

Post Certificate Course in Psychiatric Nursing

by

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Since January 1956, a post-certificate course in psychiatric nursing has been established at the **All-India Institute of Mental Health, Bangalore**. Admission is open to male and female nurses holding an approved Certificate and Registration in General Nursing.

The length of the course is one year, which includes one month's holiday. At the end of the one year's course, examinations are held and a Diploma in Psychiatric Nursing is given after the student has passed the examination. Registration of this Diploma will be possible with the Ministry of Health, Central Government, Delhi.

The course consists of a total amount of 320 theoretical lecture hours, and the students are required to do practical work in the wards and clinics of the Mental Hospital, which is situated in the same compound as the All-India Institute of Mental Health. The students also take part in conferences, and discussions and demonstrations are also held. Excursions are arranged in connection with the social aspects of psychiatric nursing. Occupational and recreational therapy are included, and the students are being taught different handicrafts and games and their value in the recovery of the mentally ill patient.

All theoretical lectures are given in the afternoon, daily from 3-00—5-30 p.m. Each afternoon is rounded off with a discussion about the happenings of the day, special nursing problems or problems arising from one of the lectures, etc.

The practical part of the course takes place during the mornings. The students participate in the routine work of the hospital and assist the doctors in special therapies, such as electro-shock therapy, insulin-shock therapy, chemotherapy, etc. A group of patients is assigned to each student nurse. With this group of patients the student nurse is taught how to perform such different forms of occupational therapy as weaving, matmaking, gardening, painting, drawing, clay modelling, fretwork, leatherwork, embroidery, sewing, etc. Also in this set-up will be taught specific trends of psychiatric nursing such as how to establish the nurse-patient relationship and how to create an atmosphere of sympathy and understanding. Psychiatric nursing is primarily an art by which the nurse helps her patients in every way available to her, to become a socially well-adjusted human being. This means that psychiatric nursing is concerned with the patient as an individual and with his physical well-being as well as his mental and social adjustment to the surroundings, to his family and to his friends or fellow patients in the hospital community.

Although the main aim of the course is to upgrade psychiatric nursing in India, the nurses who take the course will also benefit by gaining an understanding of every individual, of the value of human relationships and of human behaviour on the whole, be it normal or abnormal.

For further information about this course, please write to the Registrar, All-India Institute of Mental Health, Hosur Road, Bangalore-2.

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