SYLLABUS
PSYCHIATRIC/MENTAL HEALTH NURSING
ADNR-2126

2013

WESTERN NEBRASKA COMMUNITY COLLEGE
ASSOCIATE DEGREE NURSING PROGRAM
DIVISION OF HEALTH OCCUPATIONS
I. CATALOG DESCRIPTION:

ADNR-2126
Psychiatric/Mental Health Nursing (Theory)

Prerequisite: Successful completion of second semester of the AD-N program; concurrent enrollment in ADNR-2134, ADNR-2141, ADNR-2122, or permission of instructor.

In this theory/lab/clinical course, the student is introduced to basic concepts of Psychiatric-Mental Health. The course emphasizes neurobiologic theory, assessment, therapeutic communication patient and family teaching, community resources and pharmacology. The course includes concepts of care for the adolescent, adult and older adult with psychiatric mental health disorders. Continuing themes of growth and development across the life span, socio cultural dimensions, client advocacy, and ethical standards are also explored. Traditional psychotherapeutic and integrative health therapies are addressed.

(3.5/37.5/V/45/0/V)

II. COURSE OBJECTIVES/COMPETENCIES:

Upon completion of this course, the student will be able to:

A. Compare selected theories, conceptual frameworks, and research related to human behavior and the etiology, prevention and management of selected psychiatric disorders and behavioral issues. [GE Goal: 2]

B. Explain the role of the registered nurse in the prevention and treatment of mental health and behavioral disorders. [GE Goals: 1 & 2]

C. Explain psychiatric-mental health concepts, theories and specific therapeutic interventions used with clients demonstrating a variety of psychiatric behaviors and disorders. [GE Goal: 2]

D. Critically analyze ethical and legal issues related to nursing care of clients with psychiatric disorders. [GE Goals: 2 & 4]

E. Analyze the relationship of biophysical, cultural, psychosocial, developmental and spiritual issues in nursing assessment, diagnosis, planning, intervention, and evaluation involving clients with psychiatric mental health disorders and problems. [GE Goals: 2 & 4]

F. Demonstrate therapeutic communication and patient/family teaching skills in the care of clients with psychiatric disorders and their families. [GE Goal: 1]

G. Apply nursing process in formulating specific evidence-based care plans for selected psychiatric disorders. [GE Goal: 2]
H. Demonstrate collaboration with other professionals and members of the psychiatric health care system in providing nursing care for clients with psychiatric disorders. [GE Goals: 1, 2, 4 & 5]

III. INSTRUCTIONAL MATERIALS:

A. Required Texts:

IV. COURSE OUTLINE:

A. UNIT I: Current Theories and Practice
   1. Foundations of Psychiatric Mental Health Nursing
   2. Neurobiologic Theories and Psychopharmacology
   3. Psychosocial Theories and Therapy
   4. Treatment settings and Therapeutic programs

B. UNIT II: Building the Nurse-Client Relationship
   1. Therapeutic relationships
   2. Therapeutic communication
   3. Client's response to illness
   4. Assessment

C. UNIT III: Current Social and Emotional Concerns
   1. Legal and ethical issues
   2. Anger, hostility, and aggression
   3. Abuse and violence
   4. Grief and loss

D. UNIT IV: Nursing Practice for Psychiatric Disorders
   1. Anxiety and stress-related illness
   2. Cognitive disorders
   3. Schizophrenia
4. Personality disorders
5. Mood disorders
6. Substance abuse
7. Child and adolescent disorders
8. Eating disorders
9. Somatoform disorders

V. METHODS OF PRESENTATION:
A. Lecture
B. Discussion
C. Readings
D. Analysis of case studies and video case examples
E. Written assignments
F. Individual and group role play and demonstration

VI. METHODS OF EVALUATION:
A. Class attendance and participation
B. Quizzes
C. Exams & Comprehensive Final Exam
D. Research Paper

E. Successful completion of ADNR-2120 Psychiatric Mental Health Nursing requires a C (75 %) or higher grade theory average and a pass on each of the Critical Competencies of Safe Clinical Practice in lab/clinical.

To PASS the clinical component of this course, the student must demonstrate competence in all of the “Critical Competencies” areas.
The “Critical Competencies” areas are:

1. Safety
2. Medications
3. Asepsis
4. Nursing Process
a) Assessment  
b) Nursing Diagnosis  
c) Planning  
d) Implementation  
e) Evaluation  

5. Attendance  

6. Professional Behavior/Leadership  

F. See Instructor Class Expectations and Policies for specific assignment, testing, and evaluation information.  

VII. SPECIFIC UNIT BEHAVIORAL OBJECTIVES:  
The clinical behavioral competencies are more specifically detailed on the clinical evaluation tool.  

