Integrating Eastern Philosophy in a Mental Health Nursing Curriculum

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The Problem

• The Curriculum was task and fact oriented.
  – Side effects of medication
  – Definitions of mental illnesses

• Human factor is lost in Teaching Mental Health Nursing. E.g.
  – Patients become a diagnosis (e.g. a schiziphrenic)

• Tools on how to perform moral nursing care in mental health not taught.
The Model

• A model that covers multiple concepts
• Can supported by all major religious backgrounds yet is NOT religious in nature
• A model that supports the essence of mental health nursing
The 10 Perfections

1. Generosity - being generous and helpful
2. Morality – being disciplined and refined in manners.
3. Renunciation – Allowing others to be who they are.
4. Wisdom – Seeing things they way they truly are.
5. Energy - Being diligent in achieving
6. Patience – Being able to Tolerant of others and seek good in all.
7. Truthfulness – Practicing in a truthful and honest manner.
8. Determination - be firm and resolute in standing up for what is right.
10. Equanimity - being calm, serenity, unruffled and peaceful.
# The Model

<table>
<thead>
<tr>
<th></th>
<th>Patient Rights and Legal Issues</th>
<th>Psych-Pharmacology and Biologic Interventions</th>
<th>Thought disorders</th>
<th>Psycho – Geriatric care or Forensic Nursing</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Generosity</td>
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<td>2.</td>
<td>Morality</td>
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<td>Example B</td>
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<td>3.</td>
<td>Renunciation</td>
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<td>4.</td>
<td>Wisdom</td>
<td>Example A</td>
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<td>5.</td>
<td>Energy</td>
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<td>6.</td>
<td>Patience</td>
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<td>7.</td>
<td>Truthfulness</td>
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<td>Example C</td>
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<td>8.</td>
<td>Determination</td>
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<td>9.</td>
<td>Kindness</td>
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<td>Example D</td>
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<td>10.</td>
<td>Equanimity</td>
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</tbody>
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Example A
Example B
Example C
Example D
Conclusion