HIGHLAND COMMUNITY COLLEGE

Syllabus

NUR 156 KSPN Mental Health Nursing
2 Credit Hours/30 hours of lecture
Prerequisite: Admission to the PN Program
C&I Revision Date: 09/13/2024

Department:

Practical Nursing

Course Description:

This course explores basic concepts and trends in mental health nursing. Therapeutic modalities and client behavior management are discussed. Emphasis is placed on using the nursing process and meeting the basic human needs of the client with a mental health disorder.

Course Competencies:

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

1. Describe how to perform a focused mental health assessment on clients with common mental health disorders.
2. Develop a relationship-centered plan of care that incorporates current evidence and includes cultural, spiritual, and developmentally appropriate interventions for clients with common mental health disorders.
3. Describe the role of members of the health care team in regard to clients with common mental health disorders and their families.
4. Apply a basic knowledge of psychopathology, pharmacology, and nutrition as it relates to clients with common mental health disorders.
5. Articulate verbal and nonverbal communication techniques that support the development of trust, respect, security, and therapeutic nurse-client relationships.
6. Describe how information technology is used to support mental status assessments, client and family education, and evidence-based practice in regard to the care of clients with common mental health disorders and their families.
7. Describe the health education needs experienced by clients with common mental health disorders and their families.
8. Describe strategies that provide quality care in a safe environment for clients, self, and others.
9. Discuss how organizational and time management skills are used when providing care to clients with common mental health disorders.
10. Describe the role of the practical nurse in maintaining accountability for the delivery of standard-based, ethical and legal care to clients with common mental health disorders and their families.

Course Content:

A. Explore the Concepts of Mental Health, Wellness and Illness/Foundations of Mental Health Nursing
    1. Describe the characteristics of mental health, wellness, and illness.
    2. Identify the components of mental health and the variety of factors that influence its development.
    3. Discuss the purpose and use of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders.
    4. Apply the American Nurses Association standards of practice for psychiatric mental

health nursing.
5. Identify major trends in mental health nursing.

B. Explore the Concepts of Mental Health, Wellness and Illness/Psychosocial Theories
1. Explain the basic beliefs and approaches of the following psychosocial theories: Psychoanalytic, Developmental, Behavioral, and Humanistic.
2. Apply Maslow's Hierarchy of Human Needs theory to the mental health client.
3. Identify how psychosocial theoretical perspectives have influenced current nursing practice.
4. Discuss the impact of cultural influences on mental health.

C. Explore the Concepts of Mental Health, Wellness and Illness/Treatment Settings, and Therapeutic Programs
1. Discuss the importance of establishing and maintaining a therapeutic environment.
2. Investigate the various settings in which mental health treatment is offered.
3. Identify barriers to effective mental health treatment for homeless people and those in the criminal justice system.
4. Describe the multidisciplinary roles within the mental health team.
5. Discuss the role and responsibilities of psychiatric nurses.
6. Identify the impact of nursing theories on mental health nursing.

D. Explore the Concepts of Mental Health, Wellness and Illness/Legal and Ethical Issues
1. Explain the purpose of the Patient's Bill of Rights.
2. Describe the rights of the client in a psychiatric setting.
3. Compare and contrast aspects of voluntary and involuntary admissions.
4. Identify the legal and ethical issues related to seclusion and restraint.
5. Describe expected behaviors required of the nurse caring for the mentally ill client.

E. Investigate Therapeutic Modalities/Therapeutic Relationships
1. Explain the various types of interpersonal relationships.
2. Describe the nature and goals of a therapeutic nurse-client relationship.
3. Explore techniques that might enhance the development of trust, respect, security, and a therapeutic nurse-client relationship.
4. Identify factors that can interfere with the therapeutic nurse-client relationship.

F. Investigate Therapeutic Modalities/Therapeutic Communication
1. Discuss the goals of therapeutic communication.
2. Identify therapeutic and non-therapeutic communication techniques.
3. Compare the characteristics of verbal and nonverbal communication.
4. Distinguish between concrete and abstract messages.
5. Discuss the importance of privacy and respecting physical and social boundaries in communicating with mental health clients.
6. Describe communication by the client that requires nurses to breach confidentiality.

