3rd Edition

Practical Record Book *for* Mental Health Nursing

As per the Revised INC Syllabus for BSc Nursing



Semester V and VI

Name of the Candidate: _____

Name of the Institution: _____

_____

Ellen Beck

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Mental Health Nursing

Name of the Candidate : .....

Name of the Institution : .....

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Signature of Clinical Supervisor

Signature of Principal

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As per the Revised INC Syllabus for BSc Nursing

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The Health Sciences Publisher
New Delhi | London

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Practical Record Book for Mental Health Nursing

First Edition: 2008

Second Edition: 2015

Third Edition: **2027**

ISBN: 978-93-0952-622-0

Printed in India

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Preface

Psychiatric nursing is an essential component in the healthcare delivery system. During 1930–1960, principles and practices of psychiatric nursing were derived from practical experiences of caring for psychiatric patients.

For years, students had been submitting assignments in loose sheets, and then later compiled it in a file, which sometimes gave a disorganized appearance. Thus, a need to prepare a record book for mental health nursing was felt by me. The writing of this practical record book is a sincere effort to organize the content and see that each student accomplishes what is required in a uniform manner.

The purpose of this book is to provide student nurses posted in psychiatric nursing care settings to fulfil the required clinical experience as per the Indian Nursing Council syllabus. The sequence and arrangements of the assignments according to sections or semesters can be changed by the user as per their convenience, provided all the assignments are covered. Appendices are attached to help the students for ready reference to certain aspects, such as classification and diagnoses. Sample practical paper format is designed after years of practicing it successfully, and a more or less similar format is used by examiners of different universities. Sample viva questions is just an effort to make viva more objective and that consistency is maintained while questioning students during viva.

My thanks are due to several people who motivated me in this venture, my teachers, colleagues, and ex-students. I dedicate this piece of my work to my beloved husband Late Mr Vipin Kishore Beck, who was my constant guide and driving force to give shape to this manuscript.

I thank Shri Jitendar P Vij (Group Chairman), Mr Ankit Vij (Managing Director), Mr Tarun Sachdeva (Senior Vice-President), Dr Madhu Choudhary [Senior Director–Educational Publishing (Print)], Ms Pooja Bhandari [Director–Production (Books)], Mr Ajay Kumar Sharma [Deputy General Manager (Books)], Ms Alisha Talwar (Team Lead–Nursing), Ms Jitika Royal (Senior Content Strategist–Nursing), Mr Vijay Kumar Bhatia (Manager–Production), Mr Bishan Singh (Production Manager–Press), Ms Seema Dogra (Cover Visualizer), Ms Neha Verma (Graphic Designer–Cover), Mr Manoj Pahuja (Graphic Designer), Mr Anil Singh (Proofreader) and Mr Kuldeep Dobriyal (Typesetter), and their team members, for all their support to work in this project and make it a success. Without their cooperation, I could not have completed this project.

Last but not least, I thank my family members, especially my sister Angela, my nephew Alvin, and my sons Ronit and Eshaan, for their unending support and patience in helping me to complete this work.

I commend this publication to you and recommend that you use this practical record book, thereby ensuring that student nurses are supported and guided in a comprehensive manner while achieving competence to practice nursing safely and effectively.

Ellen Beck

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Practical Record Book *for* Mental Health Nursing

Salient Features

- Prepared as per the Indian Nursing Council (INC) syllabus.
- Provides a systematic and comprehensive record of psychiatric clinical experiences.
- Includes essential clinical assignments and practical activities for student nurses during psychiatric postings.
- Helps students develop skills and competencies in psychiatric patient care.
- Covers case studies, nursing care plans, patient assessment, and clinical documentation.
- Provides guidance on mental status examination and therapeutic communication.
- Enhances understanding of psychiatric disorders, treatment approaches, and nursing interventions.
- Supports preparation for clinical practice, practical examinations, and competency assessment.

Ellen Beck PhD MSc (N) is presently working as Professor-cum-Vice Principal at Ahilya Bai College of Nursing, New Delhi, India. She graduated from AIIMS, New Delhi, and Rajkumari Amrit Kaur College of Nursing, University of Delhi, New Delhi. She completed her PhD degree from Jamia Hamdard University, New Delhi. She has worked in various capacities in the NCT of Delhi during her tenure as Vice Principal. She also shouldered the responsibility of Registrar of the Delhi Nursing Council. She was a master trainer in the GFATM program and coordinator for the Post Basic BSc Nursing program of IGNOU at the Ahilya Bai College of Nursing Centre.

She has conducted many Continuing Nursing Education (CNE) programs since 2022 at Ahilya Bai College of Nursing under the MoHFW scheme of "Development of Nursing Services." She was honored by Lok Nayak Hospital with a Certificate of Excellence in recognition of her services toward education. She functions as an inspector for the Indian Nursing Council and Delhi Nursing Council. She is also a member of the team constituted by the Health Department, Government of NCT of Delhi, to confer essentiality certificates to nursing institutes.

At present, she is also the Program Coordinator for the upcoming State Midwifery Training Institute being developed in the premises of Ahilya Bai College of Nursing.

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