COURSE INFORMATION FORM

DISCIPLINE  Professional Nursing
COURSE TITLE  Mental Health Nursing
CR.HR  4.0  LECT HR.  2.0  LAB HR.  CLIN/INTERN HR.  6.0  CLOCK HR.  

CATALOG DESCRIPTION
This course is based on the belief that mental health nursing is an integral part of all nursing. It builds upon the foundation of basic knowledge of human behavior which the student receives from the field of psychology. The student will acquire a basic knowledge of the causes, treatment, and prevention of mental disorders across the lifespan including the impact of environmental forces. Ethical/legal concepts are integrated throughout. Emphasis is placed on application of therapeutic communication techniques, psychiatric assessment skills, and the nursing process. The impact of the therapeutic environment upon the treatment of specific psychiatric populations across the lifespan will be presented.

PREREQUISITES
RNUR 126 Fundamentals of Professional Nursing,
RNUR 131 Essential Nursing Concepts,
BIOL 109 Anatomy and Physiology,
PSYC 243 Human Lifespan Development,
BIOL 208 Microbiology (or may be taken concurrently)

EXPECTED STUDENT OUTCOMES IN THE COURSE (ESO)
Upon completion of this course, the student will be able to:

1. Apply knowledge of developmental levels and ethnic and cultural differences in planning nursing care.
2. Implement safety measures inherent in the nursing care of the client with a mental illness that recognizes the influence of internal and external stimuli as a part of the client’s environment.
3. Demonstrate self-direction and motivation in the client care setting when planning care for the client with mental illness.
4. Utilize the nursing process in developing plans of nursing care for clients with mental disorders.
5. Distinguish between normal and abnormal responses of clients to mental problems and treatments.
6. Employ therapeutic communication skills in establishing effective interpersonal relationships with the client and other members of the health care team.
7. Apply legal/ethical guidelines in professional relationships and activities.
GENERAL EDUCATION OUTCOMES (ESO)
Specify which general education outcomes, if any, are substantially addressed by the course. Numbers in parentheses identify the Expected Student Outcomes linked to the specific General Education Outcome.

Outcomes (ESO)

1. Communication:
   A. Listening and Speaking Skills
      8. Analyze and evaluate the oral communication skills of others as well as self-evaluate and modify one’s own communication skills (6)

2. Critical thinking
   A. Sort and Classify Information
      4. Distinguishes the relevant from the irrelevant and integrates key relationships. (2,4,5)

3. Life-Long Learning
   C. Attributes of an Awareness of the Convergence of Knowledge
      2. Apply learned skills to real world interactions (2,5)

PROGRAM-LEVEL OUTCOMES
CAREER AND TECHNICAL EDUCATION PROGRAM OUTCOMES
Specify which Career and Technical program outcomes, if any, are substantially addressed by the course by completing the “Career and Technical Education Program Template” to show the relationship between course and program outcomes to assessment measures.

Upon completion of all Level I courses in the Associate Degree Nursing Program, the student will:

1. Recognize the significance of principles of growth and development in providing age-appropriate nursing care.
2. Respect cultural and ethnic differences when planning care.
3. Provide basic client care organized according to Maslow’s hierarchy of needs throughout the health-illness continuum.
4. Identify the impact of the environment in providing care throughout the wellness-illness continuum.
5. Describe the role of the Associate Degree Nurse in the health care delivery system.
6. Utilize the nursing process as a framework for data collection, assessment, diagnosis, planning, implementation and evaluation in providing client care.
7. Utilize basic concepts of scientific knowledge to provide rationale for nursing actions.
8. Utilize verbal and written skills to communicate pertinent information.
9. Discuss legal/ethical guidelines in the provision of basic nursing care.

CLASS-LEVEL ASSESSMENT MEASURES
Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

1. Written examinations (1-7)
2. Assigned written work per guidelines (1-7)
4. Concept maps (1-7)
I. Introduction to the Syllabus, Introduction to Psychiatric Nursing and Working with the Psychiatric Patient
   A. Introduction to the course RNUR 134, rules and regulations including both clinical and theory components
   B. Historical context of psychiatric/mental health nursing.
   C. Working with the psychiatric patient using the therapeutic nurse-patient relationship, major theoretical models and defense mechanisms in both normal and maladaptive behaviors

II. Communication, The Nurse-Patient Relationship and the Nursing Process
   A. Communication themes are explored including content, mood and interaction
   B. Kinesic considerations are discussed
   C. Therapeutic vs. social Communication
   D. Therapeutic Use of Self
   E. Common Blocks to Communication
   F. Techniques Facilitating Communication
   G. The Therapeutic Nurse-Patient Relationship stages – orientation, working stage, Termination Stage
   H. Identifying the nursing diagnosis, outcome identification, Planning and Intervention and Evaluation