G. Investigate Therapeutic Modalities/Mental Health Assessment
1. Explain the purpose of the mental status examination.
2. Identify steps involved in conducting a holistic nursing assessment of the psychiatric client.
3. Describe methods of data collection in the mental health setting and documentation techniques.
4. Identify guidelines for conducting effective psychiatric interviews.
5. Discuss physiologic functions and self-care considerations to be addressed in the mentally ill client.

H. Investigate Therapeutic Modalities including Pharmacotherapeutics, Electrophysiotherapy, and Psychotherapy
1. Discuss the use of electroconvulsive therapy.
2. Explain the role of the nurse in individual, family, group, and online treatment modalities.

3. Describe mental health conditions appropriate for various neurobiologic treatment applications.
4. Explain the relationship of pharmacological treatment to neurobiologic theories.
5. Identify the major categories of medications used to treat mental illnesses, discussing uses, actions, side effects, adverse reactions, and nursing implications.

I. Explore the Nursing Care of Clients with Common Mental Health Disorders/Anxiety Disorders
1. Define and describe anxiety.
2. Outline levels of anxiety and list behavioral manifestations associated with each level.
3. Discuss defense mechanisms and coping strategies associated with anxiety disorders.
4. Describe theories concerning the causes of anxiety disorders.
5. Describe the clinical manifestations, goals, nursing interventions, and treatment of clients with selected anxiety disorders.
6. Discuss the actions, side effects, adverse reactions, and nursing implications for medications used to treat anxiety disorders.
7. Apply the nursing process in identifying nursing care plan needs for clients experiencing anxiety and/or anxiety disorders.

J. Explore the Nursing Care of Clients with Common Mental Health Disorders/Schizophrenia
1. Differentiate between positive signs and symptoms and negative signs and symptoms of schizophrenia.
2. Discuss theories of causation of schizophrenia.
3. Describe the clinical manifestations, goals, nursing interventions, and treatment of clients with schizophrenia.
4. Discuss the actions, side effects, adverse reactions, and nursing implications for medications used to treat schizophrenia.
5. Apply the nursing process in identifying nursing care plan needs for clients with schizophrenia.

K. Explore the Nursing Care of Clients with Common Mental Health Disorders/Mood Disorders
1. Discuss theories regarding causation of mood disorders.
2. Describe components of commonly used rating scales for depression.
3. Describe the clinical manifestations, goals, nursing interventions, and treatment of clients with selected mood disorders.
4. Identify populations at risk for suicide.
5. Describe how to assess a client's risk for suicide, including assessment of lethality.
6. Explore electroconvulsive therapy.
7. Discuss the actions, side effects, adverse reactions, and nursing implications for medications used to treat selected mood disorders.
8. Apply the nursing process in identifying nursing care needs of clients a mood disorder.

L. Explore the Nursing Care of Clients with Common Mental Health Disorders/ Personality Disorders
1. Compare and contrast the characteristics of the three clusters of personality disorders.
    a. Cluster A/paranoid, schizoid, and schizotypal personality disorders.
    b. Cluster B/antisocial, borderline, and narcissistic personality disorders.
    c. Cluster C/dependent, obsessive-compulsive, and avoidant personality disorders.
2. Describe behaviors associated with specific types of personality disorders.
3. Discuss factors thought to contribute to the development of personality disorders.
4. Identify potential challenges in establishing a therapeutic relationship with a client with a personality disorder.

5. Describe current treatment modalities for clients with personality disorders.
6. Apply the nursing process in identifying the nursing care plan needs of clients with personality disorders.

M. Explore the Nursing Care of Clients with Common Mental Health Disorders/Eating Disorders
1. Compare and contrast anorexia nervosa and bulimia nervosa.
2. Discuss etiological theories pertaining to eating disorders.
3. Describe societal and cultural influences on body image, diet and exercise.
4. List treatment goals for clients with eating disorders.
5. Outline a teaching plan for clients with eating disorders and/or their families.
6. Apply the nursing process in identifying nursing care plan needs of clients with eating disorders.

