

PANNA DHAI MAA SUBHARTI NURSING COLLEGE

VALUE ADDED COURSE

ON

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

**BENEFICIARIES:**

M.Sc.(N) Ist Year  
PBBSC (N) II Year  
B. Sc (N) IV<sup>th</sup> Year

**VENUE:** LT-1, PDMSNC.

**COURSE DURATION:** 17 hours (Theory: 15 hours & Practical: 2 hours)

**DATE:** 17-04-2023 to 22-04-2023

**Proposed lecture topics:**

<b>Date</b>	<b>Hours</b>	<b>Time</b>	<b>Content</b>	<b>Teachers</b>
17/04/2023	2	10:00-11:00am	<b>Introduction to Psycho social issues :</b> -Etymology & History -Cause -Patho-physiology -Sign & symptoms -Diagnosis	<b>Asst.Lect. Ms. Gunjali</b>
	1	10:00-11:00am	<b>Psycho social issues</b> -Prevention -Effect of COVID 19 on physical, physiological, mental, social and spiritual health -Myth & Facts related to COVID 19	
18/04/2023	2	10:00-11:00am	<b>Psycho-social Issues during Pandemic period</b> -Psychosocial issues 1.from neonate to geriatric population. 2.among vulnerable population.	<b>Asst.Lect. Ms. Gunjali</b>
	1	10:00-11:00am	<b>Psycho-social Issues during Pandemic period</b>  1.on COVID 19 Survivors. 2.among Mentally ill patient.	

19/04/2023	1	10:00-11:00am	<b>Psycho-social Issues during Pandemic period</b>  - among Health Care worker & their family members	<b>Asst.Lect. Ms. Gunjali</b>
	1	10:00-11:00am	- Special issues related to COVID 19	<b>Asst.Lect. Ms. Gunjali</b>
20/04/2023	1	10:00-11:00am	<b>Management of mental health during Pandemic</b> Pharmacological management Psychosocial management	<b>Asso. Prof. Mr. Anand LR</b>
	1	10:00-11:00am	<b>Management of mental health during Pandemic</b>  Identification and management of emotions Stress & coping strategies	<b>Asso. Prof. Mr. Anand LR</b>
21/04/2023	1	10:00-11:00am	<b>Management of mental health during Pandemic</b> 1.Self-care strategies  -Initiative taken by Govt& non Govt organization & agencies	<b>Asso. Prof. Mr. Anand LR</b>
	1	10:00-11:00am	Telemedicine: Pros & cons	<b>Asso. Prof. Mr. Anand LR</b>
22/04/2023	2	10:00-11:00am	<b>Mental health during Pandemic &amp; Role of nurse</b> Role of Nurse in Pharmacological management Psychosocial management	<b>Asso. Prof. Mr. Anand LR</b>
22/04/2023	1	10:00-11:00am	Telenursing	<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>