

Bachelor of Nursing with Honours
in Mental Health Care Programme

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CLINICAL PRACTICUM (Mental Health Care)



NURS N109F • NURS N209F • NURS N219F • NURS N319F • NURS N419F



Student Practicum Handbook



香港公開大學
THE OPEN UNIVERSITY
OF HONG KONG

護理及健康學院 School of Nursing and Health Studies

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護理及健康學院 School of Nursing and Health Studies

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Introduction

The practicum courses (a total of 40 credits) are the core courses in the Bachelor of Nursing with Honours in Mental Health Care Programme. The five practicum courses, namely *NURS N109F Clinical Practicum (Mental Health Care) I*, *NURS N209F Clinical Practicum (Mental Health Care) II*, *NURS N219F Clinical Practicum (Mental Health Care) III*, *NURS N319F Clinical Practicum (Mental Health Care) IV* and *NURS N419F Clinical Practicum (Mental Health Care) V*, are presented in each academic year from Year 1 to Year 5 respectively. Students are allocated to the University's approved accredited clinical practicum venues for a total of 1,720 hours to take part in clinical practice in various clinical settings. The students are under the supervision of the University-appointed honorary clinical tutor (HCT) during the clinical placement.

Aims

The practicum courses, *Clinical Practicum (Mental Health Care) I–V*, aim to provide opportunities for students to practice in a variety of clinical settings to facilitate their integration of both theoretical and clinical nursing knowledge. Clinical practice helps to enrich students' clinical experience and helps students to master the clinical skills necessary to achieve the competencies required of a Registered Nurse (Psychiatric) as stipulated by the Nursing Council of Hong Kong.

Nature of clinical settings and clinical hours

Clinical settings	Period of clinical practicum (Minimum requirements)	
	Weeks	Hours [#]
Psychiatric long-stay/subacute nursing	3	120
Psychiatric acute nursing	8	320
Psychiatric rehabilitation nursing	8	320
Community psychiatric nursing and mental health outreach services	8	320
Psychogeriatric nursing	4	160
Learning disabilities nursing	2	80
Child and adolescent nursing	2	80
Substance abuse nursing	2	80
Patient social centre/day hospital/ out-patient department	2	80
Medical and surgical nursing	4	160
Total	43	1,720

40 hours per week

Details of clinical practicums

Year	Course	Duration (weeks)	Nature of clinical placement	Continuing clinical assessment
1	Clinical Practicum I (NURS N109F)	3	Psychiatric long-stay/subacute nursing	N/A
2	Clinical Practicum II (NURS N209F)	4	Psychogeriatric nursing	N/A
3	Clinical Practicum III (NURS N219F)	10	<ol style="list-style-type: none"> 1 <i>One of the following psychiatric settings:</i> <ul style="list-style-type: none"> • Psychiatric acute nursing • Psychiatric rehabilitation nursing 2 <i>One of the following psychiatric settings:</i> <ul style="list-style-type: none"> • Learning disabilities nursing • Child and adolescent nursing • Substance abuse nursing • Patient social centre/ day hospital/out-patient department 	Psychiatric acute nursing <i>or</i> Psychiatric rehabilitation nursing
4	Clinical Practicum IV (NURS N319F)	12	<ol style="list-style-type: none"> 1 <i>One of the following psychiatric settings:</i> <ul style="list-style-type: none"> • Psychiatric acute nursing • Psychiatric rehabilitation nursing • Community psychiatric nursing and mental health outreach services 2 <i>Two of the following psychiatric settings:</i> <ul style="list-style-type: none"> • Learning disabilities nursing • Child and adolescent nursing • Substance abuse nursing • Patient social centre/ day hospital/out-patient department 	Psychiatric acute nursing <i>or</i> Psychiatric rehabilitation nursing <i>or</i> Community psychiatric nursing services
5	Clinical Practicum V (NURS N419F)	14	<ol style="list-style-type: none"> 1 <i>One of the following psychiatric settings:</i> <ul style="list-style-type: none"> • Psychiatric acute nursing • Psychiatric rehabilitation nursing • Community psychiatric nursing and mental health outreach services 2 <i>One of the following psychiatric settings:</i> <ul style="list-style-type: none"> • Learning disabilities nursing • Child and adolescent nursing • Substance abuse nursing • Patient social centre/ day hospital/out-patient department 3 Medical and surgical nursing 	Psychiatric acute nursing <i>or</i> Psychiatric rehabilitation nursing <i>or</i> Community psychiatric nursing services

Clinical assessment

1 Assessment of clinical performance

During the clinical practicum, student's clinical performance is assessed by both the student and Honorary Clinical Tutors (HCTs).

