



South African Nursing Council
(Under the provisions of the Nursing Act, 2005)

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**DIPLOMA FOR REGISTRATION AS A
PSYCHIATRIC NURSE**

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1. INTRODUCTION - GENERAL PHILOSOPHY FOR THE EDUCATION AND TRAINING OF NURSES

(1) OBJECTS OF THE SOUTH AFRICAN NURSING COUNCIL

The objects of the South African Nursing Council are determined in section 3 of the Nursing Act, Act No. 50 of 1978.

"3. The objects of the council shall be -

- (a) to assist in the promotion of the health standards of the inhabitants of the Republic;
- (b) subject to the provisions of the Chiropractors Act, 1971 (Act No. 76 of 1971), the Homeopaths, Naturopaths, Osteopaths and Herbalists Act, 1974 (Act No. 52 of 1974), the Pharmacy Act, 1974 (Act No. 53 of 1974), and the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act No. 56 of 1974), to control, and to exercise authority in respect of, all matters affecting the education and training of, and the manner of the exercise of the practices pursued by, registered nurses, midwives, enrolled nurses and nursing assistants;
- (c) to promote liaison of the education and training, and the manner of the exercise of practices, referred to in paragraph (b), both in the Republic and elsewhere, and to promote the standards of such education and training and the manner of the exercise of such practices in the Republic;
- (d) to advise the Minister on any matter falling within the scope of this Act;
- (e) to communicate to the Minister information on matters of public importance acquired by the council in the course of the performance of its functions under this Act."

(2) DEFINITION OF NURSING SCIENCE

"Nursing Science is a human clinical health science that constitutes the body of knowledge for the practice of persons registered or enrolled under the Nursing Act, as nurses or midwives.

Within the parameters of nursing philosophy and ethics, it is concerned with the development of knowledge for the nursing diagnosis, treatment and personalized health care of persons exposed to, suffering or recovering from physical or mental ill-health. It encompasses the study of preventive, promotive, curative and rehabilitative health care for individuals, families, groups and communities and covers man's life-span from before birth."

(3) EDUCATION IN NURSING

Council emphasizes that the education and training shall be directed specifically at the development of the nurse on a personal and a professional level and that the principles of learning be observed, namely that learning leads to behaviour change in the cognitive (mental), affective (inter-personal and emotional) and psycho-motor (technical) aspects, through active involvement of the student.

The development of the ability for analytical, critical, evaluative and creative thinking and the stimulation of the exercise of independent judgement of scientific data are of the utmost importance.

PURPOSE OF THE COURSE

(The approach to the education of students must be person, family and community centred)

- (a) To guide students, through instruction in the essential physical, biological, sociological, psychological, medical and nursing principles underlying health care, to understand human needs in health and disease, in all the phases of man's existence;
- (b) to help students to appreciate the need of the human being for help to maintain or regain his health and the measures of assisting the human being to promote, maintain and regain health;
- (c) to educate students to apply the science principles underlying nursing therapy as servicable knowledge in practice in hospital wards, in out-patient departments and in the community;
- (d) to aid students in developing the necessary appreciation of the importance of preventive, curative and rehabilitative health services in the community - the importance of health education and information must be emphasized in this respect;
- (e) to help students to recognise signs and symptoms and at the same time to give students a sound grounding in mastering the diagnostic, therapeutic and technical skills in nursing;
- (f) to enable students to appreciate their role and responsibility in the health services of the community;
- (g) to prepare students to fulfil their role as nurses as members of the multi-disciplinary health team.

GUIDE

1. Class teaching should be related as closely as possible to the clinical instruction of students in the wards and departments of the school and in the community health services. The need for constant consultation and co-operation between all those who participate in the education of students in both the theoretical and the clinical fields, cannot be over-emphasized.

The importance of accurate observation and skill in recording and reporting observations must be stressed as one of the most important duties of the nurse.

In the teaching of special skills, techniques and record keeping, the scientific basis of and the reasons for these measures shall be emphasized.

