

RN5

SYLLABUS
of Subjects for Examination
and
RECORD of Practical
Instruction and Experience
for the Certificate of the
Nursing of the
MENTALLY SUBNORMAL

1964
REPRINTED 1971

The GENERAL NURSING COUNCIL for ENGLAND and WALES
23 PORTLAND PLACE · LONDON · W1A 1SA

The General Nursing Council for England and Wales

**Syllabus of Subjects for Examination
for the Certificate of the Nursing
of the Mentally Subnormal**

Further copies of this publication may be obtained from the offices of the Council. It may not be reprinted or reproduced either in whole or in part without the sanction of the Council.

Name of student nurse

Date of entry to training

Index number

PREFACE

In compiling this syllabus of training for the student nurse in the hospital for the mentally subnormal the Council has had in mind the need to provide a training which will give a comprehensive insight into, and an understanding of the problems of mental subnormality, and to prepare the student for the duties which a nurse is called upon to perform in the care of the mentally subnormal. It seeks to make the nurse fully conversant with all aspects of the care, education and training of the mentally subnormal both in the hospital and in the community. The selection of the syllabus content has been based on the principle that all subject matter should be capable of being integrated with, and applied to the total nursing care of the patient.

The syllabus covers three broad fields of study:—

- (i) a systematic study of the human individual
- (ii) the various skills required in dealing with mentally subnormal individuals and in the nursing of bodily disorders associated with or occurring in the mentally subnormal
- (iii) concepts of mental subnormality and the training and treatment of the mentally subnormal including the legal and administrative aspects.

It is intended that these three main streams of learning should be unfolded side by side during the three years of training. It is essential that the theoretical preparation of the nurse must throughout be closely related to the practical aspect of the nurse's work in a hospital for the mentally subnormal and in the community. Throughout the training the psychological, physical, social, educational and rehabilitative aspects of the care of the mentally subnormal should be developed, elaborated and integrated.

Although the emphasis is rightly placed on the role of the nurse responsible for the welfare of the mentally subnormal, the need for a proper understanding of the physical functions of the body and physical care has not been overlooked. In order, too, to give the nurse confidence in undertaking the total care of her patient, basic nursing care and some more advanced general nursing procedures are included in the syllabus, although these do not go beyond the practical experience likely to be available in a hospital for the mentally subnormal.

The Examinations

- (1) The Intermediate Examination, covering those parts of the Syllabus included in the first year of training, may be taken on completion of the first year of training.
- (2) The Final Examination will cover the whole of the syllabus and may be taken at any time after completion of the prescribed years of training, provided that the Intermediate Examination has already been passed or the candidate is exempt from this Examination.

THE SYLLABUS

SECTION I

AN INTRODUCTION TO THE STUDY OF MIND AND BODY

(i) Human development and human behaviour within the family and society

Constitution as a determinant of human behaviour.

Mother, child and family relationships. Need for security and love. Effects of separation from mother, rejection and over-protection. Rivalry and jealousy.

Intellectual and social development during school years.

Physical and emotional changes during puberty and adolescence; attitude towards sex, family and the community.

Attainment of maturity; responsibility, integration of personality, emotional control. Occupational and social relationships in adult life. Marriage and parenthood.

Adjustment to middle-age and old age. Physiological and psychological changes. Reactions to occupational responsibilities, children's independence, retirement, decline in mental and physical capacity.

(ii) Introduction to psychological concepts

Concepts of emotion and behaviour. Subjective and objective aspects of emotion; physiological changes accompanying emotion. Needs and drives; influence of heredity and learning; effects on behaviour. Abnormalities of emotion and behaviour.

The psychology of individual differences. Personality traits and types. Methods of psychological assessment of personality characteristics. Abnormalities of personality.

Perception. The organisation of perceptual experience. Varieties of perception. Abnormalities of perception.

The psychology of learning. Types of learning (conditioning, rote learning, insightful learning). The laws of learning and memory. Learning and memory disorders.

Concepts of intelligence. Influence of heredity and environment. Reasoning and problem solving. General and specific intelligence. Methods of assessment. Abnormalities of intellectual functioning. Applied psychology. Psychological tests of intelligence, aptitudes and personality. Remedial education. Behaviour therapy. Industrial

psychology (personnel selection, time and motion study, etc.). Clinical psychology (psychological investigation of the individual case).

Unconscious mental activity. Dreams and symbols. Nature of emotional conflict. Mental defence mechanisms and their relationship to personality disorder and mental symptoms.