2 Continuing clinical assessment (CCA):

- Psychiatric acute nursing
- Psychiatric rehabilitation nursing
- Community psychiatric nursing services.

These three CCAs are conducted by CCA assessors who are appointed by the University.

For each clinical assessment, a student is entitled to have at most three attempts. If the student fails in all these three attempts or does not complete the clinical assessment as required in the practicum course, he/she will fail in this practicum course and is required to retake this course.

Learning outcomes

Overall learning outcomes

Upon completion of *Clinical Practicum (Mental Health Care) I–V*, students should be able to:

- 1 *Identify* the key principles of good nursing practice through observation and practice in clinical settings;
- 2 *Integrate* and *apply* theoretical and clinical nursing knowledge in the following clinical settings:
 - Psychiatric long-stay/subacute nursing
 - Psychiatric acute nursing
 - Psychiatric rehabilitation nursing
 - Community psychiatric nursing and mental health outreach services
 - Psychogeriatric nursing
 - Child and adolescent nursing
 - Learning disabilities nursing
 - Substance abuse nursing

- Medical and surgical nursing
 - Patient social centre/day hospital/out-patient department.
- 3 *Demonstrate* an appropriate level of clinical competence across the spectrum of nursing practice as stipulated by the Nursing Council of Hong Kong in *A Reference Guide to the Syllabus of Subjects and Requirements for the Preparation of Registered Nurse(Psychiatric) in the Hong Kong Special Administrative Region*.

Learning outcomes of practicum courses

The clinical practicum is carried out in the following five practicum courses within the five years of the programme. For each practicum, students are expected to complete the set learning outcomes as listed below:

NURS N109F Clinical Practicum (Mental Health Care) I

Upon completion of *Clinical Practicum I*, students should be able to:

- 1 *Demonstrate* familiarity with the ward and the hospital settings;
- 2 *Demonstrate* efficiency in performing routine of a ward;
- 3 *Perform* basic psychiatric nursing skills and *provide* basic nursing care properly;
- 4 *Apply* communication skills to communicate with clients, relatives and health care team members;
- 5 *Provide* nursing care according to legal, professional and ethical requirements;
- 6 *Formulate* nursing care plans for long-stay/subacute clients.

NURS N209F Clinical Practicum (Mental Health Care) II

Upon completion of *Clinical Practicum II*, students should be able to:

- 1 *Demonstrate* proficiency in basic psychiatric nursing skills and provision of basic nursing care;
- 2 *Apply* communication skills to communicate with clients, relatives and health care team members;
- 3 *Provide* nursing care according to legal, professional and ethical requirements; and
- 4 *Formulate* nursing care plans using nursing process for psychogeriatric clients.

NURS N219F Clinical Practicum (Mental Health Care) III

Upon completion of *Clinical Practicum III*, students should be able to:

- 1 *Demonstrate* confidence in the provision of basic nursing care;
- 2 *Apply* communication skills to communicate with clients, relatives and health care team members;
- 3 *Provide* nursing care according to legal, professional and ethical requirements;
- 4 *Formulate* nursing care plans using nursing process for clients in *one* of the following settings:
 - a Learning disabilities
 - b Child and adolescent
 - c Substance abuse
 - d Patient social centre/day hospital/out-patient department.
- 5 *Achieve* a pass in *one* of the following continuing clinical assessments as stipulated by the Nursing Council of Hong Kong in *A Reference Guide to the Syllabus of Subjects and Requirements for the Preparation of Registered Nurse(Psychiatric) in the Hong Kong Special Administrative Region*:
 - a Psychiatric acute nursing
 - b Psychiatric rehabilitation nursing.

