

Common Course Outline
NURN 113
Mental Health Practical Nursing Concepts
3 Credits

The Community College of Baltimore County

Description

NURN 113 – 3 Credits – Mental Health Practical Nursing Concepts presents essential principles, concepts and skills needed for promotion of mental health and care of mentally ill patients across the lifespan. Content includes growth and development, stress and behavior, and common forms of mental illness. Opportunities to apply theoretical knowledge and perform nursing skills are provided through faculty guided learning experiences in acute and/or community-based psychiatric health care settings that introduce the student to care of the mentally ill patient.

3 Credits: 2 credit hours theory (30 clock hours); 1 credit hour simulation lab/clinical (45 clock hours)

Prerequisites: NURN 103 and NURN 110.

Overall Course Objectives

Upon completion of this course students will be able to:

1. apply legal and ethical standards for practical nursing practice when promoting and providing care for patients with mental health issues;
2. prioritize nursing care for patients experiencing mental health problems;
3. discuss the interdisciplinary roles among members of the health care team;
4. collaborate in a team relationship to promote effective mental health care for patients;
5. use critical thinking skills to assist in planning health promotion activities for patients with mental health issues;
6. discuss the effects of physiological, psychological, socio-cultural, developmental and spiritual factors for patients with mental health issues;
7. describe how the nurse uses the necessary components involved in building and enhancing the nurse-patient relationship for patients with mental health issues;
8. utilize available community resources to assist patients to achieve an optimal level of mental health;
9. apply evidence-based practice in the development of a plan of care for patients with mental health disorders;
10. utilize technology to enhance the effectiveness and efficiency of nursing care for patients with mental health issues;
11. demonstrate effective communication techniques and caring behaviors;
12. plan nursing care to promote and maintain safety for mental health patients;
13. participate in promoting mental health in a variety of health care settings; and
14. discuss mental health issues that have significant impact on patients, families and society.

Major Topics

- I. Foundations of Psychiatric-Mental Health Nursing
- II. Psychological Integrity
 - A. Response to Illness
 1. Personal Characteristics
 2. Diversity
 3. Spirituality
 - B. Mental Status Assessment
 - C. Psychobiology
 1. Psychosocial & Neurobiologic Theories
 2. Pharmacology
 - D. Effective Approaches
 1. Therapeutic Communication
 2. Therapeutic Relationships
 3. Milieu
 4. Therapies
- III. Professional Practice Concepts
 - A. Health Law
 1. Patient's Rights
 2. Admission Criteria
 3. Discharge Criteria
 - B. Ethics
- IV. Psychosocial Concepts
 - A. Affective Continuum
 1. Anxiety Disorders
 - a. Phobias
 - b. Panic Disorder
 2. Mood Disorders
 - a. Major Depressive Disorder
 - b. Bipolar Disorder
 - c. Suicide
 3. Obsessive Compulsive and Related Disorders
 - a. Obsessive Compulsive Disorder
 - b. Hoarding
 - B. Personal Interactions
 1. Aggression, Abuse and Violence
 2. Addiction
 3. Personality Disorders
 4. Trauma and Stressor-Related Disorders
 - a. Posttraumatic Stress Disorder
 - b. Dissociative Disorders
 5. Dissociative Identity Disorder
- V. Biophysical Concept
 - A. Psychotic Disorders - Schizophrenia
 - B. Nutrition
 1. Anorexia Nervosa

2. Binge Eating
3. Bulimia Nervosa

Course Requirements

An overall grade of C (75.00%) or higher is required for satisfactory completion of the course.

Grading procedures will be determined by the course faculty but will include the following:

Grading/Exams:

- There is a minimum of four theory exams.
- The exam average must equal 75.00% or higher to pass the course.
- There is a minimum of five quizzes.
- The student must successfully complete the Proctored Standardized Test.

Written Assignments:

- The student will have a minimum of two writing assignments to include a paper based on a chosen mental health disorder and participate in a class debate concerning current topics in mental health.
- Students are required to utilize appropriate academic resources.
- Citations are based on the American Psychological Association (APA) format.

Simulation Lab/Clinical Requirements:

- Attendance at all assigned clinical/laboratory experiences
- Satisfactory completion of all assignments
- Satisfactory performance in the clinical experiences