Social psychology. Social and cultural influences on personality development. Dynamics of group behaviour and their effect on the individual. Social and cultural factors in psychiatric illness.

(iii) Human Biology

The living cell as a unit of life.

Attributes of living organisms, with special reference to man.

Interaction between living organisms and their environment.

General structure of the human body; position and relationships of principal organs.

Relationships between form and function.

How the body moves; the skeleton and its functions; joints and muscles and their functions in relation to movement (no detailed anatomy is required).

Circulation of the blood; how this is carried out and why.

Composition and function of the blood.

Respiration; how this is carried out and why.

Why the body needs food and fluid, and how these are used; fluid balance.

Principles of nutrition; basic requirements in infancy, childhood and adult life.

Elimination; how the body disposes of waste, functions of the skin and urinary system.

Control of activity by the nervous system and hormones.

Appreciating our environment; the senses of sight, hearing, smell, taste and touch.

How the human race is reproduced. The functions of the male and female reproductive organs. Heredity.

The effects of emotional states on physical states.

How emotion can affect the functions of the skin, muscles, heart, lungs, bladder and alimentary system.

The reaction of the nervous system and endocrine glands to emotional stress.

(iv) Psycho-physical disturbances and physical illness

Main groups of disorders.
Psychosomatic conditions.
Infection by micro-organisms, congenital conditions, deficiency diseases, injury, new growths, degenerative changes.
The causes, signs, symptoms, course and treatment of diseases, including injuries, commonly associated with mental subnormality or met with in hospitals for the mentally subnormal.

(v) Human behaviour in relation to illness

Effects of hospitalisation on the normal and the subnormal patient.
Separation from family, work and community.
Strangeness of surroundings, need for information. Effects on family; social, domestic and economic difficulties, guilt feelings.
Reaction to illness and hospitalisation superimposed on the patient's own disorder; anxiety, regression, dependency, hostility and suspicion.
The nurse-patient relationship.
Convalescence and rehabilitation.

SECTION II

PRINCIPLES AND PRACTICE OF THE NURSING OF THE MENTALLY SUBNORMAL INCLUDING FIRST AID

(i) Introduction

Outline of the history and background of nursing tradition with special reference to the nursing of the mentally subnormal.
Outline of the Mental Health Service.
The Hospital for the Mentally Subnormal, its various departments and functions.
Objects of care and training.
Personal qualities and attitudes required of the nurse in the Hospital for the Mentally Subnormal.
Standards of ethical conduct.
Special problems of the care of the mentally subnormal.
Relationship between the nurse, the patient and his relatives.
The role of the nurse in the team, relationship with other hospital workers.
Meeting the patient's needs and planning the patient's day.

(ii) Ward management

Ventilation, heating and lighting.
Care and use of equipment.
Care, storage and handling of food.
Methods of cleaning.
Care of linen, disinfection and disposal of soiled linen.
Daily and weekly routines.
Precautions with regard to keys, cutlery, sharp instruments, poisons and other potentially dangerous articles.
General duties, routine observations, fire precautions.

(iii) General care of the patient

Reception and admission of patients.
Care of the patient's clothing and other belongings.
Observing and recording the patient's mental and physical condition and behaviour.
Taking the patient's history and other particulars.
Bathing in bed and in the bathroom.
Personal cleanliness and hygiene.
Care of the mouth.
Care of skin and of hair, teeth, hands and feet.
Prevention and treatment of infestation.
Care of patients confined to bed. Treatment of pressure areas.
Care of incontinent patients.
Bedmaking, moving and lifting patients.
Serving meals.
Feeding children and adults. Recording food and fluid intake.
Recording weight and sleep.
Taking and charting the temperature, pulse and respiration.
Giving and removing bedpans and urinals.
Observation of urine, faeces, sputum and vomit.
Collection of specimens.
Disposal and disinfection of excreta.
Transfer and discharge of patients.

(iv) Nursing aspects of the training and care of the mentally subnormal

The keeping of nurse's notes.

Management of various categories of patients; nursing care and management of destructive and violent patients; prevention of self injury. Escorting patients.

Habit training; instruction of children and severely subnormal adults in techniques of dressing, washing and feeding themselves; control of bowels and bladder; personal tidiness and cleanliness. Special encouragement of good physical and moral habits (e.g. industry, thrift, honesty) in subnormal patients.