2. Mothercraft must be taught on an integrated level under the instruction on the subjects paediatrics, preventive and promotive health care and family planning and health education, social sciences and social care and basic nursing and shall not be taught as a separate subject entity. Special attention shall be given to the art of education of the parents and family in relation to the development, health and welfare of the baby and the pre-school child.

The importance of breast-feeding must be emphasized not only in the interest of the infant, but also in relation to the health of the mother.

3. It is important that the subject matter be presented in a manner which will enable students to integrate concepts in such a way that they will be able to provide scientifically accurate and humane care according to the individual needs of the persons they care for.
4. Throughout the course, students should be guided in their personal and professional adjustments.
5. (a) It is important that the common and statutory law governing the practice of nursing, including the Nursing Act and the regulations made under the Act, shall be taught at an applied level throughout the course. The following aspects must be stressed:
 - (i) The fact that it is the duty of a registered person to keep abreast of the law governing nursing practice, to be in possession of the applicable legislation at all times and to obtain the amendments published from time to time;
 - (ii) the importance of reading legislation objectively, of being able to annotate existing legislation and of referring to legislation correctly, e.g. quoting by correct numbers;

- (iii) that it is important that the principles of both common and statutory law as applicable to nursing, shall be borne in mind in daily practice.
 - (b) The specific legislation applicable to a subject of the curriculum shall be dealt with at an applied level in the instruction on the subject.
6. The importance, and the possible methods, of keeping abreast of developments in nursing and within the profession after registration, shall be emphasized throughout the course.
 7. It is important that medical practitioners and dentists be associated with the teaching of the applicable aspects of the syllabus.

DIRECTIVE

1. "Periods of instruction" include group clinical demonstrations, seminars, symposiums, tutorials, group discussions and group project work both in the classroom and in patient care.
2. The minimum numbers of periods of instruction indicated in the directive, excludes time to be spent in the preparation of individual studies and individual projects.
3. It is important that tutors and students realise that the natural, human and medical sciences and community health at an applied level form integral parts of the examinations in Psychiatric Nursing Science and Art I, II and III.

N B

- (i) If it is desired that instruction be given by a person holding a qualification not mentioned below, application must be made to the council;
- (ii) a period of instruction extends over at least 40 minutes;
- (iii) the minimum periods prescribed in a subject, must be completed when the examination for that subject is held. However, it is important that instruction in all subjects commence in the first year of study.

Periods/ 6

Periods of instruction given in years of study preceding the year of examination in a subject, may be included in the prescribed minimum number of periods of instruction for that subject.

(1) CLINICAL PRACTICA

Clinical practica in psychiatric nursing shall extend over at least 3000 hours; provided that at least 500 hours shall be undergone in the first year of the course (The practica prescribed under paragraph (7) is additional).

(2) SOCIAL SCIENCES, SOCIAL CARE AND MENTAL HEALTH CARE

(At least 120 periods of instruction)

Students must be taught to regard the patient as part of the family and to understand the basic principles of family care in relation to health.

Instruction in Social Sciences shall be commenced in the first year.

Instruction in Social Care and Mental Health Care shall be commenced in the second year at least.

Tutor; a registered nurse holding the Diploma in Nursing Administration. A person in possession of two University courses in Sociology or Social Anthropology or Psychology, or a person in possession of two University courses in Sociology (or Social Anthropology) and one course in Psychology, or vice versa, may give instruction in the appropriate portions of the subject.

PSYCHOLOGY AND MENTAL HEALTH CARE

Physiological basis of Psychology; the human personality; motivation of conduct; frustration and conflict; defence mechanisms; emotion; attitudes. Group morale, leadership, communication, human relations. The child, the adolescent, the adult and the aged person as a patient. Mental health care. Psychosomatic and psychopathological conditions. Broad concept of the management of patients with mental disturbances in hospitals and in the community.

