



NSG 44 - Psych/Mental Health Nursing

Catalog Description

Transfer Status: CSU

Prerequisite: NSG 31, NSG 32, NSG 35, NSG 36, NSG 37

Corequisite: NSG 41, NSG 42, NSG 43, NSG 47, NSG 49

Unit(s): 2.00

Lecture: 34.00 Contact hours/68.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

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Course Description: This course is an exploration of the psychology of maladaptive behavior and students are introduced to principles and strategies for the promotion of wellness. Graded only.

Objectives

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

1. Use the nursing process to provide care for patients with mental health disorders, and incorporate the family in the process.
2. Identify educational needs of patients with mental health disorders, along with their families, to promote, achieve or maintain a state of health.
3. Demonstrate caring behaviors that assist the patient with mental health disorders in meeting the needs necessary for optimal health.
4. Demonstrate effective use of therapeutic and non-therapeutic communication appropriate for patients with mental health disorders.

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lecture</u>
<u>Topics</u>	<u>Lec Hrs</u>
Mental Health Care: Past and Present	7.00
The Care Giver's Therapeutic Skills	4.00
Mental Health Issues Throughout the Life Cycle	6.00
Patients with Psychological Issues	10.00
Patients with Psychosocial Issues	7.00
Total Hours: 34.00	

Methods of Instruction

- A. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- B. Lecture
- C. Multimedia Presentations
- D. Student Presentations

Methods of Evaluation

- A. Exams/Tests
- B. Papers
- C. Oral Presentation
- D. Written Assignments

Examples of Assignments

Reading Assignments

1. Read the chapter on caring for individuals with bipolar disease. Be prepared to discuss this topic in class.
2. Read the chapter on establishing and maintaining a therapeutic relationship. Be prepared to demonstrate therapeutic listening techniques in class.

Writing Assignments

1. Complete the on-line assignment on Stress Management. Write a two-page paper that describes two methods nurses can use to promote self-care and reduce the psychological stress response.
2. Read the article "See What I'm Saying" by Nathaniel Reade. Write a 2-3 page paper explaining how this article is relevant to nursing practice and to your nursing career.

Out-of-Class Assignments

1. Complete a transcribed record of a patient-caretaker interaction (Process Recording). Be prepared to discuss specific therapeutic techniques used during the interaction.
2. Review how Beck's Depression Inventory is used and how it is beneficial for the patient. Bring to class a copy of this screening tool and be prepared to discuss this topic in class.

Recommended Materials of Instruction

Morrison-Valfre, M. (2013). Foundations of Mental Health Care. *St Louis: Mosby, 5th.*

Minimum Qualifications

Licensed Vocational Nursing
Nursing (Masters Required)

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