Upon completion of this course the student will be able to:  

UNIT 1: Current Theories and Practice  

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<tr>
<th>THEORY BEHAVIORAL OBJECTIVES</th>
<th>CLINICAL BEHAVIORAL OBJECTIVES</th>
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<tbody>
<tr>
<td>1. Examine basic concepts of psychiatric mental health nursing.</td>
<td>Apply knowledge of selected theories, conceptual frameworks, and research in the care of persons with psychiatric mental health disorders.</td>
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<tr>
<td>2. Explore current theories (e.g. psychosocial and neurobiologic), conceptual frameworks, care settings and therapies used in treating persons with psychiatric mental health disorders.</td>
<td>Apply current theories and conceptual frameworks in caring for persons with psychiatric mental health disorders in a variety of care settings.</td>
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UNIT 2: Building the Nurse-Client Relationship  

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<tr>
<td>1. Examine the role of the registered nurse in the prevention and treatment of psychiatric mental health disorders.</td>
<td>Differentiate the role of the registered nurse from the roles of other providers in the prevention and treatment of psychiatric mental health disorders.</td>
</tr>
<tr>
<td>2. Examine basic concepts involved in establishing and exploiting a therapeutic relationship in psychiatric mental health nursing.</td>
<td>Demonstrate therapeutic communication and patient/family teaching skills in the care of clients with psychiatric disorders and their families.</td>
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3. Explore factors influencing the client response to illness (e.g. developmental stage, demographic, cultural and spiritual issues).

**UNIT 3: Current Social and Emotional Concerns**

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<tr>
<td>1. Critically analyze ethical and legal issues related to nursing care of clients with psychiatric mental health disorders.</td>
<td>Apply knowledge of ethical and legal issues in the care of persons with psychiatric mental health disorders.</td>
</tr>
<tr>
<td>2. Examine social, emotional and behavioral concerns commonly associated with psychiatric mental health disorders (e.g. anger, hostility, aggression, abuse, violence, grief and loss).</td>
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**UNIT 4: Nursing Practice for Psychiatric Disorders**

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<tr>
<td>1. Explore the psychosocial and neurobiologic theories and behaviors associated with selected mental health disorders (i.e. anxiety and stress-related illness, cognitive disorders, schizophrenia, personality disorders, mood disorders, substance abuse, child and adolescent disorders, eating disorders, somatoform disorders).</td>
<td>Apply nursing process, current research findings and clinical practice guidelines in the care of clients with selected psychiatric mental health disorders, as clinically available.</td>
</tr>
<tr>
<td>2. Compare the use of the nursing process in caring for persons with physiologic versus psychiatric mental health problems.</td>
<td>Apply knowledge of biophysical, cultural, psychosocial, spiritual and developmental issues in the nursing assessment, diagnosis, planning, intervention and evaluation of clients with psychiatric mental health disorders.</td>
</tr>
<tr>
<td>3. Examine collaborative practice issues related to provision nursing care for clients with psychiatric mental health disorders.</td>
<td>Demonstrate collaboration with other professionals and members of the psychiatric health care system in providing nursing care for clients with psychiatric disorders.</td>
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<td>Participate in delivery of selected theory-based therapeutic interventions (e.g. art therapy).</td>
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VIII. IMPLEMENTATION OF PHILOSOPHY AND OBJECTIVES:
The Psychiatric-Mental Health course introduces the students to content related to care of individuals with alteration in mental health. Emphasize is placed on neurobiologic theory, assessment, therapeutic communication patient and family teaching, community resources and pharmacology. The course includes concepts of care for the adolescent, adult and older adult with psychiatric mental health disorders. Continuing themes of growth and development across the life span, socio cultural dimensions, client advocacy, and ethical standards are also explored. Traditional psychotherapeutic and integrative health therapies are addressed.

IX. ACADEMIC INTEGRITY:
Academic integrity forms a fundamental bond of trust between colleagues, peers, teachers, and students, and it underlies all genuine learning. At WNCC, there is no tolerance for plagiarism or academic dishonesty in any form, including unacknowledged “borrowing” of proprietary material, copying answers or papers, using crib sheets, unauthorized help during exams, altering tests, or passing off someone else’s work as one’s own.

A breach of ethics or act of dishonesty can result in:
- failure of a paper or exam within a course (instructor level)
- failure of an entire course (institutional level)
- suspension or expulsion from the college (institutional level)

X. EQUAL ACCESS
Western Nebraska Community College seeks to make all programs and services, including electronic and information technology, accessible to people with disabilities. In this spirit, and in accordance with the provisions of Sections 504 and 508 of the Rehabilitation Act and the Americans with Disabilities Act (ADA), the College provides students, faculty, staff, and visitors with reasonable accommodations to ensure equal access to the programs and activities of the College. For assistance or further information, students with disabilities should contact the WNCC Disability Services Officer, Norman Stephenson, at 308.635.6050 or stephens@wncc.edu. Helpful information may also be found in the “Disability Services Transition Guide” on the WNCC web-site under Disability Services.