



# Psychiatric Nursing

Psychiatric nursing also known as mental health nursing is a specialist nursing discipline. Psychiatric nurses work with people who are experiencing mental health challenges. The aim of psychiatric nursing is to work in partnership with the person, their family and supporters to enable them to mobilise their own inner resources along with professional supports, in a way that promotes personal growth, development and recovery. At the heart of psychiatric nursing is the development of an empowering therapeutic relationship. The psychiatric nurse journeys with the person and their family through their time of distress facilitating them to find hope, control and opportunity on their recovery journey.

Psychiatric nursing is constantly evolving to meet the challenging mental health needs of diverse groups across Ireland. Psychiatric nurses promote the concept of health and wellbeing in both the hospital environment and community services.

The nature of psychiatric nursing demands that nurses acquire a broad-based education with particular emphasis on personal and interpersonal knowledge, as well as knowledge from nursing theory and the social, psychological and biological sciences. The education programme provides student nurses with the knowledge, skills and attitudes to meet the needs of the person and their family in an individualised, empowering and culturally sensitive manner.

The following is the minimum number of weeks to be spent in different aspects of practice instruction over the educational programme.

## Clinical placements - Psychiatric Nursing

| Practice instruction                       | Minimum number of weeks  |
|--|--|
| Mental health nursing                      | 36 weeks (Acute, community, recovery and other mental health services)   |
| Mental health in older life                | 6 weeks (Psychiatry of later life/care of older person)  |
| Specialist mental health nursing           | 8 weeks (e.g. CNS/RANP nurse-led services, drug/alcohol dependence, forensic/prison medical services, child and young person services, suicide/self-harm prevention, homeless team, perinatal services, voluntary agencies, dual/complex needs, other. This is not inclusive of possible specialist mental health settings. Students may see some but not all of such environments.) |
| Nursing of client groups in other settings | 6 weeks: <ul style="list-style-type: none"><li>• 4 weeks General Nursing</li><li>• 2 weeks other (e.g. care of the person with an intellectual disability, midwifery)</li></ul>  |
| Remaining Regulated Placement              | 25 weeks   |
| <b>Total</b>                               | <b>81 weeks (supernumerary and internship)</b>   |

For more information:

<https://www.nmbi.ie/Education/Standards-and-Requirements>

You may also find [www.nmbi.ie](http://www.nmbi.ie) useful



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