NURS N319F Clinical Practicum (Mental Health Care) IV

Upon completion of *Clinical Practicum IV*, students should be able to:

- 1 *Demonstrate* confidence in provision of basic nursing care;
- 2 *Apply* communication skills to communicate with clients, relatives and health care team members;
- 3 *Provide* nursing care according to legal, professional and ethical requirements;
- 4 *Formulate* nursing care plan using nursing process for clients in *two* of the following settings:
 - a Learning disabilities
 - b Child and adolescent
 - c Substance abuse
 - d Patient social centre/day hospital/out-patient department.

- 5 Achieve a pass in *one* of the following continuing clinical assessments (which has not been assessed in *NURS N219F*) as stipulated by the Nursing Council of Hong Kong in *A Reference Guide to the Syllabus of Subjects and Requirements for the Preparation of Registered Nurse(Psychiatric) in the Hong Kong Special Administrative Region*:
 - a Psychiatric acute nursing
 - b Psychiatric rehabilitation nursing
 - c Community psychiatric nursing services.

NURS N419F Clinical Practicum (Mental Health Care) V

Upon completion of *Clinical Practicum V*, students should be able to:

- 1 *Demonstrate* confidence in the provision of basic nursing care;
- 2 *Apply* communication skills to communicate with clients, relatives and health care team members;
- 3 *Provide* nursing care according to legal, professional and ethical requirements;
- 4 *Formulate* nursing care plans using nursing process for clients in *two* of the following settings:
 - a Learning disabilities
 - b Child and adolescent
 - c Substance abuse
 - d Patient social centre/day hospital/out-patient department.
- 5 *Practise* medical and surgical nursing in general nursing settings under the guidance of HCT;
- 6 *Achieve* a pass in *one* of the following continuing clinical assessments (which has not been assessed in *NURS N219F* and *NURS N319F*) as stipulated by the Nursing Council of Hong Kong in *A Reference Guide to the Syllabus of Subjects and Requirements for the Preparation of Registered Nurse(Psychiatric) in the Hong Kong Special Administrative Region*:
 - a Psychiatric acute nursing
 - b Psychiatric rehabilitation nursing
 - c Community psychiatric nursing services.

Areas of clinical placement

There are ten areas of clinical placement for the Bachelor of Nursing with Honours in Mental Health Care. The learning outcomes of each nature of placement are as follows:

Psychiatric long-stay/subacute nursing

Upon completion of this clinical placement, the students should be able to:

- A Provide safe and therapeutic environment to psychiatric long-stay/subacute clients:
 - Describe the nature of the ward/unit
 - Demonstrate familiarity with ward environment, facilities and routines
 - Carry out environmental safety measures
 - Use communication skills to communicate with psychiatric long-stay/subacute clients, relatives, visitors and members of health care team.
- B Provide care and mental health education to psychiatric long-stay/subacute clients.
- C Prevent institutionalization of long-stay/subacute clients.
- D Comply with legal, professional and ethical duties to long-stay/subacute clients and multidisciplinary team:
 - Respect clients' rights
 - Implement Patient Charter
 - Keep confidentiality
 - Collaborate with nursing and health care team members
 - Be accountable.

Psychiatric acute nursing

Upon completion of this clinical placement, the students should be able to:

A Provide a therapeutic milieu:

- Carry out ward routine
 - Daily, weekly and monthly routine
- Provide a safe environment
 - Lighting, temperature and ventilation
 - Fire prevention and fire drill
 - Emergency and first-aid drill
 - Ward security and safety
 - Correct use of equipment and effective use of resources
 - Use and storage of potentially dangerous articles
- Use communication skills to communicate with clients, relatives and healthcare team members
 - Verbal communication
 - Written communication

B Assess, plan, implement and evaluate nursing interventions for clients during acute phase of mental illness:

- Demonstrate therapeutic attitude
 - Accept client non-judgmentally
 - Show respect, patience and empathy
 - Instill a positive attitude to clients and relatives
- Conduct bio-psycho-social assessment of clients
 - Conduct assessment of clients who suffer from :
 - ◇ schizophrenia
 - ◇ mood disorders
 - ◇ other psychotic disorders
- Plan and implement nursing interventions to meet bio-psycho-social needs of clients
 - Plan and implement interventions for clients who suffer from:
 - ◇ schizophrenia
 - ◇ mood disorders
 - ◇ other psychotic disorders

