



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
បរិញ្ញាបត្រ ផ្នែកគិលានុបដ្ឋាក
Bachelor of science in Nursing
ឆ្នាំសិក្សា Academic Year: 2023-2024

Course Outlines

មុខវិជ្ជា Course Title:	Mental Health	កូដមុខវិជ្ជា Course Code:	
ឆមាស Semester: 2	ឆ្នាំទី Year: 4	ចំនួនក្រេឌីត Credits: 3	ម៉ោង Hours: 45
ព្រឹទ្ធបុរសមហាវិទ្យាល័យ Dean or HoD:	Name: Tun Sreypeov Email: tsreypeov1@puthisastra.edu.kh		
អ្នកសម្របសម្រួលមុខវិជ្ជា Course Coordinator:	Name: Ms. Kem Sokunthea Email: ksokunthea@puthisastra.edu.kh		
សាស្ត្រាចារ្យ Lecturer/s:	Name: Email:		

I. ខ្លឹមសារនៃមុខវិជ្ជា Course Description:

This course is designed for nursing students to understand the overview of mental health, mental disorders and other factors that cause mental problems. Moreover, students will be able to recognize the signs and symptoms of the diseases which will be used for creating nursing diagnoses to promote healthy mental status of individual, family and community.

In this course, there will be a discussion about assessment of an individual's mental status, behavior, thinking process and emotions of patients with challenging mental illness and treatment.

In the chapter describing signs and symptoms of mental illness which can't be described by the medicine, students will understand and recognize problems that lead to insomnia and exhaustion, physical dysfunction, anxiety, signs and symptoms which cannot be explained by medicine.

II. លទ្ធផលសិក្សាដែលរំពឹងទុកនៃកម្មវិធី Program Learning Outcomes (PLOs)

PLO₁	Provide nursing care that follows the professional Cambodian Code of Ethics for Nurses and complies with Cambodia's laws & regulations
PLO₂	Apply the nursing process using an evidenced-based critical thinking approach along with principles of holistic care with all individuals and families.
PLO₃	Applies ethical, legal, economic, and political concepts, showing a positive attitude and respect for people regardless of economic status, customs and beliefs.

All PLOs can be found here

[Program Learning Outcome of Bachelor Degree of Nursing - National Curriculum](#)

III. លទ្ធផលសិក្សាដែលរំពឹងទុកនៃមុខវិជ្ជា Course Learning Outcomes, CLOs, (Expected learning outcomes of the course):

No	Learning Outcome	Related PLOs
CLO 1	Define the mental health and mental illness	PLO _{1,2,3}
CLO 2	Describe the type of mental illness	PLO _{1,2,3}
CLO 3	Describe sign and symptoms related to mental illness	PLO _{1,2,3}
CLO 4	Classify mental assessment of individuals and families.	PLO _{1,2,3}
CLO 5	Identify nursing process related to each mental illness	PLO _{1,2,3}
CLO 6	Recognize mental health promotion, prevention and support and intercourse co-related issues	PLO _{1,2,3}
CLO 7	Describe the violence and trauma intervention, behavioral difference of individuals	PLO _{1,2,3}
CLO 8	Relate mental illness with physical	PLO _{1,2,3}
CLO 9	Explain the relation of insomnia and fatigue	PLO _{1,2,3}
CLO 10	Describe psychological shocks, cause of anxiety, unexplained signs and symptoms in medical non related.	PLO _{1,2,3}

IV. ប្លង់មេរៀន Course Outline:

សប្តាហ៍/ កាលបរិច្ឆេទ Week/ Date	ម៉ោងទី Sessions	មាតិកាមេរៀន Contents (Topic and contents)	សកម្មភាពរៀន និងបង្រៀនប្រចាំ សប្តាហ៍ Weekly Learning-Teaching Activities	ចំនួនម៉ោង Hours	Related CLOs
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Week 1	1	Behavior related to psychological disorder and assessment	<ul style="list-style-type: none"> • Lecture • Q &As • Group Discussion • Search on website • Video 	1.5H	CLO1-2
	2	<ul style="list-style-type: none"> • General concepts of mental health and mental illness • Overview of mental health, general mental illness 		1.5H	
	3	<ul style="list-style-type: none"> • Require a reason for mental health care • Types of mental illness • The main reason • Culture and mental illness <p>- Search from websites of mental health and youtube to learn more about people's perspective in mental health. - A written reflection in English is required from students to demonstrate understanding of the activities.</p>		1.5H	
	4	Assessment of individual with mental illness	<ul style="list-style-type: none"> • Lecture • Q &As • Group Discussion • Roleplay <p>Role play of group students. Case observation and discussion, giving peer feedback with lecturer coordination.</p>	1.5H	CLO3-4
	5	<ul style="list-style-type: none"> • Explain the qualifications to be a psychiatrist • Identify people with mental illness • Questions to ask people with mental illness • Diagnostic Questionnaire 		1.5H	
	6	<ul style="list-style-type: none"> • Questions to ask during the interview • How to give an interview • Special situation in estimation <p>- A role play for students' activities in the classroom, or group discussion in UPOP for surveys in mental health.</p>		1.5H	

