

VALUE ADDED COURSE

M.Sc. Nursing (II YEAR)

COURSE TITLE: Psychological First Aid

[Applicable w.e.f. Academic Session 2016-17 till revised]



TEERTHANKER MAHAVEER UNIVERSITY

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TEERTHANKER MAHAVEER UNIVERSITY
(Established under Govt. of U. P. Act No. 30, 2008)
NH-24, Delhi Road, Moradabad (U.P)

<i>Study & Evaluation Scheme</i>	
<u>SUMMARY</u>	
<i>Institute Name</i>	TEERTHANKER MAHAVEER COLLEGE OF NURSING, TMU, MORADABAD.
<i>Name of the course</i>	Psychological First Aid
<i>Placement</i>	MSc nursing II Year
<i>Duration</i>	20 hours
<i>Medium of instruction</i>	English
<i>Plan of schedule</i>	July (During summer vacation)
<i>Minimum Required Attendance</i>	Theory 75%

Course Outcomes

At the end of the course, the learners will be able to-

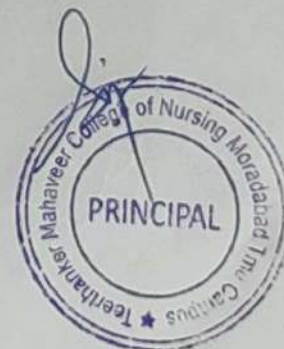
CO-1: Understand the concepts, guidelines and methods of psychological first aid.

CO-2: Demonstrate the techniques of communication, reflective learning and its principles when implementing psychological first aid in crisis situation.

CO-3: Identify the crisis event, assess the priority needs and implement psychological first aid in Community and health care settings.

CO-4: Interpret different coping strategies and social support.

CO-5: Create the specific protocols for psychological first aid in nursing services.



Course Code VAC-07	PSYCHOLOGICAL FIRST AID	L-20 P-0
Course Content		
Unit I	Psychological First Aid ➤ Introduction ➤ Definition , terms and concepts ➤ Historical context. ➤ Ethical guidelines	5 Hours
Unit II	Crisis and its intervention ➤ Definition, Types of crisis ➤ Goals and purposes of crisis intervention ➤ Requisites for the effective crisis intervention ➤ Phases of crisis intervention ➤ Therapeutic techniques for crisis intervention	6 Hours
Unit III	Rapport and reflective Listening ➤ Good Communication ➤ Reflective listening, components and its principles ➤ How reflective listening and rapport works	4 Hours
Unit IV	Assessment and Prioritization ➤ Action Principles of Psychological first aid ➤ Assessment needs. ➤ Prioritization (triage) psychological / behavioural crisis reactions.	5 Hours
Unit V	Intervention and disposition ➤ Intervention, self-care, coping strategies. ➤ Social support, Facilities to access further mental health support. ➤ Disposition and follow up.	5 Hours
Reference	R1-Clement. A text book on First aid and emergency Nursing, first edition, 2012, Jaypee publication. R2-Ruzek, Josef I.; Brymer, Melissa J.; Jacobs, Anne K etal.,Journal of Mental Health Counseling , Jan2007, Vol. 29 (1), 17-49. R3- Bisson, JI & Lewis, C. (2009), Systematic Review of Psychological First Aid. Commissioned by the World Health Organization (available upon request). Internet sources; ➤ https://www.who.int/publications/i/item/9789241548205 ➤ https://agora.unicef.org/course/info.php?id=1964	