- Evaluate outcomes of interventions
 - Evaluate outcomes of interventions for clients who suffer from:
 - ◇ schizophrenia
 - ◇ mood disorders
 - ◇ other psychotic disorders
 - Administer medications
 - Prepare clients, medications and equipment
 - Give medications according to medication administration principles
 - Observe condition of clients before and after medication administration
 - Perform aseptic technique procedures
 - Prepare clients, antiseptics and equipment
 - Adhere to principles of asepsis throughout the procedures
 - Complete after-care actions of the procedure
- C Provide appropriate nursing interventions for clients who require the following investigations:
- Laboratory tests
 - Blood
 - Urine
 - Faeces
 - Sputum
 - Others laboratory tests
 - Radiological examination
 - Plain x-ray
 - CT scan
 - Others radiological examinations
 - Electroencephalography
- D Provide appropriate nursing interventions for clients who receive the following types of medications and treatment:
- Antipsychotic drugs
 - Typical antipsychotic drugs (First generation antipsychotic drugs)
 - Atypical antipsychotic drugs (Second generation antipsychotic drugs)
 - Antidepressants
 - Tricyclic antidepressants

- Monoamine oxidase inhibitors (MAOIs)
 - Selective serotonin reuptake inhibitors (SSRIs)
 - Selective norepinephrine reuptake inhibitors (SNRIs)
 - Other antidepressants
 - Mood-stabilizing drugs
 - Lithium
 - Anticonvulsant mood stabilizers
 - Anxiolytics and hypnotics
 - Benzodiazepines
 - Non-benzodiazepines
 - Beta-blockers
 - Anti-epileptic drugs
 - Commonly prescribed anti-epileptic drugs
 - Electroconvulsive therapy
- E Participate in preventing and managing psychiatric emergencies:
- Violence
 - Suicide
- F Participate in admission and discharge of clients according to Mental Health Ordinance:
- Admission
 - Voluntary admission
 - Compulsory admission
 - Change legal status of clients admitted under Mental Health Ordinance
 - Discharge
 - Discharge of client under Mental Health Ordinance
 - Home leave / day leave
- G Comply with legal, professional and ethical duties to clients and healthcare team:
- Respect clients' right
 - Rights of clients under MHO
 - Implement Patients' Charter
 - Rights and responsibilities of a client
 - Keep confidentiality
 - Collect, use, disclose and access to client information

- Being accountable
 - Function within own level competency
- Collaborate with nursing and healthcare team members
 - Show respect to nursing and healthcare team members
 - Accept advice from nursing and healthcare team members
 - Participate in multidisciplinary approach of client care

Psychiatric rehabilitation nursing

Upon completion of this clinical placement, the students should be able to:

A Provide a therapeutic milieu:

- Carry out ward routine
 - Daily, weekly and monthly routine
- Provide a safe environment
 - Lighting, temperature and ventilation
 - Fire prevention and fire drill
 - Emergency and first-aid drill
 - Ward security and safety
 - Correct use of equipment and effective use of resources
 - Use and storage of potentially dangerous articles
- Use communication skills to communicate with clients, relatives and health care team members
 - Verbal communication
 - Written communication

B Assess, plan, implement and evaluate nursing interventions for clients requiring psychiatric rehabilitation according to the prescribed delivery model:

- Demonstrate therapeutic attitude
 - Accept client non-judgmentally
 - Show respect, patience and empathy
 - Encourage clients to practice newly learned skills
 - Instill a positive attitude to clients and relatives
- Conduct bio-psycho-social assessment of clients
 - Assess rehabilitation needs for clients who are/suffer from:
 - ◇ Institutionalized
 - ◇ Severe mental illness
 - ◇ Common mental disorders