The active role of the nurse in psychological methods of treatments; psychological aspects of occupational, recreational and social therapy; individual psychotherapy; group therapy; the art of listening; relief of emotional tension; counselling.

The nurse's part in educational training in the school, class management; principles of and apparatus for teaching the subnormal and severely subnormal; sense training and co-ordination exercises.

The role of the nurse in occupational training; general principles; choice of suitable occupations; utility departments; ward occupation classes; domestic occupations; occupational therapy and industrial training.

Recreational and social training; games, excursions, concerts, dancing and other entertainments; group participation; holidays.

The nurse's part in current physical methods of treatment including cerebral surgery, electro-convulsant therapy, sedative and other drugs, hormone therapy, physiotherapy and physical education.

The nurse's part in rehabilitation; parole, leave of absence, suitable employment; occupation and training centres; after care; out-patient clinics.

Problems of the mentally subnormal in the community; advice to friends and relatives.

(v) Nursing procedures

Principles of asepsis.

Aseptic technique, methods of sterilisation and disinfection.

Control of cross infection.

Conduct of surgical dressings and other sterile procedures.

Positions used in nursing care.

8

Preparation of patient and apparatus for examination of eye, ear, nose, mouth, throat, rectum and genital tract.

Urine testing.

Preparation and care of patients for:

Diagnostic tests.

Collection of specimens for bacteriological and pathological examination, including cerebro-spinal fluid and blood.

Infusion of fluids.

Taking and recording blood pressure.

Administration of drugs by oral, rectal and parenteral routes.

Signs of idiosyncrasy, cumulative action, poisoning and tolerance.

Regulations under the Dangerous Drugs and the Pharmacy and Poisons Acts relating to the prescribing, storage and administration of drugs controlled by these Acts.

Pre-operative and post-operative care.

Administration of oxygen.

Artificial feeding.

Lavage, irrigation, catheterisation and douching.

Preparation and administration of various types of enema.

Use and application of heat and cold.

Last offices.

(vi) First Aid, treatment in emergencies and applied anatomy

Aims of first aid treatment.

General principles and rules to be observed.

Improvisation of equipment.

Methods of moving and carrying injured persons.

Haemorrhage, arrest of bleeding, principal pressure points, effects of loss of blood.

Shock, symptoms and treatment.

Causes of asphyxia and methods of resuscitation.

Loss of consciousness.

Fits and convulsions.

Fractures, dislocations and sprains.

Wounds and contusions.

Burns and scalds.

9

Poisoning, symptoms, indications of type of poison, methods of treatment. (See also Section II (v).)
Emergencies, e.g. fire and accidents in the ward.

SECTION III

CONCEPTS OF MENTAL SUBNORMALITY TRAINING AND TREATMENT OF THE MENTALLY SUBNORMAL ADMINISTRATIVE ASPECTS

(i) Concepts and nature of mental subnormality

Criteria of classification; mental, physical and social.

Aetiology:

genetic, metabolic and cultural factors;
pre-natal, natal and post-natal causes.

Diagnosis:

history, examination, observation.

Prognosis.

Degrees of mental subnormality.

Physical syndromes:

Mongolism (Down's syndrome) and other chromosomal anomalies.
Metabolic and endocrine conditions, e.g. phenylketonuria and cretinism.

Infections and intoxications of the nervous system, e.g. meningitis, encephalitis, neurosyphilis, kernicterus and toxoplasmosis.

Mental subnormality associated with macrocephaly, hydrocephaly, microcephaly and other deformities of the brain and skull.

Rarer clinical types, e.g. tuberous sclerosis, Sturge-Weber disease, and the lipoidoses.

Mental subnormality in association with cerebral palsy, epilepsy and neuro-muscular conditions.

Associated behaviour disorders; psychopathic personalities and disorders.

Relationship between mental subnormality and mental illness. The common forms and symptoms of mental illness.

(ii) Education and training of children and adults

General principles of learning and teaching.

Special problems met with in the teaching of the mentally subnormal.

Habit training in the school situation.

Techniques and apparatus for development of muscular skills.
Play therapy, sense training and social training in the school situation.
Art therapy.

Scholastic education; suitable types of patient, use of special textbooks, visual and other aids, choice of subjects, realism in presentation.

Techniques of class management.

Special requirements of adult patients.

(iii) Physical methods of treatment

Simple exercises, e.g. games and athletics, organised physical education, remedial exercises.

Drugs and hormone therapy.

Special diets.