N. Explore the Nursing Care of Clients with Common Mental Health Disorders/Somatic Symptom Illnesses
1. Define psychosomatic illness.
2. Discuss etiological theories pertaining to somatic illnesses.
3. Describe the characteristics and dynamics of somatic illnesses.
4. Differentiate between primary and secondary gains experienced by clients with somatic illnesses.
5. Describe the three central features of somatic illnesses.
6. Apply the nursing process to identifying nursing care plan needs of clients with somatic illnesses.

O. Explore the Nursing Care of Clients with Common Mental Health Disorders/Child and Adolescent Disorders
1. Discuss risk factors, characteristics, and family dynamics pertaining to child and adolescent mental health disorders.
2. Identify the treatment modalities for children and adolescents with selected mental health disorders.
3. Outline components of a teaching plan for parents, family, and clients with selected mental health disorders.
4. Apply the nursing process in identifying nursing care plan needs of children and adolescents with mental health disorders.

P. Explore the Nursing Care of Clients with Common Mental Health Disorders/Cognitive Disorders
1. Describe the characteristics of and risk factors for cognitive disorders.
2. Differentiate between delirium and dementia.
3. Identify the clinical manifestations of Alzheimer's disease.
4. Discuss the components of a mini mental status examination.
5. Explore safety and security, legal and ethical issues surrounding care of a client with a cognitive disorder.
6. Outline components of a teaching plan for caregivers of client with cognitive disorders.
7. Apply the nursing process in identifying nursing care needs of clients with cognitive disorders.

Q. Identify Nursing Care for Clients Experiencing Abuse, Neglect or Chemical Dependency/ Anger, Hostility, and Aggression
1. Discuss anger, hostility, and aggression.
2. Identify mental health disorders that may be associated with an increased risk of physical aggression.
3. Explore aggression and outline its signs, symptoms and behavioral manifestations.
4. Define restraints.
5. Explore appropriate nursing interventions for prevention and management of aggressive behaviors.

6. Apply the nursing process to identifying nursing care needs of clients at risk for anger, hostility, and/or aggression.

R. Identify Nursing Care for Clients Experiencing Abuse, Neglect or Chemical Dependency/ Abuse and Violence
   1. Discuss characteristics and risk factors associated with abusive and violent behaviors.
   2. Examine incidences and trends in domestic violence, child, and elder abuse.
   3. Describe the legal responsibilities of healthcare providers in documentation and reporting of suspected or known abuse.
   4. Discuss assessment indicators and interventions for child, adult, and elder abuse.
   5. Promote abuse awareness and prevention activities.
   6. Apply the nursing process to identifying the needs of perpetrators and victims of abuse or violence.

S. Identify Nursing Care for Clients Experiencing Abuse, Neglect or Chemical Dependency/ Substance Abuse
   1. Describe the various types of substance abuse.
   2. Discuss etiology, risk factors, and family dynamics as they relate to substance abuse.
   3. Outline onset and clinical course of alcoholism.
   4. Describe the signs and symptoms of withdrawal and explore detoxification treatments.
   5. Explore various treatment settings and identify community-based and/or support services.
   6. Discuss substance abuse as it occurs among health care providers and examine the Kansas Nurse Assistance Program.
   7. Apply the nursing process in identifying the nursing care plan needs of clients with alcohol and/or substance abuse issues.

Learning Assessments:

Course competencies will be evaluated by the use of tests, quizzes, worksheets, reflection papers, nursing journal reviews, library research, individual projects, and group projects.

Instructional Materials:

Textbooks: Gorman, L. & Anwar, R. (2022). Mental Health Nursing (6th ed.). Philadelphia, PA: F. A. Davis Company. ISBN-13: 978-1-7196-4560-7

Polan, E., Taylor, D., (2023). Journey Across the Life Span: Human Development and Health Promotion (7th Ed.). Philadelphia, PA: F.A. Davis Company. ISBN 13: 978-1-7196-4591-1

Doenges, M. & Moorhouse, M. (2019). Nursing Care Plans: Guidelines for Individualizing Client Care Across the Life Span (10th ed.). Philadelphia, PA: F.A. Davis Company. ISBN-13: 978-0-8036-6086-1

Online: ATI Comprehensive Review and Testing Package for PNs

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.