- Plan and implement nursing interventions to promote recovery of clients
 - Plan and implement interventions for clients who are/suffer from:
 - ◊ Institutionalized
 - ◊ Severe mental illness
 - ◊ Common mental disorders
 - Evaluate outcomes of interventions
 - Evaluate outcome of interventions for clients who are/suffer from:
 - ◊ Institutionalized
 - ◊ Severe mental illness
 - ◊ Common mental disorders
 - Administer medications
 - Prepare clients, medications and equipment
 - Give medications according to medication administration principles
 - Observe condition of clients before and after medication administration
 - Perform aseptic technique procedures
 - Prepare clients, antiseptics and equipment
 - Adhere to principles of asepsis throughout the procedures
 - Complete after-care actions of the procedure
- C Provide appropriate nursing interventions for clients who receive the following types of medications:
- Antipsychotic drugs
 - Typical antipsychotic drugs (First generation antipsychotic drugs)
 - Atypical antipsychotic drugs (Second generation antipsychotic drugs)
 - Antidepressants
 - Tricyclic antidepressants
 - Monoamine oxidase inhibitors (MAOIs)
 - Selective serotonin reuptake inhibitors (SSRIs)
 - Selective norepinephrine reuptake inhibitors (SNRIs)
 - Other antidepressants
 - Mood-stabilizing drugs
 - Lithium
 - Anticonvulsant mood stabilizers

- Anxiolytics and hypnotics
 - Benzodiazepines
 - Non-benzodiazepines
 - Beta-blockers
 - Anti-epileptic drugs
 - Commonly prescribed anti-epileptic drugs
- D Participate in preventing and managing psychiatric emergencies:
- Violence
 - Suicide
- E Provide health education to relatives and carers in taking care of discharged clients:
- Understand mental illness
 - Causes of mental illness
 - Signs and symptoms of mental illness
 - Treatment of mental illness
 - Follow & supervise in drug regime
 - Manage signs and symptoms of mental illness
 - Hallucinations
 - Delusions
 - Identify and manage relapse of mental illness
- F Comply with legal, professional and ethical duties to clients and healthcare team:
- Respect clients' right
 - Rights of clients under MHO
 - Implement Patients' Charter
 - Rights and Responsibilities of a client
 - Keep confidentiality
 - Collect, use, disclose and access to client information
 - Being accountable
 - Function within own level competency
 - Collaborate with nursing and healthcare team members
 - Show respect to nursing and healthcare team members
 - Accept advice from nursing and healthcare team members
 - Participate in multidisciplinary approach of client care

Community psychiatric nursing and mental health outreach services

Upon completion of this clinical placement, the students should be able to:

- A Describe delivery model of community psychiatric nursing / outreach services:
 - Scope of Service
 - Catchment areas
 - Types of services
 - Roles of psychiatric nurses in case management model
- B Use communication skills to communicate with the clients, relatives and healthcare team members:
 - Verbal communication
 - Written communication
- C Use case management to provide integrated community psychiatric nursing / outreach services to clients:
 - Demonstrate therapeutic attitude
 - Accept clients non-judgmentally
 - Show respect, patience and empathy
 - Instill a positive attitude to clients and relatives
 - Assess, plan, implement and evaluate therapeutic programme for clients
 - Illness management
 - Living skills
 - Other therapeutic programmes
 - Apply knowledge of psychopharmacology in the care of clients
 - Medication management
 - Provide counselling to clients
- D Participate in providing health education and mental health promotion to clients and relatives in the community
 - Mental health and positive mental health
 - Coping with stress
 - Mental health related community resources

- E Comply with legal, professional and ethical duties to clients and healthcare team:
- Legal issues relating to Mental Health Ordinance in management of clients in the community
 - Admission to psychiatric hospital
 - Follow-up in psychiatric out-patient clinic
 - Respect clients' right
 - Rights of clients under MHO
 - Implement Patients' Charter
 - Rights and Responsibilities of a client
 - Keep confidentiality
 - Collect, use, disclose and access to client information
 - Being accountable
 - Function within own level competency
 - Collaborate with nursing and healthcare team members
 - Show respect to nursing and healthcare team members
 - Accept advice from nursing and healthcare team members
 - Participate in multidisciplinary approach of client care

Psychogeriatric nursing

Upon completion of this clinical placement, the students should be able to:

- A Provide a safe and therapeutic environment to psychogeriatric clients:
- Describe nature of the ward:
 - scope and model of service
 - number of bed accommodations
 - sources of admission.
 - Familiar with ward environment:
 - ward design and rooms' purposes
 - locations of fire exits, fire hose, fire extinguisher and fire alarm
 - accident-prone areas
 - location of emergency equipment
 - emergency call numbers.
 - Carry out ward routine:
 - daily, weekly and monthly routine.