SOCIOLOGY AND SOCIAL CARE

Sociological concepts; biological, psychic and ecological influence on society; culture; demographic aspects; status and role; social processes; the socialising process; social groups; the family; sociological approach in race relations; urban and rural areas; social stratification; the mass.

Social change and resistance to change; social control and public opinion. Leisure. Socio-pathological manifestations. Interviewing and counselling. Social Care and Assistance and Welfare Services.

(3) ANATOMY AND APPLIED MEDICAL BIO-PHYSICS

(a) APPLIED MEDICAL BIO-PHYSICS

(At least 30 periods of instruction)

Tutor; medical practitioner; registered nurse.

Units, forces, origin of electricity and flow through conductors; production of electricity through electric and live cells; the elements and their symbols; alteration and measurements of electrical currents; electro-medical apparatuses; common properties of liquids, gases and heat; gases and breathing; liquids and the cardio vascular system; liquid blends; thermology and regulating body temperature; electro-magnetic rays, light and vision; radio activity; sound and hearing; machines.

(b) ANATOMY

(At least 90 periods of instruction)

Tutor; medical practitioner; registered nurse; psychiatric nurse instructor.

The position relationships, macroscopic and microscopic structure, including embryology.

The papers will be set as follows:

(Applied Medical Biophysics will not be included in the papers in Anatomy but at an applied level in the papers in Physiology).

Paper 1 -

The body as a whole - organs, systems and cavities
The cell
Tissues
Skeletal system as a whole

Articulatory system
Muscular system
Cardio-vascular and lymphatic system
Respiratory system

Paper II -

Digestive system
Urinary system
Skin
Reproductive system
Endocrine system
Nervous system
Sense organs

(4) ETHOS OF NURSING

(At least 30 periods of instruction. It is suggested that the subject matter be taught through the project method and that the 30 periods be devoted entirely to discussions).

Tutor; registered nurse

The role of the nursing profession in the community. The factors which influence the development of the profession from the earliest times, with special reference to the development in South Africa. The concept "profession", the concept "nursing" (which includes the nursing processes, i.e. the personal care of the patient on preventive, promotive, curative and rehabilitative levels, and the functional aspects such as nursing education, nursing administration and nursing research). Statutory control of the profession (Nursing Act and regulations). The organisation of the profession. The structure of the profession. The norms and ethics of the profession. International and national organisations.

(5) PHYSIOLOGY AND APPLIED CHEMISTRY

(a) PHYSIOLOGY

(At least 90 periods of instruction)

Medical practitioner; physiologist; tutor; a person with at least one University course in Physiology; registered nurse.

Cell physiology. Emphasize basic genetics. Blood and immunity. The cardiovascular system. The body fluids. The urinary system. The respiratory system. The nervous system. The gastro-

intestinal/ 9

intestinal and metabolic systems. Endocrinology and reproduction.

(b) APPLIED CHEMISTRY

(At least 30 periods of instruction)

Tutor; medical practitioner; physiologist; biochemist; a person holding at least two University courses in Physiology or Biochemistry; registered nurse.

Matter. Energy changes. Gases. Electrolytes and minerals. Symbols. Reaction. Water (pH, dissolution and reaction, osmosis and properties of liquids). Energy (production in chemical reactions, conservation, heat production). Biochemistry (composition of carbohydrates, fats and proteins). Nutrients (digestion and absorption). Cellular metabolism. Conservation, synthesis transmutation and transportation of nutrients. Excretion of waste products from the body. Biochemical control (enzymes, hormones). Fluid balance (buffers, ion-exchange, gas exchange and selective excretion through the kidneys. Acids, bases, salts. Estimation of levels and treatment of imbalance). Electrolyte balance. Neuromuscular transmission (disturbances at neuro-muscular level; transmission of impulses in myocardium). Principles of drug action; periodic tables; elements; important compounds; detergents and disinfectants.