		- Case observation for notice of mental health problem will be discussed among the students.			
Week 2	7	Abnormal behavior related to mental illness <ul style="list-style-type: none"> ● Behavior of a person who is aggressive or violent ● Behavior of a person who is wandering or restless ● Behavior of a person who is skeptical, has a strange belief or hears a voice ● Behavior of a person with suicidal thoughts or suicide attempt ● Individual behavior with seizures; ● Elderly people with behavioral problems 	Lecture Watching a video from youtube about documentary related to hallucination and delusion.	1.5H	CLO3-5
	8			1.5H	
	9			1.5H	
	10	Treatment of mental illness and mental health in other contexts <ul style="list-style-type: none"> ● Introduction to domestic violence ● Loss, grief reaction of normal people ● Phenomenon which lead to violence among victims Group presentation about case studies that were provided by the lecturer to cover the lesson. You will be provided time to make a short presentation about your analysis in English.	Group Presentation	1.5H	CLO9
	11			1.5H	
	12			1.5H	
Week 3	13	Mental health in different contexts <ul style="list-style-type: none"> ● Students are expected to join the Seminar about mental health and resilience during covid 19 to listen to an expert mental health counselor. 	Essay, writing reflection Lecturer guide students to do the reflection	1.5H	CLO8
	14			1.5H	

	15	<ul style="list-style-type: none"> A written reflection will be expected to be submitted to lecturer after joining the seminar in English with no more than 500 words. 		1.5H	
	16	Healing mental illness <ul style="list-style-type: none"> Group project about preventive methods for healing mental illness. (Students will be given several case projects to choose, you shall work with your group to do more research about different treatment of mental health in the country and outside of Cambodia) 	Students presentation about their study in different treatment in mental health in their community	1.5H	CLO7
	17			1.5H	
	18			1.5H	
Week 4	Summative Assessment 1 (MCQs & Matching)				
Week 5	19	Psychiatric nursing support and promotion in mental health <ul style="list-style-type: none"> A summary of the psychiatric nursing support in mental illness from the speech of HERO-SEA will be expected to be submitted to lecturer before next meeting. 	Essay, writing reflection Lecturer guide students to do the reflection	1.5H	CLO 10
	20			1.5H	
	21			1.5H	
	22	Symptoms that cannot be explained Medically Individuals with physical problems <ul style="list-style-type: none"> Introduction to mental illness impact different parts of the body How to treat symptoms of illness which are not rooted from the internal organs? 	Lecture Watching a video from youtube about documentary related to hallucination and delusion.	1.5H	CLO10
	23			1.5H	
	24			1.5H	

		<ul style="list-style-type: none"> Listen to counselor expert and learn from him (Video tape in English) Activity: Tell your classmates how much you understood? <p>Anxiety, fear, shock</p> <ul style="list-style-type: none"> Listen to counselor expert and learn from him (Video tape in English) Activity: Tell your classmates how much you understood? 			
Week 6	25	<p>Insomnia</p> <ul style="list-style-type: none"> Covid impacts the mental health of people around the world, their ADL, and desire. Activities: Students are required to search on the internet about the impact of Covid 19 on people around the world, and how to help them? <p>Exhausted</p> <ul style="list-style-type: none"> Introduction to mental illness impact different parts of the body How to treat symptoms of illness which are not rooted from the internal organs? Listen to counselor expert and learn from him (Video tape in English) Activity: Tell your classmates how much you understood? 	Lecture Watching a video from youtube about documentary related to hallucination and delusion.	1.5H	CLO9- 10
	26			1.5H	
	27			1.5H	
	28	<p>Sexual disturbance</p> <ul style="list-style-type: none"> Sexual disturbance in mental illness individual Cultural hiding of the desire of sexual activities Life story sharing of victim from Sexual abuse will be 	Essay, writing reflection Lecturer guide students to do the reflection	1.5H	CLO6

	29	listened, a group discussion for understanding the assessment of abused victims.		1.5H	
	30	<p>Sudden loss of body functions</p> <ul style="list-style-type: none"> • Individuals with recurring behavioral problems • Summary of all the lessons and a guide to exam preparation. 		1.5H	

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

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

9 hours Facilitated work per week (x5)	45 Hours
4 hours per week of independent/group work during classes (x5)	20 Hours
2 hours (approximately) working on Assessment 1	2 Hours
3 hours (approximately) working on Assessment 2	3 Hours
Total	70 Hours

Learning & Teaching Modes:

In this semester, you will be required to attend 9 hours face to face class per week [9 h x 5 weeks], and 4 hours of independent/group work session every week for 5 weeks [4 h x 5 weeks]. Lecturer(s) will assess your work at various stages throughout the course both during and after the teaching period.

- a. **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.
- b. **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 lecturer.
- c. **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.
- d. **UPOP/Moodle:** Each student is required to self-study via UPOP (UP online learning Platform) by completing all tasks that have been assigned by lecturer in that online classroom. This online learning would be graded automatically recorded and contribute the score to the in-class learning.

សម្ភាររៀន និង បង្រៀន 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 (e.g., UPOP, Google Drive, Google Classroom, YouTube ,or a Facebook closed group page)	Assessment Deadline	Related CLOs
1	Assessment 1	UPOP MCQs & Matching (Campus)	Week 4	CLO 1- 10
2	Assessment 2	UPOP MCQs & Matching (Campus)	Week 7	CLO 1- 10

B. Grading Summary

3 credit(s)	Summative Assessments		Minimum Pass
	Weighting	Assessment Tasks	

	50%	Assessment 1	Minimum Pass Mark for each assessment and overall is 60%
	50%	Assessment 2	

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 ឬប្រភពឯកសារមេរៀន References/ Resources:

Primary textbook(s)

- Larson, S., Rimmer, M. A., Hoy, S., & Thay, S. (February 25, 2022). Is the marine finfish cage farming value chain in Cambodia inclusive?. *Aquaculture*, 549, 2022-2

Redirecting. (n.d.). Retrieved December 2, 2022, from <https://doi.org/10.1016/j.aquaculture.2021.737782>

Supporting materials

- Somony, K. (2013). *Depression of Households with Suicide Death in Cambodia* .
- Videbeck, S. (2019). *Psych mental health Nursing (Us ed)*. LWW.