- Carry out general ward management:
 - lighting, temperature and ventilation
 - fire prevention and fire drill
 - emergency and first-aid drill
 - ward security and safety
 - correct use of equipment and effective use of resources.
 - Provide a safe environment:
 - correct use and care of ward keys (metal and electronic)
 - use and storage of potentially dangerous articles.
 - Condition of facilities and accessories such as walking rails, automatic doors, walking aids
 - Use communication skills to communicate with:
 - ward staff and members of health care team
 - psychogeriatric clients, relatives and visitors.
- B Assess, plan, implement and evaluate nursing interventions for psychogeriatric clients:
- Demonstrate therapeutic attitude:
 - accept clients non-judgementally
 - show respect, patience and empathy
 - instill positive attitude to relatives.
 - Assess physical and mental conditions:
 - personal and family history
 - physical assessment
 - past medical history
 - mental status assessment such as Mini Mental Status Examination (MMSE)
 - activities of daily living.
 - Assist clients to maintain orientation to time, place and person:
 - self-introduction
 - provide large, and accurate clock and calendar
 - arrange reality orientation activities
 - introduce ward/hospital facilities.
 - Strengthen clients' self-identity:
 - address clients by name
 - respect personal preferences
 - encourage celebration of personally important dates and events, and possession of personal belongings
 - arrange for reminiscence therapy.

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- Raise clients' self-esteem:
 - identify characteristics of low self-esteem
 - encourage expression of personal feelings and emotions
 - praise clients' accomplishments.
 - Assist clients to maintain contact with community:
 - maintain contact with relatives and friends
 - maintain contact with mass media
 - Plan and organize activities:
 - satisfy clients' biopsychosocio-spiritual needs, preferences and interests
 - give sufficient time to participate in activities.
 - Motivate clients to participate in activities:
 - introduce plans and benefits of activities
 - give information and explanation of the details of activities
 - give reinforcement for participating in and accomplishing goals of activities.
 - Maintain clients' social skills:
 - assist clients to participate in social activities
 - encourage social interaction among clients.
 - Assist clients to meet personal hygiene needs:
 - assist clients to maintain personal hygiene and appearance
 - assist in bathing and give clients bed bath
 - prevent pressure sores and perform wound care
 - assist in waste elimination and use of commode
 - manage waste elimination problems, such as giving suppositories and enema
 - care of clients with incontinence.
 - Assist clients to meet nutritional needs:
 - assess nutritional status
 - provide balanced diet
 - give clients sufficient time to have meals
 - arrange spoon-feeding or naso-gastric feeding
 - record intake and output on chart
 - implement measures to prevent choking.
 - Encourage clients' self-care independence:
 - assess clients' level of independence in self-care
 - encourage clients to participate in self-care activities

- assist clients to maintain activity ability and encourage clients to use rehabilitation facilities
 - Encourage clients in their independent decision-making.
 - Provide health education to relatives and carers:
 - organize health education programmes
 - encourage relatives and carers to take care of clients
 - teach relatives and carers skills to take care of clients.
 - Administer medications:
 - prepare clients, medications and equipment
 - give medications according to medication administration principles
 - observe condition of clients before and after medication administration.
 - Carry out aseptic procedure:
 - prepare clients, antiseptics and equipment
 - adhere to principle of asepsis throughout procedures
 - complete after-care actions of the procedure.
- C Provide care using nursing process for clients who are suffering from:
- Dementia
 - Delirium
 - Depression in elderly.
- D Prevent, diagnose, manage and report clients who are:
- Suicidal
 - Accident-prone
 - Suffering from physical illness.
- E Provide care for clients who are receiving the following medications:
- Antipsychotic drugs:
 - typical antipsychotic drugs (first-generation antipsychotic drugs)
 - atypical antipsychotic drugs (second-generation antipsychotic drugs) .
 - Antidepressants:
 - tricyclic antidepressants
 - monoamine oxidase inhibitors (MAOIs)
 - selective serotonin reuptake inhibitors (SSRIs)

- selective norepinephrine inhibitors (SNRIs)
 - other antidepressants.
 - Anxiolytics:
 - benzodiazepines
 - non-benzodiazepines
 - beta-blockers.
 - Others.
- F Recognize the following psychogeriatric services:
- Memory clinic
 - Psychogeriatric day hospital
 - Community Psychogeriatric Team
 - Elderly Suicide Prevention Programme.
- G Comply with legal, professional and ethical duties to psychogeriatric clients and multidisciplinary team:
- Respect clients' rights.
 - Implement Patient Charter.
 - Keep confidentiality.
 - Collaborate with nursing and health care team members.
 - Be accountable.

