

# Internship Program

## Mental Health for Nursing



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Internship Program  
Mental Health for Nursing

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# 01 Introduction

Mental illness has increased in recent years due to the pandemic caused by COVID-19, high competitiveness and difficult socioeconomic situations. For this reason, it is essential that health care professionals are constantly updating their knowledge for a comprehensive approach to these pathologies and the promotion of healthy habits for their prevention. In this sense, this program provides healthcare professionals with a complete, real and 100% practical update during 3 weeks in a first level hospital center. An ideal scenario for a complete update of your skills, surrounded by the best professionals in the field.



*Incorporate the latest diagnostic techniques in Psychological Disorders into your daily practice through effective hands-on experience"*





Substance addictions, physical self-harm, stress or anxiety are just some of the mental health problems that a nursing professional can address. Their crucial work in health care requires communication skills and up-to-date knowledge of diagnostic procedures, therapeutic techniques used and the skills to deal efficiently with different clinical cases.

Given the relevance of its performance in patient care, TECH has designed this Internship Program that will take the graduate to perform a 120-hour stay in a prestigious clinical center. Therefore, in this space, surrounded by authentic experts in Mental Health, the professional will get a complete update.

The present needs of professionals lie in an effective update that allows them to deal with any clinical case, from the most complex to the most common, with a high degree of accuracy. For this reason, this institution moves away, on this occasion, from the theoretical framework, to immerse the nurse, from the first day, in a first level health space, which allows the nurse over 3 weeks to raise their skills in an area that in recent years has increased the number of patients treated with a wide variety of psychological problems.



*Raise your skills for care and communication with patients who have serious psychological disorders”*

# 02

## Why Study an Internship Program?

In its commitment to excellence, TECH has decided to create a program that gives a real answer to nursing professionals who are looking for a direct update, through the best healthcare environment. For this reason, this institution has made every effort to provide the graduate with a distinguished hospital center with excellent prestige in this area. Undoubtedly, a unique experience, which moves away from the classroom, from the pure theoretical framework to focus on the practice in the care of patients with psychological problems through the most advanced diagnostic and therapeutic procedures. And all of this in just 3 weeks.



*With this Internship Program you will be up to date with the procedures and protocols used by the great professionals in Mental Health Nursing"*

### 1. Updating from the Latest Technology Available

The incursion of new technologies is evident in the healthcare field. In this sense, the Mental Health area has also incorporated notable advances such as Virtual Reality, Augmented Reality or the monitoring of the patient's condition through various applications, among others. For this reason, students taking this Internship Program will get close to the latest devices or equipment used by a renowned center in this field.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

In this process of updating the nurse will not be alone, since they will be mentored by an excellent team of professionals who are part of the distinguished clinical center that makes up this program. In this way, the graduate will have the opportunity to get involved in patient care, guided by the best experts in the Mental Health area. Therefore, they will incorporate into their daily practice the techniques and methods currently used by true professionals.

### 3. Entering First-Class Clinical Environments

TECH carries out rigorous selection processes for each and every one of the centers that make up this program. All this with the aim of offering the nurse, first level health spaces that will facilitate the updating of their skills in clinical care and care for patients with mental health problems. In this way, they will be able to experience the day to day of a demanding, rigorous and exhaustive area of work.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

The academic field has a multitude of proposals that focus on providing a strictly theoretical framework, which is difficult to visualize in practice. For this reason, this program is aimed at professionals who are looking for a 100% practical update from the very beginning. Under this premise, this program is born, which focuses on the improvement of competencies and skills for the integral approach of the patient in Mental Health areas.

#### 5. Expanding the Boundaries of Knowledge

The selection of clinical spaces made by this academic institution will allow the nurse to share, during 120 hours, a unique experience of updating with great professionals. An ideal scenario to increase the field of action surrounded by health professionals with a consolidated national and international trajectory, focused both on patient care and on research and application of the latest advances in the field of Mental Health.



*You will have full practical immersion  
at the center of your choice"*

# 03 Objectives

The purpose of this Internship Program is to provide the nurse with an update of their skills in the Mental Health area, from the first day. In this way, they will be able to incorporate to their daily performance, the most effective protocols and procedures for the administration of medication, prevention techniques and promotion of mental wellbeing or communication with patients with mental disorders.



