

UGANDA NURSES AND MIDWIVES EXAMINATION BOARD
SEMESTER CONTENT GUIDELINE FOR DIPLOMA IN MENTAL HEALTH NURSING (DIRECT PROGRAMME)

YEAR ONE SEMESTER I

DMHND 01 ANATOMY AND PHYSIOLOGY (I):
DMHND 02 FOUNDATIONS OF NURSING(I)
DMHND 03 BASIC COMPUTER APPLICATIONS
DMHND 04 FIRST AID
DMHND 05 MICROBIOLOGY
DMHND 06 SOCIOLOGY
DMHND 07 PSYCHOLOGY I
DMHND 08 PRINCIPLES OF PSYCHIATRIC NURSING (I)

YEAR ONE SEMESTER II

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DMHND 02: FOUNDATIONS OF NURSING (II)
DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (II)
DMHND 012: GUIDANCE AND COUNSELING
DMHND: 07 PSYCHOLOGY II

YEAR TWO SEMESTER I

DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (III)
DMHND 09: MEDICAL-SURGICAL NURSING I
DMHND 010: PHARMACOLOGY I
DMHND 011: PEADIATRIC NURSING (I)

YEAR TWO SEMESTER II

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DMHND 10: PSYCHO-PHARMACOLOGY II
DMHND 11: PEADIATRIC NURSING(II)
DMHND 018: CHILD PSYCHIATRY

YEAR THREE SEMESTER I

DMHND 013: OCCUPATIONAL THERAPY AND REHABILITATION IN MENTAL HEALTH

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DMHND 021: ENTREPRENEURSHIP

DMHND 022: COMMUNITY MENTAL HEALTH NURSING

YEAR ONE SEMESTER I

DMHND 01 ANATOMY AND PHYSIOLOGY (I)

Topic 1: Introduction to Anatomy and Physiology

- Definition of terms used in anatomy and physiology
- Human body organization (cell, tissue structure and function)
- Chemistry of life
- Blood and its composition

Topic 2: Structures and functions of various body systems

- Cardio-vascular system and detailed diagrammatic description
- Lymphatic system and detailed diagrammatic description
- Digestive system and detailed diagrammatic description
- Skeletal system and detailed diagrammatic description
- Muscular system and detailed diagrammatic description

DMHND -02 FOUNDATIONS OF NURSING(I)

2.1 Introduction to Nursing

- Definitions
- Nurses' rights
- History of Nursing
- Theories of Nursing
- Nursing in health care delivery system
- Legal aspects in Nursing
- Carrier pathway

2.2 Ethics and Etiquette

- Ethical principles
- Professional code of conduct
- Code of conduct for all medical workers
- Values of the nurses
- Medical legal issues

2.3 Nursing Process

2.4 Basic Nursing Procedures

- General principles for all nursing procedures
- Management of equipment
- Admission and discharge of patients
- Bed making and types of beds
- Patient's comfort
- Prevention and treatment of pressure sores
- Feeding of patients
- Barrier nursing

- Observation and documentation
- Lifting, turning of patients
- Administration of drugs
- Bed bath
- Mouth care
- Transfer of patients
- Bed appliances
- Care of linen
- Giving bedpans and urinals

DMHND -03 BASIC COMPUTER APPLICATIONS

3.1 Introduction

- History of computer
- Advantages of using computer
- Components of computer

3.2 Microsoft computer packages

- Introduction to computer environment
- Using Microsoft word
- Using Microsoft excel
- Using power point

3.3 Introduction to internet

- Surfing/searching for all information on the net
- Using the email

3.4 Maintenance of computer and its components

- Maintenance of computer components
- Computer protection from internet hazards

DMHND -04 FIRST AID

4.1 Introduction to first aid

- Definition
- Principles and rules of First Aid
- Equipment used in First Aid

4.2 First Aid Emergencies

- Shock
- Cardio-Pulmonary resuscitation
- Fractures and dislocation
- Sprains

- Asphyxia
- Drowning
- Poisoning
- Snake bite and insect stings
- Burns and Scalds
- Haemorrhage
- Bleeding
- Unconsciousness
- Wounds

DMHND -05 MICROBIOLOGY

- Concepts of microbiology
- Classification and types of microorganisms
- Characteristics and mode of spread of disease causing microorganisms and parasites
- Pathological effects of microorganisms and parasites
- Simple laboratory tests /diagnostic procedures
- Introduction to immunity
- Immunity and immune system
- Antibodies and antigens
- Vaccination and immunization
- Cold chain
- Prevention and control of infections