Learning disabilities nursing

Upon completion of this clinical placement, the students should be able to:

- A Provide a safe and therapeutic environment for clients with learning disabilities:
- Describe the nature of the ward.
 - Be familiar with the ward environment.
 - Carry out ward safety measures.
 - Use communication skills to communicate with clients with learning disabilities, relatives, visitors and health care team members.
- B Conduct assessment of clients with learning disabilities:
- Physical, psychological and social development
 - Health history
 - Physical, psychological and social assessment.

- C Provide care using nursing processes for clients with:
 - Mild grade mental retardation
 - Moderate grade mental retardation
 - Severe grade mental retardation
 - Profound mental retardation.

- D Manage clients with learning disabilities with the following behavioural problems:
 - Self-harming
 - Temper tantrums
 - Aggressive/assaultive
 - Hyperactivity
 - Challenging behaviour.

- E Provide care for clients with learning disabilities who are receiving the following medications:
 - Antipsychotic drugs:
 - typical antipsychotic drugs (first-generation antipsychotic drugs)
 - atypical antipsychotic drugs (second-generation antipsychotic drugs) .
 - Anti-epileptic drugs:
 - commonly prescribed anti-epileptic drugs.

- F Provide habit training using nursing process for clients with learning disabilities.

- G Provide care using normalization principles for hospitalized clients with learning disabilities.

- H Provide health care education to relatives and carers.

- I Comply with legal, professional and ethical duties to clients with learning disabilities and multidisciplinary team:
 - Respect clients' rights
 - Implement Patient Charter
 - Keep confidentiality
 - Collaborate with nursing and health care team members
 - Be accountable.

Child and adolescent nursing

Upon completion of this clinical placement, the students should be able to:

- A Provide safe and therapeutic environment to child and adolescent clients:
- Describe the nature of the ward
 - Be familiar with the ward environment
 - Carry out ward safety measures
 - Use communication skills to communicate with child and adolescent clients, relatives, visitors and health care team members.
- B Carry out child and adolescent assessment:
- Physical, psychological and social assessment.
- C Provide care using nursing process for child and adolescent clients with:
- Autism
 - Attention deficit/hyperactivity disorder
 - Eating disorders:
 - anorexia nervosa
 - bulimia nervosa.
 - Conduct disorders
 - Adolescent mood disorders.
- D Participate in preventing and managing psychiatric emergencies:
- Violence
 - Suicide.
- E Provide care for clients who are receiving the following medications:
- Antipsychotic drugs:
 - typical antipsychotic drugs (first-generation antipsychotic drugs)
 - atypical antipsychotic drugs (second-generation antipsychotic drugs).
 - Antidepressants:
 - tricyclic antidepressants
 - monoamine oxidase inhibitors (MAOIs)
 - selective serotonin reuptake inhibitors (SSRIs).

- Anxiolytics:
 - Benzodiazepines
 - Non-benzodiazepines.
- F Comply with legal, professional and ethical duties to child and adolescent clients and multidisciplinary team:
 - Respect clients' rights
 - Implement Patient Charter
 - Keep confidentiality
 - Collaborate with nursing and health care team members
 - Be accountable.

Substance abuse nursing

Upon completion of this clinical placement, the students should be able to:

- A Recognize the trend and situation of substance abuse in Hong Kong:
 - Epidemiology of substance abuse
 - Street names of commonly abused substances.
- B Describe classification, methods of taking and effects of abused substances:
 - Classification of commonly abused substances such as sedatives, amphetamine, hallucinogen, opioids, cocaine, inhalants
 - Packing and dosage of abused substances
 - Purity of abused substances and commonly added impurities
 - Ways of taking abused substances
 - Physical, psychological and social effects of abused substances.
- C Conduct assessment of clients with substance-related disorders
 - Personal background
 - History of substance abuse and detoxification
 - Withdrawal symptoms
 - Physiological complications
 - Psychological and psychiatric complications
 - Criminal record
 - History of alcoholism
 - Reasons for detoxification.

