

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: NR2503- Mental Health Nursing

**II. COURSE DESCRIPTION: 3 credit hours
2 credit hours of lecture and 1 credit hours of lab per week.**

Three (3) credit hours. A two (2) credit hour theory and one (1) credit hour clinical course. The nursing process serves as a framework for studying behavior along a continuum, ranging from mental health to mental illness. The role of the A.D.N. is enhanced as both a provider and manager of care as the student learns to recognize actual and potential behavior patterns and the human responses in adults, children (pediatrics), and families. Clinical experience will provide an opportunity to increase skills and knowledge of communication, psychotherapeutic medications, and client teaching, and function as a member within the discipline of nursing. The student will apply the nursing process and utilize critical thinking in providing and managing care for clients and families in the community.

For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

Pre-requisite: Admission to the Nursing Program & successful completion of Level 1 of the Nursing Program or the LPN/ADN course.

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Nursing Program at Seward County Community College prepares competent practical and associate degree nurses to assist in meeting the health care needs of clients by delivering quality wholistic care.

IV. TEXTBOOK AND MATERIALS:

1. Adams, M., Holland, N. and Urban, C. (2019). Pharmacology for nurses: A pathophysiology approach (6th ed.). Boston, MA: Pearson.
2. Curren, A. (2019). Dimensional analysis for meds: Refocusing on essential metric calculations (5th ed.). Clifton Park, NY: Delmar Cengage Learning.
3. Gulanick, M. and Myers, J. (2016). Nursing care plans: Diagnoses, interventions, and outcomes. (9th ed.). Mosby.
4. Pagana, K.D., Pagana, T.J., and Pagana, T.N. (2018). Mosby's diagnostic and laboratory test reference. (14th ed.). Mosby.
5. Townsend, M. and Morgan, K. (2018). Psychiatric mental health nursing: Concepts of care in Evidence-Based Practice. (9th ed.). Philadelphia: F. A. Davis.
6. Sanoski, C., and Vallerand, A. (2018). Davis's drug guide for nurses. (16th ed.). Philadelphia: F. A. Davis.

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

- I: Read with comprehension, be critical of what they read, and apply knowledge gained to real life
- II: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.
- III: Communicate their ideas clearly and proficiently in speaking, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.
- IV: Demonstrate mathematical skills using a variety of techniques and technologies.

V: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information

VII: Demonstrate knowledge and comprehension of the diverse cultures, creeds, and lifestyles of America and the world community.

IX: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

VI. COURSE OUTCOMES:

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

- A. Identify stressors and dynamics in the client's life which may have contributed to the development of psychological factors, taking into account the cultural and psychosocial background.
- B. Identify the client's characteristic coping style and defense mechanisms.
- C. Apply critical thinking while utilizing the nursing process to plan a therapeutic approach to the client with psychiatric health care problems.
- D. Utilize general principles of communication techniques with clients, family, and members of the mental health care team in providing safe and effective care.
- E. Demonstrate knowledge of psychotherapeutic medications, identifying safety concerns, side effects, toxic reactions, and therapeutic responses.
- F. Implement opportunities to teach the client and client's families while providing wholistic care in the mental health care setting.
- G. Implement professional standards and scope of practice within legal, ethical, and regulatory framework.

VII. COURSE OUTLINE:

1. Basic Concepts in Psychiatric/Mental Health Nursing
 - a. The Concept of Stress Adaptation
 - b. Mental Health/Mental Illness: Historical and Theoretical Concepts
2. Foundations for Psychiatric/Mental Health Nursing
 - a. Concepts of Psychobiology
 - b. Psychopharmacology
 - c. Ethical and Legal Issues in Psychiatric/Mental Health Nursing
 - d. Cultural and Spiritual Concepts Relevant to Psychiatric/Mental Health Nursing
3. Therapeutic Approaches in Psychiatric Nursing Care
 - a. Relationship Development
 - b. Therapeutic Communication
 - c. The Nursing Process in Psychiatric/Mental Health Nursing
 - d. Therapeutic Groups
 - e. Intervention with Families
 - f. Milieu Therapy – The Therapeutic Community
 - g. Crisis Intervention
 - h. Assertiveness Training
 - i. Promoting Self-Esteem
 - j. Anger/Aggression Management
 - k. Suicide Prevention
 - l. Behavior Therapy
 - m. Cognitive Therapy
 - n. Electroconvulsive Therapy
 - o. The Recovery Model
4. Nursing Care of Clients With Alterations in Psychosocial Adaptation
 - a. Neurocognitive Disorders
 - b. Substance-Related and Addictive Disorders
 - c. Schizophrenia Spectrum and Other Psychotic Disorders

- d. Depressive Disorders
- e. Bipolar and Related Disorders
- f. Anxiety, Obsessive-Compulsive and Related Disorders
- g. Trauma and Stressor-Related Disorders
- h. Somatic Symptom and Dissociative Disorders
- i. Issues Related to Human Sexuality and Gender Dysphoria
- j. Eating Disorders
- k. Personality Disorders
- 5. Psychiatric/Mental Health Nursing of Special Populations
 - a. Children and Adolescents
 - b. The Aging Individual
 - c. Survivors of Abuse or Neglect
 - d. Community Mental Health Nursing
 - e. The Bereaved Individual
 - f. Military Families

VIII. INSTRUCTIONAL METHODS:

- 1. Lecture/discussions
- 2. Guest Speakers
- 3. Selected reference readings
- 4. Canvas® Assignments

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

Handouts, videos, journal articles, simulation

X. METHODS OF ASSESSMENT:

SCCC Outcome #1 will be assessed and measured by class participation, written care plans, exams, and written assignments indicating comprehension of material read.

SCCC Outcome #2 will be assessed and measured by written and verbal care plans, process recordings of nurse-client interactions, and demonstration of communication techniques in the clinical setting.

SCCC Outcome #3 will be assessed and measured by class participation, evaluation of verbal nurse-client interactions and participation in a team building experience.

SCCC Outcome #4 will be assessed and measured by medication calculations and computer simulation assignments.

SCCC Outcome #5 will be assessed and measured by written examinations, nursing care plans and class discussion.

SCCC Outcome #7 will be assessed and measured by application of classroom material in the clinical setting, care plans, and written examination.

SCCC Outcome #9 will be assessed and measured by performance at the clinical site, participation with classmates in the clinical and classroom setting and participation in a team building experience.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students

should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 5/20/2021