(c) The papers will be set as follows:

(Applied Medical Biophysics and Applied Chemistry will be included in the papers at an applied level)

Paper I -

Cell physiology
Blood and immunity
The cardio-vascular system
The respiratory system

Paper II -

The nervous system
Sense organs
The gastro-intestinal and metabolic systems
Endocrinology and reproduction
Body fluids
The urinary system

(6) MICROBIOLOGY, PARASITOLOGY, PATHOLOGY AND PHARMACOLOGY

(At least 60 periods of instruction)

(a) First Year - Microbiology, Parasitology and Pharmacology

(At least 20 periods of instruction)

Introduction to Microbiology and Parasitology with special reference to personal and community hygiene, prevention of disease and maintaining sterility. Principles of administration of medicines.

Tutor; medical practitioner; registered nurse.

(b) Second Year - Microbiology, Parasitology, Pathology and Pharmacology

(At least 40 periods of instruction)

A wider study of Microbiology, Parasitology, Pathology and Pharmacology in relation to disease conditions.

Tutor; medical practitioner; registered nurse.

(c) Examination in the subjects will be included in the subject Nursing Science and Art.

(7) PREVENTIVE AND PROMOTIVE HEALTH CARE AND FAMILY PLANNING

(Instruction in this subject must be commenced in the first and second years and special emphasis must be placed on the role of the nurse in the total health care programme).

(At least 120 periods of instruction and 160 hours practica. At least 15 periods of instruction shall be devoted to family planning. Refer to circular 27/80 dated 16 June, 1980 for Council's guide lines on the 160 hours practica).

Tutor/ 11

Tutor; general nurse against whose name the additional qualification as Health Visitor and School Nurse is registered; general nurse against whose name the additional qualification in Community Health Nursing (Health Visiting, School, District and Occupational Health Care and Mothercraft) is registered; medical practitioner; registered nurse.

World Health Organisation; the World Health Organisation's definition of Health. Authorities responsible for the provision of health in South Africa. The seven basic elements in the provision of Health Care - environmental health control; control of communicable diseases; provision of maternal and child services, including family planning and genetic services; statistics; health education; provision of community health services, preventive, promotive and rehabilitative; curative health services (institutional and non-institutional).

Primary health care in respect of all levels of health services must be emphasized - primary, secondary and tertiary levels, including facets of preventive, promotive, curative and rehabilitative services on each of the abovementioned levels. Refer to guide lines as contained in circular 38/78 dated 14 December, 1978.

(8) PSYCHIATRIC NURSING

- N B (a) During the course of the second and third year at least 40 periods of instruction shall be given by a psychiatrist;
- (b) instruction on the Mental Health Act and other applicable legislation shall be given over the whole period of training.

PSYCHIATRIC NURSING SCIENCE AND ART I

(At least 120 periods of instruction)

(Intensive nursing care may be introduced from the first year of study, through e.g. case studies and instruction in proper examination of patients for emergency treatment which the nurse may have to give).

Tutor; psychiatric nurse instructor; psychiatric nurse.

The nurse as a member of the multi-disciplinary health team. Orientation to psychiatric nursing. Classification of and introduction to mental illness. Basic nursing. Observations.

Special skills; care of wounds; asepsis and anti-sepsis.

Administration of medicines (including potentially dangerous dependence producing medicines, dangerous dependence producing medicines and potentially harmful medicines).

Examination. Prescribed treatments. Nutrition. First-aid (including emergency deliveries). General personal hygiene. Care of the unconscious patient.

Ward organisation.

The various causes of physical and mental illness and the prevention of diseases and promotion of mental health.

Dental and oral hygiene: Anatomy of the oral cavity; soft tissues; hard tissues. Prostheses. Dental diseases. Health education.

The Mental Health Act and other applicable legislation.

PSYCHIATRIC NURSING SCIENCE AND ART II

(At least 120 periods of instruction)

Psychiatrists; tutor; psychiatric nurse instructor; psychiatric nurse.