## General Objectives

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- ♦ Master the care procedures for patients with severe mental disorders
- ♦ Incorporate into daily work the most effective diagnostic techniques and procedures for drug administration
- ♦ Address common and specific cases that occur in the clinical setting of Mental Health







## Specific Objectives

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- ◆ Be able to deal with different mental disorders due to an organic cause and psychotic, mood, anxiety and obsessive-compulsive disorders in clinical practice situations
- ◆ Identify early signs of a possible psychological disorder in infantile and elderly patients
- ◆ Collaborate in the initial evaluation of patients with mental health problems
- ◆ Perform multidisciplinary follow-up of the patient
- ◆ Evaluate and manage the potential risk of a patient with suicide attempt or aggressive behavior
- ◆ Administer prescribed medication to treat the patient
- ◆ Use the most effective communicative techniques for patients with various psychological disorders
- ◆ Provide support to patients and their families about a diagnosis related to psychological disorders



*Improve your skills in the management of patients with anxiety, stress or depression thanks to this Practical Training process"*

# 04 Educational Plan

This program includes an internship in a leading hospital center, where the graduate will have a unique opportunity to improve their care skills in patients with mental health problems. Therefore, during 3 weeks, from Monday to Friday with 8 consecutive hours of work, they will be guided by the best health professionals in this field. In this way, they will apply the most innovative diagnostic procedures, as well as the most effective therapeutic procedures, depending on the clinical case.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

An ideal opportunity to efficiently incorporate the methods and procedures that have the greatest effect on the patient's well-being. TECH therefore provides a new way of understanding and integrating healthcare processes, and turns a reference center into the ideal teaching scenario for this innovative experience in the improvement of professional competencies..

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for clinical nursing praxis (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
<b>Care of mental disorders</b>	Initial evaluation and follow-up of the patient
	Participate in individual and group therapies
	Promote the prevention of mental disorders
	Collaborate in the administration of medications
<b>Health promotion</b>	Participate in Mental Health education activities for the general public
	Assisting in addiction prevention communication
	Advise patients on correct health habits
	Collaborate in the planning of actions aimed at improving the mental health of young people
<b>Patient evaluation</b>	Collaborate in the initial evaluation process of patients presenting with anxiety, stress or depression
	Working in an interdisciplinary manner in the care of the patient with mental disorders with mental disorders
	Participate in the diagnosis of Severe Mental Disorders
	Assist in the initial pharmacological administration in patients presenting with altered states
<b>Social psychological approach</b>	Assist in the care of patients who present psychological disorders due to aggressiveness problem
	Collaborate in assisting and informing patients about strategies to improve their mental health
	Apply techniques that favor conflict resolution.

