

**NSG 9 - Accelerated Track Mental Health and Psychiatric Nursing****Catalog Description****Transfer Status:** CSU**Prerequisite:** Admission to Accelerated Track Registered Nursing Program**Unit(s):** 1.50**Lecture:** 25.50 Contact hours/51.00 Out of class hours/76.50 Total hours/1.50 Unit(s)**Total:** 25.50 Contact hours/51.00 Out of class hours/76.50 Total hours/1.50 Unit(s)

Course Description: This course is designed to enable the student to acquire knowledge and skills in the systematic observation of patients with psychopathologic syndromes and developmental disabilities. Students will also increase their general knowledge of the dynamics, etiology, and treatment of psychopathology. Emphasis is placed on further development of the nurse's therapeutic self, and the utilization of the nursing process. This course is specifically directed toward the identification of nursing care goals, approaches, and interventions which are applicable to any patient experiencing psychological distress. Graded only.

Objectives

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

1. Explore the role of resilience in the prevention of and recovery from mental illness and consider resilience in response to stress.
2. Analyze the continuum of psychiatric care and the variety of care options available.
3. Develop awareness of the balance between the patient's rights and rights of society with respect to the legal concepts relevant in nursing and psychiatric mental health nursing.
4. Explain the importance of culturally relevant care in psychiatric mental health nursing practice.
5. Identify nursing diagnoses and interventions, including psychotropic medications as they relate to the clients with psychiatric disorders, taking into consideration developmental level, nutritional status, cultural diversity and sexuality.
6. Compare and contrast a social relationship and a therapeutic relationship regarding purpose, focus, communication style and goals.
7. Identify characteristics of mental health and factors that promote resilience in children and adolescents.
8. Describe the effects of serious mental illness on daily functioning, interpersonal relationships and quality of life.
9. Explore the category of alternative medical systems along the domains of integrative care; natural products, mind and body approaches manipulative and body-based practices and other therapies.

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lecture</u>
<u>Topics</u>	<u>Lec Hrs</u>
Introduction to Psychiatric/Mental Health Concepts	5.50
Psychiatric/Mental Health Nursing Interventions	8.00
Care of Clients with Psychiatric Disorders	6.50
Psychiatric/Mental Health Nursing Special Populations	5.50
Total Hours: 25.50	

Methods of Instruction

- A. Class Activities
- B. Guest Speakers
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Lecture
- E. Multimedia Presentations
- F. Reading Assignments

Methods of Evaluation

- A. Exams/Tests
- B. Papers
- C. Homework
- D. Group Participation

Examples of Assignments

Reading Assignments

1. Read the introductory chapter on mental health and mental illness in your textbook. Be prepared to discuss the perceptions of mental health and mental illness in your online posts.
2. Read the article, "See what I'm Saying", by Nathaniel Reade and be prepared to discuss the therapeutic communication techniques used by the individual in this article.

Writing Assignments

1. After reading the case study pertaining to a patient with schizophrenia, answer the 5 short answer questions and 2 essay questions (4 pages) provided related to this scenario.
2. Research an academic/scholarly journal article related to stress reduction. Answer the 2 pages of short answer questions provided that pertain TOP complementary therapies.

Out-of-Class Assignments

1. After watching the video, "A New Stage of Mind: Ending the Stigma of Mental Illness", answer the question: How can you as a nurse and/or individual help end the stigma of mental illness? Be prepared to participate in group discussion.
2. After watching the video "Shocking", discuss the pros and cons of electroconvulsive therapy (ECT). Be prepared to participate in a group discussion.

Recommended Materials of Instruction

Halter, M.J. (2021). Varcolis' Foundations of Psychiatric Mental Health Nursing, a Clinical Approach. *Elsevier*, 9th. 978-0-323-82978-6.

Townsend, M.C., & Morgan, K. (2020). Pocket Guide to Psychiatric Nursing. *F A Davis*, 11th. 978-0-8036-9995-3.

Harding, M. M., Kwong, D. Hagler, D. Roberts, & C. Reinisch, Eds. (2022). Lewis's Medical-Surgical Nursing: Assessment and Management of Clinical Problems. *Elsevier*, 12th. 978-0-323-82519-1.

Minimum Qualifications

Nursing (Masters Required)

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