III. An Introduction to Milieu Management, Variables Affecting the Therapeutic Environment and the Therapeutic Environment in Different Treatment Settings
   A. Defining therapeutic milieu
   B. Essential Features of the Therapeutic Environment
   C. Milieu elements
   D. Psychotherapeutic Manager roles
   E. Variable Affecting the therapeutic environment
   F. JCAHO Environment of Care Standards
   G. Inpatient therapeutic Activates
   H. The Therapeutic community
   I. Psychiatric Hospitals vs. Community treatment

IV. Legal Issues, Hospital Based care and Community Based Care
   A. Sources of Laws
   B. Major Court Decisions in Mental Health Cases
   C. Negligence, Torts, Commitment and Patient Rights
   D. Effects of Deinstitutionalization
   E. Purposes of Psychiatric Hospital Based Care
F. Goals of Hospital based Care  
G. Outpatient Services  
H. Community based residential Services  
I. Self Help Groups  

V. Psychobiologic Bases of Behavior, Cultural and Spiritual Competence in Nursing  
A. Neurobiology  
B. Gross neuroanatomic structures  
C. Neurotransmitters  
D. Sympathetic and Parasympathetic Nervous Systems  
E. Cultural competence  
F. Barriers to Cultural Competent Care  
G. Culture Bound Mental Health Issues  
H. Alternative therapies  
I. Common Understandings Of Spirituality  
J. Spirituality and Mental or Emotional stress

VI. Intro to Psychotropic Drugs and Psychopathology  
A. Psychotropic Drug types  
B. Pharmacokinetics  
C. Pharmacodynamics  
D. The Blood Brain Barrier  
E. Mental Illness in the United States  
F. Guidelines applicable to all aspects of psychotherapeutic management

VII. Anxiety and Antianxiety Medications  
A. The Process of Anxiety  
B. Common Stressors  
C. Etiology of anxiety  
D. Neurochemical Reactions to Anxiety  
E. The Levels of Anxiety  
F. Coping Techniques for Anxiety  
G. Crisis Intervention  
H. Benzodiazepines

VIII. Antiparkinson Medications, Antipsychotic Medications and Schizophrenia  
A. Catecholamine Centers of the brain  
B. Extra pyramidal Side effects  
C. Neuroleptic Malignant Syndrome  
D. Classification of antipsychotic Medications  
E. Dopamine receptors  
F. Typical and atypical antipsychotics  
G. Facts About Schizophrenia  
H. Types of Schizophrenia  
I. Etiology of Schizophrenia

Revised 4/27/10
J. Milieu Management with the Schizophrenic Patient

IX. Working With The Aggressive Client
   A. Assessing Variables of Aggression
   B. The Assault Cycle
   C. Preventative Management of Aggressive Behavior

X. Antidepressant and Antimanic Medications, Depression, Bipolar Disorders
   A. Psychobiology of Depression and Mania
   B. The Serotonin syndrome
   C. Lithium Pharmacokinetics
   D. Key features of Depression
   E. Suicide Risk Factors
   F. Key Nursing Interventions for Depression
   G. Types of Bipolar Disorders
   H. Milieu Management for Manic and Depressed Patients

XI. Personality Disorders, Somatic Therapies
   A. Cluster A, B and C
   B. Electro Convulsive Therapy and Nursing Responsibilities
   C. Additional Somatic therapies

XII. Working With the Family, Behavior Therapies and Child/Adolescent Psychiatric Nursing
   A. Characteristics of a Healthy Family
   B. Effects of Mental Illness On the Family
   C. Skills for Working With the Family

XIII. Working with Groups of Patients, Eating Disorders
   A. Benefits of Groups
   B. Types of Groups
   C. Criteria for Diagnosis of Anorexia Nervosa and Bulimia
   D. Nursing Interventions

XIV. Substance Related Disorders, Dual Diagnosis
   A. Assessment of Substance Abuse
   B. Effects of Long Term Substance Abuse on the Brain
   C. Psychotherapeutic Management in Substance Abuse
   D. Definition of Dual Diagnosis
   E. Problems Affecting Program Development
   F. Continuum of Care: the four Stage Model

XV. Survivors of Trauma and Violence, Mental Disorders of Older Adults
   A. Violation By Crime
   B. Workplace Violence Against Nurses
   C. Recovery From Violence and Trauma
   D. Psychotropic Drug Use in the elderly
   E. Communication With Older Adults