DMHND 06 SOCIOLOGY

6.1 Introduction to sociology

- Basic concepts
- Relevancy of sociology to Nursing

6.2 Socialization Process

- Socialization
- Urbanization and Globalization
- Group dynamics
- Deviance and Social Control

6.3 Sociology and Health

- Health/Illness/Sickness as a social identity
- Illness and sick role behavior
- Family as the basic health unit
- Culture and health behavior
- Gender, domestic violence and mental health

6.4 Conflict Resolution

- Concept of conflict
- Conflict profile
- Conflict cause and management

6.5 Attitudes and Beliefs

- Definition of concepts
- Models functions of attitude
- Factors for attitude formation
- Attitude change

DMHND 07 PSYCHOLOGY I

7.1 Introduction to Psychology

- Definition and history of Psychology
- Types of Psychology

7.2 Brain, Body and Awareness

- Body and behavior
- Sensation and Perception
- Motivation and emotion
- State of consciousness

7.3 Human Development

- Infancy and childhood
- Adolescence
- Adulthood and Aging
- Gender differences

7.4 Cognitive Processes

- Principles of learning
- Intelligence
- Memory and forgetting

DMHND 08 PRINCIPLES OF PSYCHIATRIC NURSING (I)

8.1 Introduction to Mental Health

- History of Mental Health Nursing
- Mental Health Nursing Services in Uganda
- Duties and roles of a mental health Nurse
- Therapeutic environment/mileu

- Admission/ Assessment of a patient with mental health problem
- Professional therapeutic Nurse-Patient/ client relationship
- Nursing process & it's Application in the management of patient with mental health problems
- Legal aspects of mental health nursing

8.2 Psychiatric Interventions and Psychiatric Emergencies

- Suicide
- Delirium tremens
- Epileptic furor
- Aggression and violent behavior
- Acute panic states
- Acute drug induced extra pyramidal syndrome
- Drug intoxication
- Catatonic and depressive stupor

YEAR ONE SEMESTER II

DMHND 01 ANATOMY AND PHYSIOLOGY (II)

Structures and functions of various body systems

- The respiratory system and the detailed diagrammatic description
- The urinary System and the detailed diagrammatic description
- The endocrine system and the detailed diagrammatic description
- The nervous system and the detailed diagrammatic description
- Organs of special Senses and the detailed diagrammatic description
- The reproductive system and the detailed diagrammatic description
- The lymphatic system and the detailed diagrammatic description

DMHND 02: FOUNDATIONS OF NURSING (II)

2.5 ADVANCED NURSING CARE

- Passing a nasal gastric tube
- Stomach lavage
- Nasal gastric aspiration
- Flatus tube
- Rectal washout
- Care of colostomy
- Intravenous infusion
- Catheterization
- Bladder irrigation
- Chest aspiration
- Care of underwater seal drainage

- Care of tracheostomy
- Nursing paraplegic patients
- Paracentesis abdominis
- Ear syringing
- Administration of oxygen
- Preparation of patients for X-ray and other investigations
- Lumbar puncture
- Wound dressing
- Preparation of traction
- Preparation for biopsy
- Palliative care

DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (II)

- Introduction to Mental Health
- Schizophrenia
- Affective Disorders
- Organic Mental Disorders
- Neurotic Disorders
- Epilepsy
- Psychoactive substance use
- Pregnancy and Puerperium related mental health problems
- HIV Psychosis/ AIDS Dementia
- Psychosexual Disorders
- Forensic Psychiatry
- Eating Disorders
- Geriatric Psychiatry
- Liaison Psychiatry
- Personality Disorder

DMHND 012: GUIDANCE AND COUNSELING

12.1 Introduction to Guidance and Counseling

- Concepts of Guidance and Counseling
- Theories and Principles of Guidance and Counseling
- Qualities of a good counselor
- Importance of counseling in psychiatric nursing

12.2 Counselling Process

- Different models/ stages of counseling
- Attitude and skills of counseling
- Self – awareness

- Don'ts in counseling

12.3 Specific Common Counseling Conditions

- HIV/AIDS pre and post counseling
- Substance abuse
- Depressed patient's/ anxiety states
- Bereavement and other types of loss
- Crisis intervention
- PTSD

