Course Outline for Nursing 53

MENTAL HEALTH NURSING

Catalog Description:

NURS 53 - Mental Health Nursing 4.00 units

Emphasis on the use of the nursing process in the care of clients of all ages experiencing selected conditions requiring treatment in psychiatric care settings. Theory and clinical practice includes integration of assessment skills, nutrition, pharmacological and crisis intervention concepts, legal-ethical issues, and anger management. Concepts related to the California Nursing Practice Act, and Quality, and Safety Education in Nursing (QSEN) will be incorporated. Total - 9 weeks.

Prerequisite: NURS 70 (completed with a grade of "C" or higher) or , NURS 55 (completed with a grade of "C" or higher)

Grading Option: Letter Grade

Discipline:

<table>
<thead>
<tr>
<th>Units</th>
<th>Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Week</td>
</tr>
<tr>
<td>Lecture</td>
<td>4</td>
</tr>
<tr>
<td>Laboratory</td>
<td>2</td>
</tr>
<tr>
<td>Clinical</td>
<td>11.50</td>
</tr>
<tr>
<td>Total</td>
<td>4.00</td>
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Prerequisite Skills:
None

Measurable Objectives:

Upon completion of this course, the student should be able to:
1. care for the client experiencing psychiatric illnesses with unpredictable outcomes;
2. identify alterations in body image, such as eating disorders;
3. identify principles involved in the physiological care of the client with addictions and the effects of addictions on psychosocial behaviors;
4. verbalize the care needed by the suicidal client;
5. describe the management of clients with personality disorders;
6. describe techniques for intervening with angry, aggressive, manipulative, or impulsive clients;
7. demonstrate techniques of therapeutic communication in groups and with individuals experiencing illnesses with unpredictable outcomes;
8. discuss the application of principles of group dynamics in health care;
9. compare and contrast the differences in the care of the client with an alteration in thought processes including psychoses, dementias, and delirium;
10. evaluate the effects of severe or panic levels of anxiety on the client response to interpersonal situations and physical conditions;
11. discuss crisis intervention;
12. discuss pharmacological interventions in psychiatric conditions manifested by:
   a. psychoses
   b. anxiety
   c. depression
   d. addictions
   e. mania
   f. personality disorders;
13. use the self as a therapeutic agent in the delivery of health care;
14. implement the nursing process in the care of clients with the following nursing diagnoses:
   a. sensory/perceptual alteration
   b. altered thought processes
   c. anxiety
   d. alteration in nutrition
   e. sleep pattern disturbance
   f. impaired social interaction
   g. ineffective individual coping
   h. memory, impaired
   i. risk for injury
   j. risk of violence: self/others
   k. social isolation
   l. pain, acute or chronic
   m. self-care deficit;
15. identify and describe psychosocial concerns common to the elderly client;
16. identify precipitating causes, symptoms and collaborative management of the elderly who has been abused;
17. discuss the causes, symptoms and collaborative management of clients with dementia;
18. adapt health teaching to special needs of the aging client;
19. discuss legal-ethical concepts as they relate to clients in psychiatric settings.
Course Content:

Course Content (Lecture):
1. Care of the client with a disturbance in body image: eating disorders
2. Care of the client with the following psychological conditions:
   A. psychoses
   B. dementia and delirium
   C. problems managing anger, impulsivity, manipulation, aggression
   D. depression
   E. mania
   F. addiction
   G. anxiety
3. Crisis theory and intervention
4. Concepts of group theory
   A. types of groups
   B. purposes of groups
   C. management of groups in psychiatric settings
5. The nurse’s role in pharmacological interventions in psychiatric conditions
6. Legal-ethical considerations in psychiatric care
7. Violence against women
8. Human Sexuality

Course Content (Lab/Clinical):
1. Care of the client with disturbance in body image
2. Care of the client with psychological conditions
3. Crisis theory and intervention
4. Concepts of group theory
5. The nurse's role in pharmacological interventions in selected physiological and psychiatric conditions
6. Legal-ethical considerations in psychiatric care
7. Community Mental Health Nursing

Methods of Presentation
1. Clinical rotations include the care of the client in acute, chronic, and geriatric psychiatric facilities
2. Simulations
3. Case Study
4. Class and group discussions
5. Textbook reading assignments
6. Lecture/Discussion
7. Clinic
8. Demonstration/Exercise
9. Exams

Assignments and Methods of Evaluating Student Progress
1. Typical Assignments
   A. Using crisis theory complete case studies using at least 3 nursing diagnoses.
   B. In the clinical setting complete a 1:1 conversation identifying therapeutic and non-therapeutic communication styles.
   C. Participate in group therapy in the clinical setting with clients experiencing psychotic illness.
   D. Given a client with an acute mental illness develop a plan of care including medications and treatment plan.
   E. Using principles of therapeutic communication interview a client with an acute or chronic psychiatric issue
2. Methods of Evaluating Student Progress
   A. Critical thinking exercises
   B. Exams/Tests
   C. Nursing care plans
   D. Written Final Examination
   E. Clinical Final Examination
   F. Assigned activities
   G. Simulation
3. Student Learning Outcomes
   Upon the completion of this course, the student should be able to:
   A. Safely care for the client experiencing psychiatric illnesses with unpredictable outcomes.
   B. Identify principles involved in the physiological care of the client with addictions.
   C. Discuss pharmacological interventions in psychiatric conditions.
   D. Discuss legal-ethical concepts as they relate to clients in psychiatric setting.

Textbooks (Typical):

Special Student Materials
1. Student ID card
2. Watch with sweep second hand
3. Students will provide own transportation to and from health care facilities.
4. Student Uniform

Abbreviated Class Schedule Description:
Emphasis on the use of the nursing process in the care of clients of all ages in psychiatric care settings.

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