessments:**

- Assessment for Learning Policy:

[Link to policy](#)

- Academic Integrity Policy:

[Link to policy](#)

**VIII. ឯកសារយោង ឬ ប្រភពឯកសារមេរៀន References/ Resources:**

## **Primary resources**

Varcarolis, E. & Fosbre, C.D. (2020). *Essentials of Psychiatric Mental Health Nursing. A Communication Approach to Evidence Based Care* (4<sup>th</sup> ed.). Elsevier.

## **Secondary resource:**

Patel, V & Hanlon, C. (2007). *Where there is no psychiatrist*. The Royal College of Psychiatrists. Bell and Brain Limited.