DMHND: 07 PSYCHOLOGY II

- Personality, and Theories of personality
- Assessment of personality and personality abilities
- Frustration, conflict, stress and substance abuse
- Mental Defense mechanisms and their application
- Motivation and theories of motivation

YEAR TWO SEMESTER I

DMHND 08: PRINCIPLES OF PSYCHIATRIC NURSING (III)

Specialized Areas of Nursing Care

- Escape tendency
- Food refusal
- Insomnia
- Parole
- Planning patient's day

Psychotherapies

- Behavior therapy
- Cognitive behavior therapy
- Supportive psychotherapy
- Group therapy and family therapy

DMHND 09: MEDICAL-SURGICAL NURSING I

- Definition of terms
- Causes of medical/ surgical conditions
- General approach to management of medical-surgical conditions
- General investigations carried out to rule out medical surgical conditions

Diseases of the cardiovascular system

- Pericarditis

- Endocarditis
- Myocarditis
- Myocardial infarction
- Congestive cardiac failure
- Rheumatic heart disease
- Anemias
- Hemorrhage

Diseases of the Renal System

- Pyelonephritis
- Glomerulo-nephritis
- Renal failure
- Cystitis
- Nephrotic syndrome
- Urethritis
- Trauma to the kidney, bladder and urethra
- Prostatic hypertrophy
- Urethral strictures

Diseases of the respiratory system

- Diseases of the Upper Respiratory System
- Diseases of the Lower Respiratory system

Diseases of the Digestive System

- Oral Pharyngeal conditions
- Stomatitis
- Gingivitis
- Oesophagitis
- Peptic Ulcer disease
- Liver conditions
 - Hepatitis
 - Liver cirrhosis
 - Jaundice
- Gastritis
- Cholecystitis
- Appendicitis
- Intestinal obstruction

Diseases of the nervous system

- Meningitis
- Encephalitis
- Cerebral Vascular Accident
- Head Injury

- Epilepsy
- Headaches
- Tumours

Diseases of the endocrine system

- Diabetes
- Goitre
- Thyrotoxicosis and Myxedema
- Cretinism and Gigantism

DMHND 010: PHARMACOLOGY I

10.1 Introduction to Pharmacology

- Concept of pharmacology
- Pharmacy and Drug Act
- Classification of drugs
- Pharmacokinetics and pharmacodynamics
- Rules governing administration of drugs

10.2 General Pharmacology

- Antimalarial Medicine
- Analgesics
- Antibiotics
- Antihistamines
- Anticoagulants
- Anti-diabetics
- Anti-Tuberculosis drugs
- Anti-fungals
- Anthelmintic
- Antivirals
- Antineoplastics
- Diuretics
- Antihypertensive
- Haematemics

DMHND 011: PEADIATRIC NURSING (I)

Introduction to Paediatric Nursing and Concepts of Paediatric nursing

Growth and development

- Factors affecting growth and development
- Growth monitoring and promotion
- Developmental mile stones

Growth monitoring

- Taking children's weight
- Plot weight on growth promotion chart
- Assessment of neonates and children

Childhood Illness and Conditions

- Neonatal conditions
- Childhood conditions
- Home accidents
- Drug administration in children
- Health Education and Promotion
- Immunization
- Immunization and management of cold chain
- Nutrition
- Hygiene

YEAR TWO SEMESTER II

DMHND 09: MEDICAL NURSING II

Skin disorders or disease

- Karposis sarcoma
- Allergic condition of the kin
- Wounds burns
- Inflammations

Specific surgical conditions

- Anthrax
- Gangrene tetanus
- Fractures
- Spinal injuries
- Osteomyelitis
- Congenital abnormalities
- Osteoarthritis
- Bone and joint tumors

Conditions of the ear, nose and throat

- Otitis media
- Rhinitis
- Foreign body
- Adenitis

Ano-rectal conditions

- Hemorrhoids
- Anal fistula and fissure
- Rectal prolapsed

STDs and HIV/AIDS infections

- HIV/AIDS infection
- Vaginitis
- Gonorrhoea
- Trichomonas
- Syphilis
- Candidiasis
- Chancroid
- **Tropical and communicable diseases**
- Parasitic infections
- Intestinal worms
- Malaria
- Trypanosomiasis
- Zoonoses of medical importance
- Rabies
- Brucellosis
- Viral infections of medical importance

Chicken pox

Measles

Mumps

SARS

- Hemorrhagic Fevers (Viral)