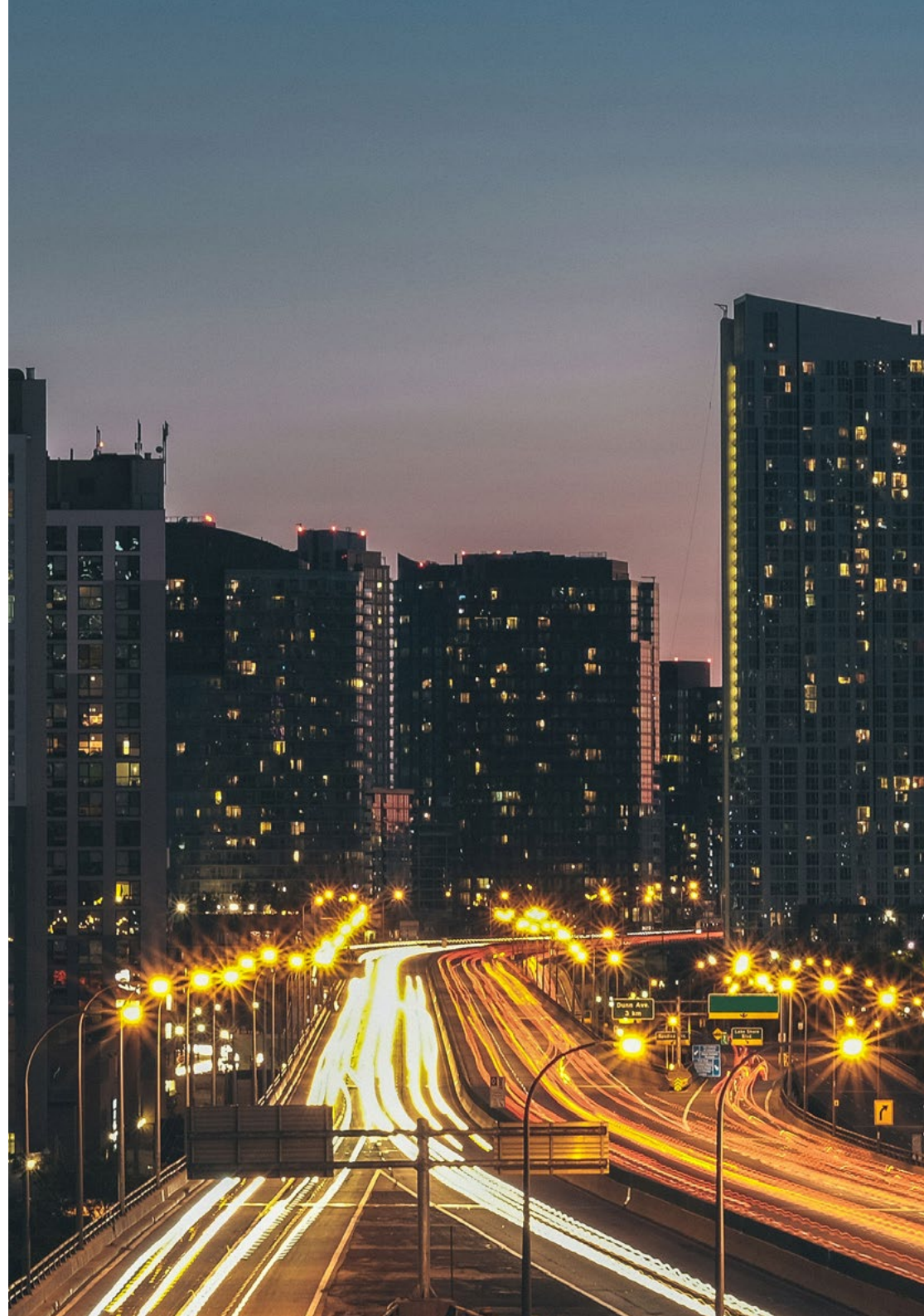
# 05

## Where Can I Do the Internship Program?

The professional who takes this degree will have at his disposal outstanding hospital centers, where he will be able to carry out a complete and effective process of his competences in Mental Health assistance. In this way, you will be involved in actions that will enhance your skills, guided by real professionals with a consolidated track record in this sector. In this way, you will achieve, in a short period of time, an effective update in sanitary areas in different geographical locations.



*Access a Internship Program in which the best hospital centers in Mental Health can be found”*





The student will be able to do this program at the following centers:



Nursing

### Hospital HM Modelo

Country: Spain City: La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Nursing

### Hospital HM Rosaleda

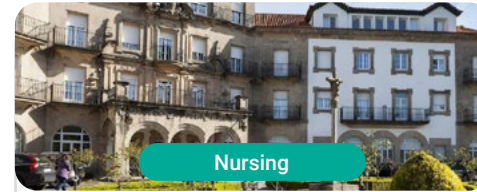
Country: Spain City: La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Nursing

### Hospital HM La Esperanza

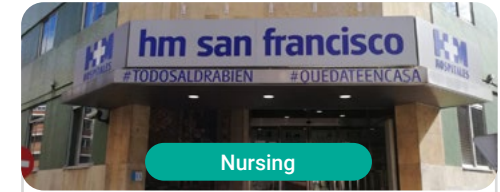
Country: Spain City: La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Oncology Nursing
- Clinical Ophthalmology



Nursing

### Hospital HM San Francisco

Country: Spain City: León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Nursing

### Hospital HM Regla

Country: Spain City: León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



Nursing

### Hospital HM Nou Delfos

Country: Spain City: Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Nursing

### Hospital HM Madrid

Country: Spain City: Madrid

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Anaesthesiology and Resuscitation



Nursing

### Hospital HM Montepíncipe

Country: Spain City: Madrid

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Palliative Care
- Aesthetic Medicine



Nursing

### Hospital HM Torrelodones

Country: Spain  
City: Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Nursing

### Hospital HM Sanchinarro

Country: Spain  
City: Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Anaesthesiology and Resuscitation
- Palliative Care



Nursing

### Hospital HM Nuevo Belén

Country: Spain  
City: Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Nursing

### Policlínico HM La Paloma

Country: Spain  
City: Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics





Nursing

### Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10,  
28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Obstetricians
- Nursing in the Digestive Tract Department



Nursing

### Policlínico HM Virgen del Val

Country	City
Spain	Madrid

Address: Calle de Zaragoza, 6, 28804,  
Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Diagnosis in Physiotherapy
- Physiotherapy in Early Intervention

# 06 General Conditions

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Mental Health for Nursing** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Mental Health for Nursing**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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Internship Program  
Mental Health for Nursing

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