

Practical skills:

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

PANNA DHAI MAA SUBHARTI NURSING COLLEGE**VALUE ADDED COURSE****ON****"Psycho social issues and management of mental health "****Total Hours: 17 hours (Theory: 15 hours & Practical: 2 hours)****BENEFICIARIES:**

M.Sc.(N)
 NPCC
 PB. B. Sc.(N)
 B. Sc (N) IVth Year
 G.N.M Intern
 ANS & Nursing Officer

Unit	Theory	Practical	Content
I	3		Introduction : -Etymology & History -Cause -Patho-physiology -Sign & symptoms -Diagnosis -Prevention -Effect of COVID 19 on physical, physiological, mental, social and spiritual health -Treatment -Myth & Facts related to COVID 19
II	5		Psycho-social Issues during Pandemic period -Psychosocial issues from neonate to geriatric population. among vulnerable population. on COVID 19 Survivors. among Mentally ill patient. among Health Care worker & their family members - Special issues related to COVID 19
III	5	2	Management of mental health during Pandemic Pharmacological management Psychosocial management Identification and management of emotions Stress & coping strategies Self-care strategies Initiative taken by Govt& non Govt organization & agencies

			Telemedicine: Pros & cons
IV	2		Mental health during Pandemic & Role of nurse Role of Nurse in Pharmacological management Psychosocial management Telenursing