Ebola

Yellow fever

Lassa fever

Marburg

- Gastrointestinal infections

Diarrhea

Typhoid

Cholera

Dysentery

Gynecological Conditions

- Uterine tumors
- Pelvic Inflammatory Diseases (P.I.Ds)
- Vesicle-vaginal fistula
- Rectal- vaginal fistula
- Cancer of the cervix
- Fibroids
- Vulvitis
- Conditions of the breast

Cancer of the breast

Mastitis

- Ovarian cyst

DMHND 10: PSYCHO-PHARMACOLOGY II

- Antipsychotics
- Antidepressants
- Anticonvulsants/ Antiepileptic
- Anxiolytics
- Mood stabilizers
- Anti-parkinsonian drugs

DMHND 11: PEDIATRIC NURSING(II)

- Bleeding
- Congenital toxoplasmosis
- Syphilis
- Perinatal asphyxia
- Neonatal seizures
- Normal sexual development
- Home accidents
- Manage children living with HIV /AIDS
 - Clinical manifestation of HIV / AIDS in children
 - Opportunistic infections in children
 - Treatment of HIV/AIDS in children (ARV therapy)
 - Prevention and control of HIV/AIDS

DMHND 018: CHILD PSYCHIATRY

- Mental retardation
- Attention deficit hyperactivity disorder
- Conduct disorders.
- Autism.
- Hyperkinesis
- Separation anxiety
- Social phobia
- Asperger's syndrome
- Trauma responses in children (PTSD and Depression)
- Suicide and self-harm

YEAR THREE SEMESTER I

DMHND 013: OCCUPATIONAL THERAPY AND REHABILITATION IN MENTAL HEALTH

13.1 Introduction

- Definition of terms
 - Occupational therapy
 - Rehabilitation
 - Work/productivity
 - Leisure/ play
 - Self-care/ self-maintenance
 - Activities of daily living (ADL)
- Concepts and theories in occupational therapy
 - Institutionalization
 - Ethical legal issues in occupational therapy
 - Forensic psychiatry and occupational therapy
 - Socio-cultural issues in occupational therapy
 - Approaches to treatment in mental health occupational therapy

13.2 Occupational Therapy Process

- Assessment
- Analysis
- Planning
- Implementation and Evaluation

13.3 Activities in Mental Health Occupational Therapy

- Physical activities
- Social activities
- Personal activities
- Work and constructive activities

13.4 Rehabilitation

- Principles
- Resources and support
- Personnel

13.5 Specific areas for occupational therapy in mental health

- Schizophrenia
- Anxiety Disorders
- Substance- related disorders
- Personality disorders
- Mood disorders
- Epilepsy
- Rehabilitation for HIV/AIDS
- Child and adolescent psychiatry
- Acute psychosis

DMHND 14: BASIC TRAINING METHODS

14.1 Introduction to principles of training and learning

- Concepts; teaching, learning and training
- Principles of Teaching and learning
- Training or facilitation methods
- Advantages and limitations of different training methods

14.2 Preparation and Presentation

- Planning a training session
- Preparation
- Session facilitation
- Pre and post training evaluation
- Report writing

14.3 Designing a training program

- Prepare a training programme
- Conduct a training programme
- Monitor and evaluation training programme
- Report writing

DMHND 015: PRIMARY HEALTH CARE (PHC)

15.1 Introduction to PHC

- Meaning of PHC
- Historical background of PHC
- Concepts, principles and pillars
- Components of PHC

15.2 Integration of mental health into existing PHC services

- Minimum health care package
- Process of integration of mental health into PHC services
- Resources for delivering health services

15.3 Community Health Services

- Introduction to delivery of community mental health services
- Define what constitutes a community
- Structure (administrative) of a community
- Values, norms, beliefs, taboos, and attitude
- Social services
- Stake holders and resources within the community
- Community diagnosis

Community entry process

Community entry

Community survey

Ethical consideration

Identification and prioritization of needs and resources and interventions

Develop action plan

- Implementation, monitoring and evaluation of health services in the community
 - Mobilization and sensitization
 - Check list and indicators for monitoring
- Report writing on community health activities

DMHND 016: HEALTH SERVICE MANAGEMENT (I)

Introduction to Management

- Concepts
- Theories and Principles
- Functions of effective leadership and management