- D Provide care using nursing process for clients with substance-related disorders:
- Drug abuse
 - Alcoholism.
- E Manage clients for drug toxicity, withdrawal and overdose:
- Use of drug screening equipment
 - Use of drug withdrawal measuring tool
 - Provide safe environment
 - Provide appropriate interventions
 - Communicate with relatives
 - Use of antidote.
- F Arrange admission of clients from substance abuse clinic to ward:
- Explain legal admission documents
 - Explain rules and regulations of hospital treatment
 - Assess needs and conditions of clients before admission.
- G Provide counselling and health education to clients with substance-related disorders.

Medical and surgical nursing

Upon completion of this clinical placement, the students should be able to:

- A Carry out physical assessment of clients with medical and surgical problems:
- Personal health history
 - Psychosocial history
 - Family health history
 - Unusual signs and symptoms of bodily systems
 - Laboratory, radiological and other investigation results.
- B Provide care using nursing process to clients with the following medical and surgical conditions:
- Peptic ulcer
 - Cirrhosis of liver
 - Hepatitis
 - Dysentery
 - Hypertension

- Congestive heart failure
 - Coronary artery disease
 - Diabetes mellitus
 - Hyperthyroidism
 - Asthma
 - Chronic obstructive pulmonary disease
 - Pneumonia
 - Pulmonary tuberculosis
 - Cerebral vascular accident
 - Acute glomerulonephritis
 - Arthritis
 - Acquired immunodeficiency syndrome
 - Preparation of clients before operation.
- C Carry out medical and surgical nursing skills:
- Collect laboratory specimens
 - Intravenous infusion
 - Oxygen therapy
 - Suction
 - Insertion of urinary catheter
 - Removal of urinary catheter
 - Alimentary tract preparation for operation
 - Skin preparation for operation
 - Anaesthetic preparation for operation.
- D Provide appropriate care for clients with medical and surgical problems requiring the following investigations:
- Electrocardiography
 - Electroencephalography
 - Computerized tomography (CT) scan
 - Magnetic resonance imaging (MRI)
 - Biopsy
 - Endoscopy
 - Lumbar puncture.
- E Provide nursing care for clients with medical and surgical problems who are receiving the following medications:
- Antacids
 - Histamine 2 blockers

- Anti-histamine
- Bronchodilator
- Anti-TB drugs
- Antibiotics
- Analgesics
- Steroids
- Diuretics
- Antianginal drugs
- Anticoagulants
- Cardiac glycosides
- Antihypertensive drugs
- Oral hypoglycaemic drugs
- Anti-hyperthyroidism drugs
- Antiviral drugs
- Urinary antiseptics
- Anti-fungal drugs
- Anti-amoebic dysentery drugs.

Patient social centre/day hospital/out-patient department

Upon completion of this clinical placement, the students should be able to:

- A Provide an environment conducive to interaction among clients.
- B Participate in organizing and conducting mental health education.
- C Assist in production of mental health education materials.
- D Participate in organizing and conducting rehabilitation and community activities.
- E Assist in organizing activities of self-help groups and family support groups.

Conclusion

The clinical practicum of the Bachelor of Nursing with Honours in Mental Health Care programme includes adult psychiatric nursing, child and adolescent psychiatric nursing, learning disabilities nursing, psychogeriatric nursing, community psychiatric nursing and mental health out-reaching services, and medical and surgical nursing. Students must complete 1,720 hours of practicum in various clinical settings and pass all clinical assessments, including rating of clinical performance by the student himself or herself and by the Honorary Clinical Tutors (HCTs), and three Continuing Clinical Assessments conducted by the Continuing Clinical Assessment (CCA) Assessors.

Psychiatric nursing is a discipline requiring an integration of knowledge, skills and attitude. To prepare the student to be a competent Registered Nurse (Psychiatric), he/she should apply his/her nursing knowledge in clinical practice and polish his/her psychiatric nursing skills during the practicum.

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