

PANNA DHAI MAA SUBHARTI NURSING COLLEGE

VALUE ADDED COURSE

ON

**"Psycho Social Issues and Management of Mental Health "**

**COURSE OUTLINE**

S. No	Topic	Hours	Date	Presentor
1.	<b>Introduction to Psycho social issues :</b> -Etymology & History -Cause -Patho-physiology -Sign & symptoms -Diagnosis	2	17/04/2023	Asst.Lect. Ms. Gunjali
2.	<b>Psycho social issues</b> -Prevention -Effect of COVID 19 on physical, physiological, mental, social and spiritual health -Myth & Facts related to COVID 19	1		Asst.Lect. Ms. Gunjali
3.	<b>Psycho-social Issues during Pandemic period</b> -Psychosocial issues 1.from neonate to geriatric population. 2.among vulnerable population.	2	18/04/2023	Asst.Lect. Ms. Gunjali
4.	<b>Psycho-social Issues during Pandemic period</b>  1.on COVID 19 Survivors. 2.among Mentally ill patient.	1		Asst.Lect. Ms. Gunjali
5.	<b>Psycho-social Issues during Pandemic period</b>  - among Health Care worker & their family members	1	19/04/2023	Asst.Lect. Ms. Gunjali
6.	- Special issues related to COVID 19	1		Asst.Lect. Ms. Gunjali
7.	<b>Management of mental health during Pandemic</b> - Pharmacological management - Psychosocial management	1	20/04/2023	Asso. Prof. Mr. Anand LR
8.	<b>Management of mental health during Pandemic</b>  1. Identification and management of emotions	1		Asso. Prof. Mr. Anand LR

	<b>2. Stress &amp; coping strategies</b>			
9.	<b>Management of mental health during Pandemic</b> 1. Self-care strategies  -Initiative taken by Govt & non Govt organization & agencies	1	21/04/2023	<b>Asso. Prof. Mr. Anand LR</b>
10.	- Telemedicine: Pros & cons	1		<b>Asso. Prof. Mr. Anand LR</b>
11.	<b>Mental health during Pandemic &amp; Role of nurse</b> Role of Nurse in 1. Pharmacological management 2. Psychosocial management	2	22/04/2023	<b>Asso. Prof. Mr. Anand LR</b>
12.	<b>3. Telenursing</b>	1		<b>Asso. Prof. Mr. Anand LR</b>

**Practical skills:**

21/04/2023	1	11:00am - 11:12pm	Psychosocial management	<b>Asso. Prof. Mr. Anand LR</b>
22/04/2023	1	11:00am - 12:00pm	Self-care strategies	<b>Asst.Lect. Ms. Gunjali</b>