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## DEPARTMENT OF MENTAL HEALTH NURSING BEST PRACTICE

### CASE SCENARIO PRACTICE

#### INTRODUCTION

Department of Mental Health Nursing is adopted a teaching method, Case Scenario, as best practice to provide a framework for the evaluation and analysis of complex issues. Clinical case scenarios are an informative source that can be used for individual or group learning. The question used should be focused on the individual or group.



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## 1. Title of the Practice:

### CASE SCENARIO PRACTICE

## 2. Objectives of the Practice

- To investigate and explore an event thoroughly and deeply.
- To assess the existing knowledge of the students.
- To give the analytical power of a person to increase knowledge about a clinical phenomenon.
- To improve the critical thinking of students.
- To increase confidence among students while handling the actual case in the clinical area.
- To enrich the performance of the students through continuous practice.

### Intended outcome:

- Enhance the thoughtful idea and knowledge of students in the mental health area.
- Improving the academic result of the students in Mental Health Nursing subject.
- Maximize students' performance in the clinical area.

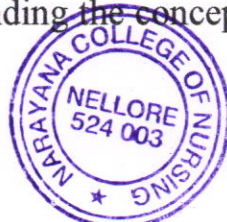
Case Scenarios will help to describe the signs and symptoms and learn the investigations apt for a common mental health problem. This will create insights from the practice of effective approaches for engaging people who are experiencing distress. It's a collaborative process where both teacher and student are involved in the critical analysis of the clinical situation and evaluation process.

## 3. The Context

- Classes are conducted priorly to introduce the case scenario method of teaching.
- Common mental health problems are discussed during class hours to familiarize with conditions.
- Discuss the benefit of practicing Case scenarios through critical thinking by comparing different types of facts about the case.

### Challenges:

Since it is a subjective method it was difficult for the students to come into a streamline of understanding the concepts. This method depends on a



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situation and has no actual involvement with the patient leading to a lack of interpretation of facts related to the scenario.

#### 4. The Practice

- Each scenario includes details of the person's initial presentation, their case History, and the summary of the situation after consultation.
- Students are divided into groups of three or four students.
- One student from each group picks a slip of paper that outlines a specific mental health scenario.
- Advise the students that the groups will have approximately 20 minutes to figure out the details of the mental health issue in the selected scenario.
- Instruct to describe and respond to three questions, providing explanations for their answers.
  1. From what mental health issue do you think the person described in the scenario is suffering? Provide reasons for your decision (signs, symptoms, and possible causes of the mental health issue).
  2. What advice and assistance would you offer the person in the scenario?  
Explain.
  3. Mention the nursing diagnosis and nursing care that would best help the person. Explain.
- When the 20 minutes are up, the groups take turns reading their scenarios to the other groups and presenting their response to the three problem-solving challenges.
- During the discussion, the faculty can correct and include any other important information that is appropriate.

#### 5. Evidence of Success

Case Scenario method of teaching makes sure the practical area development of the students. This method helps the students to improve the identification, assessment, and understanding of the treatment of common mental health problems. A radical improvement in their practice area performance was evident through the 100% result in university practical exams in Mental Health Nursing subject.



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## **6. Problems Encountered and Resources Required**

### **Problems encountered: -**

A major problem encountered during the practice of the Case Scenario method was limited representativeness leads to a bit of confusion among students when attending the model practical test. The problem is solved by having already covered these topics in class and are primarily using this activity as a review.

Another problem faced by the teachers as it was time-consuming as compared to other methods of teaching. Teachers felt it difficult to find extra time for preparing Case Scenarios to ensure a good outcome from this teaching method. The teacher's commitment to creating a new teaching method made it easy on the latter part of the preparation.

### **Resources Required: -**

There were not many resources required during its preparation and implementation among students.

## **7. Notes**

The Case Scenario method is an intensive study method. It is the examination and exploration of an event thoroughly and deeply. Students can familiarize themselves with the practical aspect before entering into the clinical area. Practicing with Case Scenarios will create more confidence among the students when handling the real situation.



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