- Roles, responsibilities and functions of an effective leader/ manager
- Qualities of a good manager
- Management theories and styles
- Human resource management
 - Recruitment and Staff recruitment process
 - Remuneration and appraisal
 - Performance Appraisal
- Financial management
- Management of equipment and supplies
- Transport management.
- Management of Infrastructure
- Leadership
 - Leadership theories
 - Team process
 - Styles of leadership
- Conflict and conflict resolution
- Negotiation Skills
- Prepare a management report
- Carryout inventory

DMHND 017 APPLIED RESEARCH

17.1 Introduction

- Concept of research
- Functions of research
- Types or methods of research
- Research designs

17.2 Basic Statistics

- Frequencies
- Mean
- Mode
- Median
- Data presentation methods

17.3 Proposal Writing

- Introduction
- Literature review
- Methodology
- References
- Budgeting
- Work plan

17.4 Data Collection Procedures

- Types of research tools
- Formulation of research tools
- Methods of data collection

YEAR THREE SEMESTER II

DMHND 016 HEALTH SERVICE MANAGEMENT II

- Organizational and structure of a health unit
- Planning health services
 - Concept of planning
 - Planning cycle
 - Work plan for health facility
- Management of resources at the psychiatric unit
 - Equipment and supplies
 - Human resource
 - Time
 - Finances
 - Space
- Management of HMIS
- Maintenance of healthy unit
- Implementation, monitoring and evaluation of a health facility
- Management of equipment and supplies
 - Inventory and stock taking
 - Ordering/ requisition procedures
 - Procurement of equipment and supplies
 - Issuing of equipment and supplies
- Integrated disease response and surveillance
- Key government policies

DMHND 017 APPLIED RESEARCH II (REPORT WRITING)

- Introduction
- Literature review
- Methodology
- Results
- Discussion
- Recommendations
- Dissemination of results

DMHND 019 PALLIATIVE CARE NURSING

Palliative Care concepts

- Principles of palliative care
- Importance of palliative care
- Roles of palliative care in Uganda
- Attributes of palliative care
- Preparation of family to make important decisions.

The hospice concept

- Hospice movement
- Philosophy of hospice
- Goals of hospice.
- Holistic care approach

Pain and pain management

- Pain assessment
- Pain management
- Psychosocial support to terminally ill patients
- Administer analgesics
- Control pain using non-pharmacological methods

Palliative care emergencies

- Severe uncontrolled pain.
- Spinal cord compression.
- Hypercalcemia.
- Hemorrhage.
- Superior vena cava obstruction (SVCO).

Symptoms of terminally ill patients

- GIT (Nausea and vomiting, Diarrhea, Anorexia, Constipation, Hiccups)
- Respiratory system (Dyspnea / air hunger)
- Nervous system (Delirium, Depression, Nightmares, Insomnia)
- Integumentary system (Non- healing wound, Pruritus)

Common conditions in palliative care

- Anger.
- Spiritual needs
- Bereavement

Ethics at the end of life

- Hastened death
- Assisted death
- Advanced directives

Terminal care

- Near death awareness
- Grief
- Death and dying
- Breaking sad news

DMHND 020: INTRODUCTION TO OCCUPATIONAL HEALTH AND SAFETY

- Basic concepts in occupational health and safety
- Identification of occupational health hazards in a work place
- Types and classification of occupational health hazards
- Prevention and control of occupational health hazards
- Roles of a nurse in prevention and control of occupational health hazards
- Legal issues in occupational health hazards e.g. Workers' Compensation Act

DMHND 021: ENTREPRENEURSHIP

Concept of entrepreneurship

- Small business in the economy
- Entrepreneurship, the entrepreneur and the owner manager
- Innovation and the market place

Creating entrepreneurial small business

- Business planning
- Successful, strategies for small business
- Start-ups and franchises (Permits/license)
- Buying an existing business
- Forming and protecting a business

Managing people and resources

- Managing people and resources
- Marketing
- Money matters for small business
- Business exists and realizing value
- Development of a business plan and budget
- Establishing a business premise
- Raising funds for small business

DMHND 022: COMMUNITY MENTAL HEALTH NURSING

- Introduction to Community Health Nursing
- Roles of Mental Health Nurse
- Mental Health Home Care
- Community Mental Health Outreach Services
- Promotion of Mental Health and Prevention of Mental Illness
- Disasters and disaster management
 - Types of disasters (Natural disaster and Man made disaster).
 - Disaster management.
 - Roles played by each stakeholder as far as preparedness, response and recovery and mitigation are concerned.
 - The stages of disaster management.
 - Requirements for disaster preparedness.
 - Disaster prevention