



# **ILLINOIS VALLEY COMMUNITY COLLEGE**

## **COURSE OUTLINE**

**DIVISION: Nursing**

**COURSE: NUR 1210 Mental Health Nursing**

Date: Spring 2023

Credit Hours: 4

*Complete all that apply or mark "None" where appropriate:*

Prerequisite(s): Admission to the Nursing Program; NUR 1200, NUR 1100, ALH 1002, BIO 1007, BIO 1009

Enrollment by assessment or other measure?  Yes  No  
If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): ALH 1000, BIO 1008, PSY 1000

Consent of Instructor:  Yes  No

Delivery Method:  **Lecture**                      **2 Contact Hours** (1 contact = 1 credit hour)  
 **Seminar**                              **0 Contact Hours** (1 contact = 1 credit hour)  
 **Lab**                                        **1.5 Contact Hours** (2-3 contact = 1 credit hour)  
 **Clinical**                                  **4.5 Contact Hours** (3 contact = 1 credit hour)

Offered:  **Fall**     **Spring**     **Summer**

### **CATALOG DESCRIPTION and IAI NUMBER (if applicable):**

The focus of this course is the nursing care of patients with mental health problems throughout the life cycle. The student is provided the opportunity to utilize critical thinking, the nursing process, nursing skills, and theoretical knowledge in a variety of health care settings.

## **ACCREDITATION STATEMENTS AND COURSE NOTES:**

Any nursing student or pre-nursing student must attain a C in this course for it to be applied as credit in the IVCC's nursing program.

## **COURSE TOPICS AND CONTENT REQUIREMENTS:**

Introductory Concepts  
Theories of Behavior  
Building the Nurse-Client Relationship  
Legal and Ethical Issues  
Anxiety/OCD  
Mood Disorders  
Suicide  
Borderline Personality Disorder  
Thought Disorders  
Substance Abuse  
Eating Disorders  
Anger, Hostility, Violence, Abuse, Sexual Violence  
Cognitive Impairment  
Mental Health Issues in Children and Adolescents

## **INSTRUCTIONAL METHODS:**

Lecture  
AV materials  
Computer Aided Instruction  
Role Playing  
Guest Experts  
Seminar Discussions  
Simulations  
Alternative learning experiences  
Clinical experience in areas of acute inpatient, and community mental health agencies

## **EVALUATION OF STUDENT ACHIEVEMENT:**

A= 93-100  
B= 86-92  
C= 80-85  
D= 70-79  
F= Below 70

## **INSTRUCTIONAL MATERIALS:**

### **Textbooks**

Haugen, N., Galura, S., & Ulrich, S. P. (2020). *Ulrich & Canale's Nursing Care Planning Guides: Prioritization, delegation, and clinical reasoning*. Elsevier.

Lilley, L. L., Rainforth-Collins, S., & Snyder, J. (2020). *Pharmacology and the Nursing Process*, 9<sup>th</sup> ed. St. Louis, MO: Saunders Elsevier.

VanMeter, K. C. & Hubert, R. (2018). *Gould's pathophysiology for the health professions*, (5th ed.) St. Louis, Mo: Saunders

Varcarolis, E., Halter, M. (2020). *Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care*, (4th ed.) Elsevier

## Resources

Adaptive Quizzing associated with your textbook.

Evolve RN Case Studies

Sylvestri, L. (2021). HESI Saunders Online Comprehensive Review for the NCLEX-RN Exam (6<sup>th</sup> ed.). Elsevier.

Other:

IVCC NUR 1210 Course Packet

Current IVCC Nursing Handbook

## LEARNING OUTCOMES AND GOALS:

### Institutional Learning Outcomes

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

## Course Outcomes and Competencies

**Nursing Judgment** – Demonstrate nursing judgment using the nursing process framework in order to address basic concepts related to selected health conditions.

- 1.1 Differentiate between nursing diagnoses and DSM-V diagnoses.
- 1.4 Interact effectively with clients experiencing mood disorders, anxiety disorders, thought disorders, personality disorders, substance related disorders, eating disorders and cognitive impairment.
- 1.5 Use the nursing process as a framework to address basic concepts of selected mental health conditions.
- 1.6 Identify legal/ethical behavior and practices within professional standards.
- 1.7 Describe the various types of admissions and commitments to a mental health facility.
- 1.8 Describe the specific confidentiality issues encountered in mental health nursing.
- 1.9 Describe the rights of the client in a psychiatric setting.
- 1.10 Discuss the legal and ethical issues related to seclusion and restraint.
- 2. **Communication** – Use therapeutic communication techniques to establish/ maintain nurse-client relationships in various settings.
  - 2.1 Describe and identify therapeutic and non-therapeutic communication techniques.
  - 2.2 Demonstrate effective communication techniques while interacting with clients/peers/staff.
  - 2.3 Establish/maintain a nurse-client relationship in a variety of mental health settings.
  - 2.4 Complete 1 communication paper critiquing the communication processes used during interactions with a client in the acute inpatient setting.
  - 2.6 Describe the goals of therapeutic communication.
  - 2.7 Describe and implement the phases of the nurse-client relationship.

3. **Therapeutic Nursing** – Identify and implement basic therapeutic and evidence-based nursing interventions in providing holistic care to clients/aggregates with selected mental health conditions.
  - 3.1 Utilize knowledge regarding bio-psychosocial adaptation to promote, maintain student and restore the health of clients with a mental health condition.
  - 3.2 List nursing interventions appropriate to use with clients experiencing common problems symptomatic of mental disorders.
  - 3.2 Identify the actions, uses, side effects, and nursing implications for psychotropic medications administered to people with mental health problems.
  - 3.4 Relate the intrapersonal, interpersonal, behavioral, cognitive, feminist, and biogenic theories to the practice of mental health nursing.
  - 3.5 Examine the ways values, attitudes, beliefs, and behaviors are related to mental illness.
4. **Quality & Safety** – Identify and apply quality improvement and safety initiatives in the acute care setting.
  - 4.1 Describe the signs, symptoms and behaviors associated with the three phases of anger and aggression.
  - 4.1 Describe appropriate nursing interventions for the client exhibiting anger and aggression.
  - 4.3 Assist in the maintenance of a safe milieu on the acute care inpatient and ICFMI units.
  - 4.4 Provide education to clients, families to promote prevention and early intervention of abuse and violence.
5. **Care Management** – Demonstrate the ability to organize and provide prescribed plan of care for the mental health client/aggregate in collaboration with other members of the health care team.
  - 5.1 Describe defense mechanisms used by clients.
  - 5.2 Describe de-escalation techniques for clients displaying anger and aggression.
  - 5.3 Identify the roles and functions of the members of the mental health care team.
  - 5.4 Observe therapeutic group meetings in the acute care setting.
6. **Community** – Describe the biopsychosocial responses of culturally diverse clients across the lifespan.
  - 6.1 Identify the community resources available for the client with mental health needs.
  - 6.2 Discuss the economic factors which have affected the provision of care through various treatment modalities in mental health.
  - 6.3 Participate in a variety of alternative learning experiences based in our community.
  - 6.4 Describe the influence of individual, interpersonal and cultural factors (age, growth and development, race or ethnic background, sexual orientation and gender expression, spirituality, education, economic status, occupation, self-efficacy, sense of belonging, hardiness, social network, family support) on a client's response to illness.
7. **Professionalism** - Assimilate attributes of professional behavior.
  - 7.1 Develop self-reflection of performance through clinical journals.
  - 7.2 Recognize professional behaviors among health care professionals.
  - 7.3 Discuss boundaries in therapeutic relationships.