

**BOSSIER PARISH COMMUNITY COLLEGE**  
**Master Syllabus**

**Course Prefix and Number:** NURS 223

**Credit Hours:** 2

**Course Title:** Mental Health Nursing

**Prerequisites:** NURS 200, NURS 201, NURS 202, NURS 203, NURS 205, NURS 211, NURS 212, NURS 213 and NURS 214

**Co-Requisites:** NURS 220, NURS 221, NURS 222, NURS 224, NURS 225, and NURS 226

**Textbooks:**

Deglin, Judith, Vallerand, April & Sanoski, Cindy (2017). Davis's Drug Guide for Nurses, (15<sup>th</sup>ed.).

Gulanick, Meg & Myers, Judith (2014). Nursing Care Plans Diagnosis, Interventions, Outcomes. (8<sup>th</sup> ed.)

Kee, Joyce L. (2014). Laboratory and Diagnostic Tests with Nursing Implications. (9<sup>th</sup> ed.)

Vildebeck, Sheila L. (2017). Psychiatric-Mental Health Nursing (8<sup>th</sup>ed.).

Vildebeck, Sheila L. (2017) Prep U for Psychiatric-Mental Health Nursing (8<sup>th</sup> ed.)

**Course Description:**

In this course students are introduced to the theoretical foundations of mental health nursing. Course content focuses on commonly diagnosed mental disorders, treatment modalities, pharmacological interventions, and therapeutic communication skills. The role of the professional nurse in the provision of diverse, culturally sensitive, age appropriate and evidenced based care while utilizing the nursing process will be stressed.

**Student Learning Outcomes (SLO)**

1. Professional behaviors including commitment to continued quality improvement, ethical and legal standards of practice, efficient management of resources, patient advocacy and lifelong learning
2. Promote safety in the workplace to minimize risk of harm to self, patients, family members and coworkers.
3. Use of therapeutic communication techniques which result in optimal relationships with patients and families and teamwork and collaboration with interdisciplinary team members.
4. The ability to provide patient-centered care with regard to cultural and life-span diversity in a variety of healthcare settings
5. Evidence-based practice to inform the nursing process for clinical judgment and critical decisions making.
6. Use of informatics and technology to document, manage patient records and support decision making.
7. Competency with the nursing process to assess, plan, implement and modify patient care to promote positive outcomes.

## **Course Student Learning Outcomes (CLSO)**

At the end of this course the student will be able to:

- A. Apply knowledge of current mental health theories, treatments, practice and diverse cultural and life span influences in the provision of patient-centered care in the mental health setting. (SLO:1,4,5,6,7)
- B. Utilize current evidence as basis for building the nurse-client relationship in regard to assessment, therapeutic communication and making decisions that promote health and wellness within the mental health setting. (SLO:3,4,5,6)
- C. Apply knowledge of established legal and ethical standards of care in the provision of mental health care. (SLO:1,2)
- D. Employ collaboration strategies with team members concerning current social and emotional concerns and the promotion of safe, quality, competent care for clients with mental health care needs.(SLO:1,2,3)
- E. Apply the nursing process and teaching needs to the patient-centered care of patients with mental disorders. (SLO:1,7)
- F. Utilize critical thinking to apply knowledge of current mental health theories, treatments, practice and diverse cultural and life-span influences in the provision of patient-centered care in the mental health setting. (SLO:1-20)

## **Objectives**

To achieve the Course Student Learning Outcomes, the student will meet the following objectives:

1. Describe characteristics of mental health and mental illness in diverse populations. (CLSO:A)
2. Identify and analyze important historical landmarks in psychiatric care. (CLSO:A)
3. Discuss the categories of drugs used to treat mental illness and their mechanisms of action, side effects, and nursing considerations in diverse ethnic populations. (CLSO:A)
4. Identify client responses that indicate treatment effectiveness. (CLSO:A)
5. Develop a teaching plan for clients and families for implementation of the prescribed therapeutic regimen with cultural considerations. (CLSO:A)
6. Application of the psychosocial theories: psychoanalytic, developmental, interpersonal, humanistic, behavioral, and existential in the client with mental illness. (CLSO:A)
7. Describe the following psychosocial treatment modalities: individual psychotherapy, group psychotherapy, family therapy, behavior modification, systematic desensitization, token economy, self-help groups, support groups, education groups, cognitive therapy milieu therapy and psychiatric rehabilitation. (CLSO:A)
8. Discuss the various mental health treatment settings. (CLSO:A)
9. Identify barriers to effective treatment for diverse populations with mental illness. (CLSO:A)
10. Explain how the nurse uses trust, genuine interest, empathy, acceptance, and positive regard in building a therapeutic relationship. (CLSO:B)
11. Identify barriers to a therapeutic nurse-patient relationship within diverse mental health populations. (CLSO:A, B)
12. Explain the professional role of the nurse in providing patient-centered care in the mental health care setting. (CLSO:B)

13. Identify and incorporate therapeutic and nontherapeutic verbal communication skills. (CLSO:B)
14. Discuss and evaluate nonverbal communication skills. (CLSO:B)
15. Discuss professional boundaries in therapeutic communication and therapeutic relationships. (CLSO:B)
16. Explain and analyze the influence of interpersonal factors, such as sense of belonging, social networks, and family support on the client's response to illness. (CLSO:B)
17. Describe various cultural beliefs and practices that can affect mental health or illness. (CSLO:A, B)
18. Recognize key physiologic functions that frequently are impaired in people with mental disorders. (B)
19. Obtain and organize psychosocial assessment data used as a basis for planning nursing care. (CLSO:B)
20. Describe the legal and ethical rights of the client with mental illness. (CSLO:C)

### Course Requirements

**In order to receive a grade of "C" the student must earn 76% of the total possible points for the courses and achieve all of the course requirements listed below.**

The student will:

- Participate in all course work and class room experiences such as but not limited to class discussions, quizzes, case studies, and remediation assignments.
- Be required to achieve a minimum overall average of 76% on the unit exams, a minimum score of 70% on the final exam and a minimum 76% average on all unit exams plus the final exam.
- Complete the Prep U assignments, by the due dates, as assigned in the course syllabus. Failure to complete any Prep U assignment will result in the next exam being lowered by 10 points.
- Score a minimum of 76% on the Movie Review assignment by the due date adhering to the required criteria.
- Abide by all policies and procedure in the BPCC Nursing Student Handbook as well as the BPCC Catalog.
- **Remediation:** Students who do not score at least 76% on unit exams will be required to complete mandatory exam remediation. Remediation will be assigned by the instructor. It is the student's responsibility to contact the instructor to request the remediation assignment. The assignment will be due by the following class period. Failure of the student to complete assigned remediation by the due date will result in having that test grade lowered by 10 points.
- **Test review** is a required component regardless of the time it is scheduled. If a student does not attend test review they will be counted absent. Students with an excused absence are required to come to the instructor's office within one week to review the test by appointment only. Failure to attend test review or schedule a test review for an excused absence will result in 10 points lowered from the exam.

- Any test discrepancy must be brought to the instructor within one week of grades being posted to Canvas. There will be no grade change after one week of grades being posted.
- Completing the **Kaplan Examinations** as scheduled in syllabus is a course requirement.

### Grading Scale

93	–	100%	=	A
85	–	92%	=	B
76	–	84%	=	C
68	–	75%	=	D
0	–	67%	=	F

**Attendance Policy:** The college attendance policy, which is available at <http://www.bpcc.edu/catalog/current/academicpolicies.html>, allows that “more restrictive attendance requirements may apply to some specialized classes such as laboratory, activity, and clinical courses because of the nature of those courses.” The attendance policy of the Nursing program is described in the Nursing Program Clinical Handbook.

### Nondiscrimination Statement

Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

### COORDINATOR FOR SECTION 504 AND ADA

Angie Cao, Student and Disability Services Specialist

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