General symptomatology and nursing care - functional disorders; organic disorders. The therapeutic environment and the nurse's role in the creation of a therapeutic environment. Psychiatric nursing skills and therapy in regard to psychiatric conditions. Physical treatment in psychiatry. Preventive and rehabilitative aspects of psychiatric conditions.

The Mental Health Act and other relevant legislation.

Medico-legal risks.

N B Medico-legal risks will not be included in the papers in Psychiatric Nursing Science and Art II, but in the papers in Psychiatric Nursing Science and Art III.

The question papers will be set as follows:

Paper I -

General symptomatology and nursing care.

The therapeutic environment and the nurse's role in the creation of a therapeutic environment.

Paper II -

Psychiatric nursing skills and therapy in regard to psychiatric conditions.

Physical treatment in psychiatry.

Preventive and rehabilitative aspects.

Legislation.

PSYCHIATRIC NURSING SCIENCE AND ART III

(At least 120 periods of instruction)

Psychiatrist; tutor; psychiatric nurse instructor; psychiatric nurse. At least 5 teaching periods on the principles of occupational therapy must be given by a registered occupational therapist.

Psychiatric facilities and genetic services in the community.
Comprehensive community care.

Therapeutic methods in psychiatry - the multi-disciplinary team approach; group methods; psychotherapy; psychopharmacology; occupational therapy; physical methods of treatment; recreation and use of leisure time; music and art in therapy.

Mental retardation - genetic and congenital causes; classification and clinical varieties; prevention; psychological assessments; education, training and all other rehabilitative methods; socialisation. Community care of the mentally subnormal. Legal aspects.

The mental Health Act and other relevant legislation.

Disaster Nursing.

Medico-legal risks.

Ward administration, clinical instruction, professional practice.

MATERNITY NURSING

(At least 5 periods of instruction)

Students who are registered midwives are exempted from this course.

The question papers will be set as follows:

Paper I -

Methods in psychiatric therapy.

Paper II -

Mental Subnormality.

Paper III -

The Mental Health Act and relevant legislation.

Medico-legal risks.

Psychiatric facilities in the community.

Comprehensive community care.

Ward administration, clinical instruction, professional practice.

ONE YEAR COURSE AND NINE MONTHS COURSE

(1) CLINICAL PRACTICA

Clinical practica shall extend over at least 960 hours.

(2) PSYCHIATRIC NURSING SCIENCE AND ART

(At least 240 periods of instruction)

Psychiatrist; tutor; psychiatric nurse instructor; psychiatric nurse. At least 5 periods of instruction on the principles of occupational therapy must be given by a registered occupational therapist. At least 40 periods of instruction shall be given by a psychiatrist.

The nurse as a member of the multi-disciplinary health team. Orientation to psychiatric nursing. Classification of and introduction to mental illness.

General symptomatology and nursing care - functional disorders; organic disorders. The therapeutic environment and the nurse's role in the creation of a therapeutic environment. Psychiatric nursing skills and therapy in regard to psychiatric conditions. Physical treatment in psychiatry.

Preventive and rehabilitative aspects of psychiatric and genetically hereditary conditions.

The Mental Health Act and other relevant legislation.

Psychiatric facilities and genetic services in the community. Comprehensive Community Care.

Therapeutic methods in psychiatry - the multi-disciplinary team approach; group methods; psychotherapy; psychopharmacology; occupational therapy; physical methods of treatment; recreation and use of leisure time; music and art in therapy.

Mental retardation - genetic and congenital causes; classification and clinical varieties; prevention; psychological assessments; education, training and all other rehabilitative methods; socialisation; community care of the mentally retarded; legal aspects.

Medico-legal risks.

Ward administration, clinical instruction, professional practice.

The question papers will be set as follows:

Paper I -

Methods in psychiatric therapy.

Paper II -

Mental subnormality.

Paper III -

The Mental Health Act and relevant legislation.

Medico-legal risks.

Psychiatric facilities in the community.

Comprehensive community care.

Ward administration, clinical instruction, professional practice.

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