

# PSYCHIATRIC NURSE POST REGISTRATION PROGRAMME

Standards and requirements



Bord Altranais agus  
Cnáimhseachais na hÉireann  
Nursing and Midwifery Board  
of Ireland



These standards and requirements were originally published in 2007 as *Requirements and Standards for the Psychiatric Nurse Post Registration Education Programme* (First Edition)

This document was re-issued in October 2015 for the relaunch of the NMBI website. This involved reviewing the content, updating dated references and redesigning the document. However, the standards and requirements themselves reflect what is in the 2007 edition.

## **About NMBI**

The Nursing and Midwifery Board of Ireland (NMBI) is the independent, statutory organisation which regulates the nursing and midwifery professions in Ireland.

For more information about our role and functions, visit [www.NMBI.ie/What-We-Do](http://www.NMBI.ie/What-We-Do)

## **Nurses Rules 2010**

This programme is governed by the Nurses and Midwives Act 2011 and by the Nurses Rules, which provide titles of recognised qualifications under the Register of Nurses and Midwives. For more information on the Act, and on the Nurses Rules, visit the What we Do/Legislation section of NMBI's website, [www.NMBI.ie](http://www.NMBI.ie)

## **Approval of Higher Education Institutions and associated Health Care Providers**

Details of approval of HEIs and associated HCPs along for provision of such programmes are published on our website. For more information, visit [www.NMBI.ie/Education/Higher-Education-Institutions](http://www.NMBI.ie/Education/Higher-Education-Institutions)

## **Glossary**

A full glossary of all the terms used in this and other NMBI publications is published on our website on [www.NMBI.ie/Standards-Guidance/Glossary](http://www.NMBI.ie/Standards-Guidance/Glossary)

# INTRODUCTION

Psychiatric-mental health nursing is a specialist nursing discipline. Its primary objectives are to support the individual to achieve recovery and optimum mental health and to promote excellence in psychiatric nursing. Central to this is the relationship the nurse has with the person who engages with the mental health services and as appropriate his or her family, friends, social group and community. Psychiatric-mental health nurses share with the Multidisciplinary team, other health professionals and other sectors the function of planning, implementation and evaluation of care.

The term “psychiatric nurse” is used for consistency with the Registered Psychiatric Nurse Division of the Register of Nurses and Midwives maintained by NMBI.

## Minimum Entry Requirements

Students undertaking the post-registration Psychiatric Nurse programme must be nurses whose name is recorded on the General, Children’s or Intellectual Disability Division of the Register of Nurses and Midwives of NMBI.

# SYLLABUS/INDICATIVE CONTENT

The list of topics included in this syllabus provides an indication of content for the Psychiatric Nurse Registration Education Programme. Curriculum planners will be expected to demonstrate that the programme is relevant and responsive with the most recent policy and legislative change.

## Professional Development in Psychiatric Nursing

- Historical development of psychiatric nursing.
- Conceptual and theoretical models and tools for psychiatric nursing practice.
- Self-awareness and the therapeutic use of self in psychiatric nursing.
- Exploration and impact of personal feelings, values, beliefs and attitudes on mental health, psychiatric illness and nursing interactions.
- Relevance and application of research to psychiatric nursing practice.
- The role and responsibilities of health care providers in creating and maintaining a safe environment for patients, staff and visitors within a mental health context.
- Current policies, issues, trends and developments in national and international psychiatric nursing, and the delivery of Mental Health Services.
- The scope of psychiatric nursing practice, as defined by the profession, legislation and ethical codes and values.
- Collaborative interdisciplinary and multidisciplinary team working, case load management, roles, responsibilities and boundaries.
- Concepts of quality within psychiatric/mental health care and services, standard setting, audit and evaluation.
- Development of nursing knowledge through review and reflection.

## Person-Centred Psychiatric Nursing

- Nursing individuals with mental health problems/illnesses across the lifespan.
- Epidemiology and aetiology of mental health problems/illnesses.
- Psychopathology, signs and symptoms and management of psychiatric/mental health problems/illnesses.
- Developing a person-centred context specific, holistic formulation of care.
- Diagnostic categories of mental illnesses.
- The process of observing, assessing/identifying needs, prioritizing, and facilitating, planning, delivering and evaluating care specific to the mental health needs of the individual across the life span.
- Communication/Counselling theories, overview of theoretical frameworks and their applications to mental health/psychiatric nursing.
- Therapeutic principles, application and relevance to psychiatric nursing.
- Coping mechanisms and problem-solving strategies used in maintaining social and mental health.
- Psychiatric nursing in relation to specific groups e.g. child and adolescent, the older person, substance misuse and people with co-morbid/dual diagnosis presentations.

- The role of the nurse in the education and empowerment of people experiencing mental health problems/illnesses, in achieving optimum health status.
- Understanding, supporting, educating and building therapeutic relationships with service users, their carers and families.

## Health Science and Applied Principles in Psychiatric Nursing

- The application of the principles of nursing care and management of acute and enduring mental health conditions and disorders and associated pathological processes within a mental health context.
- Pharmacology, medication management, neuro-anatomy and physiology as applied to psychiatric nursing practice.
- Principles of biochemistry, nutrition, genetics and embryology and their relevance to psychiatric nursing.
- Immunology, microbiology and infection control in psychiatric nursing practice.

## Social Science and Applied Principles in Psychiatric Nursing

- Sociocultural definitions of mental health, mental illness and stigma.
- Health promotion in mental health practice.
- Environmental, economic, cultural, political, social, spiritual, educational, employment and gender factors and their influence on mental health throughout the lifespan.
- Exploring concepts of normalisation and social role valorisation in relation to mental health.
- The mental health services in Ireland, policies, functions and initiatives.
- Voluntary, statutory and support services available to the service users, carers and family.
- Concepts of law and current legislation within the context of the mental health services.
- Philosophical concepts, principles, values and ethics.

# THEORETICAL AND CLINICAL INSTRUCTION

## Theoretical Instruction

In the case of the post-registration course there must be 12 weeks of theoretical instruction given.

## Clinical Instruction

The following is the number of weeks to be spent in the different aspects of clinical instruction over the fifty-two weeks of the post-registration course:

Clinical Instruction	Number of weeks
Psychiatric Nursing (Including inpatient and community care settings)	22 weeks
Specialist placements*	14 weeks
Psychiatry of Old Age	(Minimum 4 weeks)
Specialist care (e.g. Forensic, Child and Adolescent, Liaison Psychiatry, Mental Health in Primary Care, Early Intervention, Homeless Service, Substance Misuse, HIV/AIDS, Eating Disorders, Neuropsychiatry, Suicide Prevention, Ethnic Minorities, Travellers, Co Morbidity).	(Minimum 4 weeks)
<b>Total</b>	<b>36 weeks</b>

Clinical = 36 weeks

Theory = 12 weeks

Holidays = 4 weeks

\*Should a student have obtained the clinical experience in a previous training course registered by the candidate it is not necessary to repeat this placement. These weeks must be incorporated into the clinical instruction weeks.