



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : www.amalanursingcollege.org

FIRST CYCLE NAAC ACCREDITATION 2022

CRITERION 2

TEACHING – LEARNING AND EVALUATION

2.3. Teaching Learning Process

2.3.5 Inquiry Based Learning

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

AMALA COLLEGE OF NURSING, THRISSUR
MENTAL HEALTH NURSING

Name of the faculty: Mrs Bincy AP

Date : 1.02.2022

Subject : Mental Health Nursing


Topic : Psychotherapy

Batch : 2018

Teaching Method: **Case based/inquiry based learning**

Is a learning process that engages students by making real-world connections through exploration and high level questioning .it is an approach to learning that encourages students to engage in problem solving and experiential learning.




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1. Panel discussion

It involves a group of people gathered to discuss a topic in front of the audience



Panel Members-5	Topics
Moderator 1	
Panel 1	Speech and language disorder
Panel 2	Hyperkinetic disorder
Panel 3	Autism
Panel 4	Conduct disorder
Panel 5	Phobic anxiety and Tics Disorder



2. Concept Mapping

It is a diagram that depicts suggested relationship between concepts. It helps to organize and structure knowledge. A concept map typically represents ideas and information as boxes or circles, which it connects with labeled arrows. The relationship between concepts can be articulated in linking phrases such as causes, symptoms, management etc.



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3. POSTER PRESENTATION

As a part of schizophrenia week celebration ,3rd year BSc nursing students present E poster on the Zoom platform (29.05.2021)

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SCHIZOPHRENIA
AWARENESS WEEK MAY 23rd - 29th, 2021

"DISCOVER BETTER MENTAL HEALTH"

Schizophrenia is a psychotic condition characterized by a disturbance in thinking, emotions, volitions and faculties in the presence of clear consciousness, which usually leads to social withdrawal.

CLINICAL MANIFESTATIONS

1. BLEULER'S 4 AS	2. FIRST RANK SYMPTOMS
3. POSITIVE SYMPTOMS <ul style="list-style-type: none"> • Delusion • Hallucination • Disorganized speech 	4. NEGATIVE SYMPTOMS <ul style="list-style-type: none"> • Reduced speech • Flattened affect • lack of initiative

CAUSES

- Research has not identified one single factor. It is thought that an interaction between genes and a range of environmental factors. Psychological factors may cause schizophrenia. (WHO)

TREATMENT

1. Pharmacotherapy
2. Electroconvulsive therapy
3. Psychological rehabilitation
4. Cognitive behavioral therapy

The theme of Schizophrenia Awareness Week (SAW) in 2021 is "Discover Better Mental Health". This year we are highlighting the voice of lived experience to encourage people to connect, reach out and get support. We can all support each other to #DiscoverBetterMentalHealth during #SAW2021.

MAGNITUDE AND IMPACT

- Schizophrenia affects 20 million people worldwide but is not as common as many other mental disorders.
- Schizophrenia is associated with considerable disability and may affect educational and occupational performance.
- People with schizophrenia are 2 – 3 times more likely to die early than the general population
- Stigma, discrimination and violation of human rights of people with schizophrenia is common.

MANAGEMENT

- Training primary health-care personnel;
- Providing access to essential drugs;
- Supporting families in providing home care;
- Educating the public to decrease stigma and discrimination;
- Enhancing independent living skills through recovery-oriented psychosocial interventions (e.g. life skills training, social skills training)
- Facilitating independent living, if possible, or assisted living, supported housing and supported employment for people with schizophrenia.

TOWARDS A BETTER MENTAL HEALTH

- Avoid drug and alcohol abuse
- Avoid abusive and toxic relationships
- Keep strong social relationships
- Manage stress (meditation, deep breathing exercises)
- Good nutrition and exercises
- consult psychiatrist when required
- Talk about your feelings
- Accept who you are
- Care for others
- Nurture hobbies you love like dancing, painting, gardening etc

DEPARTMENT OF MENTAL HEALTH NURSING
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