

**Department:**

Nursing: LPN to RN Completion Program

**Course Description:**

This course focuses on the care of clients across the lifespan experiencing cognitive, mental and behavioral disorders. Emphasis is placed on management of clients facing emotional and psychological stressors as well as promoting and maintaining the mental health of individuals and families. Concepts of crisis intervention, therapeutic communication, anger management, and coping skills are integrated throughout the course. The community as a site for care and support services is addressed.

**Course Competencies:**

Upon completion of the course, the student should be able to:

1. Apply the nursing process to management of care for clients with mental health disorders.
2. Integrate clinical decision making when planning care for clients with mental health disorders.
3. Apply knowledge of pharmacology, psychopathology, nutrition, diversity, equity, inclusion, and established evidence-based practices in the provision of care for clients with mental health disorders.
4. Differentiate between therapeutic and non-therapeutic communication techniques.
5. Develop professional relationships with members of the healthcare team that foster collegiality and collaboration.
6. Implement strategies, including client/family education, that promote wellness and safety for clients, self, and others.
7. Adhere to ethical, legal and professional standards.

**Course Content:**

- A. Role of the Nurse and Standards of Practice in Mental Health Nursing
  1. Discuss the role and responsibilities of mental health/psychiatric nurses.
  2. Identify major trends in mental health nursing.
  3. Describe the standards of practice of psychiatric and mental health nursing according to the American Nurses Association Statement on the Scope and Standards of Psychiatric Mental Health Nursing Practice.

4. Compare and contrast criteria for mental health and mental illness as outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM )
  5. Discuss legal issues that may arise during mental health treatment.
    - a. The client's right to receive treatment.
    - b. The client's right to refuse treatment,
    - c. The client's right to informed consent.
  6. Describe factors that affect an individual's mental health.
  7. Identify attributes or signs of mental health issues.
  8. Discuss how age, ethnicity, gender, education, culture, and belief system can affect developing, experiencing, and recovering from mental health disorders.
  9. Identify settings in which mental health treatment is offered.
  10. Discuss each category of the Diagnostic and Statistical Manual of Mental Disorders multiaxial system.
- B. Principles of Therapeutic Communication and Application in the Mental Health Setting
1. Describe the nature and goals of the therapeutic nurse-client relationship.
  2. Identify factors that can interfere with accurate communication between nurse and client.
  3. Demonstrate techniques that enhance communication, and discuss what makes them effective during the communication process.
  4. Discuss differences between verbal and non-verbal communication.
  5. Discuss the effect on the communication process when there is a lack of understanding of cultural differences.
  6. Discuss how confrontation, immediacy, nurse self-disclosure, and role-playing can be used by the nurse in a therapeutic relationship.
  7. Identify when there is a need for boundaries set between nurse and client.
  8. Describe the importance of self-awareness in the nurse-client relationship.
  9. Analyze therapeutic and non-therapeutic communication techniques.
- C. Therapeutic Modalities
1. Describe the tenets behind a variety of therapeutic models ( group, family, integrative, behavioral)
  2. Integrate the nursing process into crisis intervention
  3. Compare differences between primary, secondary, and tertiary intervention.
  4. Describe various complementary and/or alternative therapies such as - massage, herbal medications, aromatherapy, acupuncture, acupressure, homeopathy, and chiropractic medicine.
  5. Discuss the use of psychotherapeutic drugs in mental health care.
  6. Identify major categories of psychotherapeutic drugs and discuss the use, action, potential adverse and side effects, and nursing implications.
- D. Mental Health Disorders
1. Identify predisposing factors of mental health disorders
  2. Describe outcome criteria for each of the identified mental health disorders.
  3. Discuss coping strategies in the management of mental health disorders.
  4. Describe clinical manifestations, goals, nursing interventions, and treatment of patients with mental health disorders.
  5. Anxiety disorders
  6. Mood Disorders
  7. Personality Disorders
  8. Psychotic Disorders

- E. Abuse and Violence
  - 1. Describe the cycle of violence in reference to individual violence and family violence.
  - 2. Describe personality characteristics of an abusive adult.
  - 3. Identify factors that predispose a child or spouse to physical violence.
  - 4. Describe legal responsibilities of health care providers in documentation and reporting of suspected or known family abuse.
  - 5. Discuss assessment indicators and interventions for child, adult, and elder abuse.
  - 6. Identify common reactions and nursing interventions for acute and long-term phases of rape-trauma syndrome.
  - 7. Describe nursing interventions for prevention and management of aggressive behaviors.
  - 8. Identify factors that may be useful in predicting violent behavior.
- F. Psychiatric Disorders of Children and Adolescents
  - 1. Discuss factors that contribute to child and adolescent mental health disorders.
  - 2. Describe treatment modalities for selected disorders of childhood and adolescence.
  - 3. Discuss the medications for children and adolescents with mental health disorders
  - 4. Describe the nurse's role in administering medications used to treat mental health disorders in children and adolescence.
  - 5. Describe clinical manifestations and intervention strategies for selected disorders that affect children and adolescents.
  - 6. Autism spectrum disorders
  - 7. Attention deficit hyperactive disorder
  - 8. Separation anxiety disorder
  - 9. Mood disorders
  - 10. Conduct disorder
  - 11. Adjustment disorders
- G. Community-based Mental Health Nursing
  - 1. Distinguish between goals and interventions of mental health care in the hospital and the community.
  - 2. Describe the role of the nurse as a member of the interdisciplinary team in caring for chronically ill and/or homeless mentally ill in the community.
  - 3. Discuss the continuum of mental health care from the acute care setting to the community setting.
  - 4. Identify community resources for the chronically and/or homeless mentally ill.
  - 5. Discuss barriers to mental health treatment in the community setting.

## Learning Assessments:

Course competencies will be assessed by individual and group assignments, skill performance, quizzes, proctored exams, written or graphic presentations, participation, and a comprehensive final exam.

## Instructional Materials:

ATI: Comprehensive Testing and Review Package for RNs

No Text book for this course

### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” on our [Disability Services website](#).

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

### **A Note on Harassment, Discrimination and Sexual Misconduct**

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our [Equity Grievance Policy](#).