Electro-convulsant therapy.

A brief outline of the neuro-surgical procedures and remedial surgery as they affect the mentally subnormal.

(iv) Occupational therapy and vocational training

Definition, aims and principles of occupational therapy, and vocational training.

Details of occupations suitable for various types of patients in the wards and elsewhere.

Liaison with industrial organisations outside the hospital.

(v) Psychological methods of treatment

The importance of the role of the nurse in suggestion and persuasion.

Psychological aspects of occupational, recreational, social and other forms of therapy.

Individual and group psycho-therapy.

(vi) Recreational and social training

Principles and inter-relationship of recreational and social activities.

Choice of activity according to intelligence, sex, physical capability, behaviour, hospital facilities and prevailing conditions.

Role of the nurse with regard to supervision, participation, stimulation of interest, and encouragement.

Physical, mental and social benefits accruing from participating in such activities as games and physical education, hobbies, sports clubs, outings, holidays.

(vii) Rehabilitation and Socialisation

Degrees of supervision within the hospital; patients in daily employment outside the hospital; day patients; holidays and leave of absence; hostel care; discharge.

Monetary awards, money tokens, payment in kind. Special privileges, reasons for and effects of deprivation of privileges.

Community care; responsibilities towards patients under guardianship, on leave of absence or holidays, under supervision.

Out-patient and child guidance clinics.

Schools for the educationally subnormal child.

Home teaching of the mentally subnormal.

Training centres.

Occupation centres.

Industrial training units.

Choice of suitable employer and employment.

Co-operation between nurse and social worker with regard to the patient, the patient's family, the employer and the local authority.

Problems facing the mentally subnormal in the community:

Suitable accommodation.

The need to earn a living.

The task of looking after themselves.

Use of leisure time.

Companions, social intercourse and loneliness.

Sex and marriage.

Problems arising from lack of supervision and control.

(viii) Legal and Administrative Aspects

History of mental health legislation; National Health Service Act 1946; Mental Health Act 1959.

Legal definitions of subnormality, severe subnormality and psychopathic disorder.

Informal admissions.

Persons dealt with under the Act.

Forms and methods of compulsory admission.

Duration of compulsory detention.

Leave of absence; methods of discharge; unauthorised absence.

Guardianship.

Mental Health Review Tribunals.

Duties of Local Authorities.

Protection of patients; ill-treatment, sexual intercourse, management of patients' property, correspondence, surgical operations.

Civil rights; marriage, contracts, wills.

Criminal proceedings, criminal responsibilities, special hospitals.

Children's Act; care of children during illness of parents; work of Children's Officer.

Children's Courts; Probation Officers.

Outline of the work of Ministry of Labour and National Service in connection with employment; Government Training Centres; Disabled Persons Act; Disablement Resettlement Officer.

Relevant sections of National Assistance Act (1948).

Family Allowances Act (1945) and Education Acts (1944 and 1948) as they affect the mentally subnormal.

The General Nursing Council for England and Wales

**Record of Practical Instruction and
Experience for the Certificate of the
Nursing of the Mentally Subnormal**

Section 1 (pages 16 to 22)

Space is provided for the recording of all procedures learnt or observed by the student nurse in the wards and departments of the Training School. They should be completed and signed by the Sister or Charge Nurse. Two separate columns are provided so that if a treatment has been observed only, a / may be entered and signed by the Sister or Charge Nurse and should the student subsequently become proficient this may be indicated with an X followed by the signature of the Sister or Charge Nurse. The student must also sign in the appropriate column. Only one signature of a Sister or Charge Nurse is needed to indicate instruction or proficiency in each procedure.

Section 2 (pages 23 to 25)

In this section space is provided for any additional nursing procedures or experience and for educational visits undertaken by the student nurse.

Section 3 (page 26)

In this section a summary of the total periods of clinical experience gained by the student nurse must be completed and signed by the Head of the Nurse Training School before the student nurse presents herself/himself for the Final Examination.

MS

	From	To	Total in weeks
Physically handicapped patients ..			
.....			
.....			
Physically ill or infirm patients			
.....			
.....			
Experience with children			
.....			
.....			
School Training methods			
.....			
.....			
Occupational and Industrial Departments.....			
.....			
Night duty (Specify experience) ..			
.....			
.....			
Other experience (Please specify) ..			
.....			
.....			
.....			

Head of Nurse Training School.....

Date.....

Sir Joseph Causton & Sons Ltd., London, S.E.1