

Imperial Valley College
NURSING & ALLIED HEALTH

Nursing 225: Psychiatric & Mental Health Nursing Applications

Instructor Marie Nacionales/Diedre Pollock

Course Description:

This course provides the clinical application of theoretical concepts taught in Psychiatric and Mental Health Nursing. Emphasis is on the nursing process, communication, psychopathology, and the principles of psychiatric/mental health nursing, in a variety of clinical settings.

Prerequisites, if any:

NURS 125 Nursing Process & Application II

NURS 121 Nursing Skills Lab II

NURS 123 Pharmacology II

Co-requisites, if any:

NURS 231 Nursing Process and Application III

NURS 211 Nursing Skill Lab III

NURS 224 Psychiatric & Mental Health Nursing

Course Requirements:

A. Hours: 54 Lab hours

B. Assignments: Refer to clinical objectives 1-9

C. Methods of Evaluation:

- Class Activity
- Essay
- Quizzes
- Mid-term/final exams
- Course Objectives
- Oral assignments
- Problem solving exercise
- Skill demonstration
- Written Assignments

D. Attendance:

According to Imperial Valley College catalog: attendance is expected of all students enrolled and will be considered when computing grades. A student may be excluded from further attendance in a class during any semester when absences have exceeded the number of hours that the class meets per week configured as if the class hours were spread over the semester. Further, the

instructor can request a student be removed from class if the student is judged to be a disturbing element in the class.

In addition, the attendance policy of the Nursing Program includes but is not limited to the following:

1. A student who exceeds the maximum allowable number of hours absent must file a petition to remain in the nursing program. The student will meet with the program team to discuss the situation and consideration for dismissal
2. If remediation is considered, additional study assignments will be based upon the classroom objectives as determined by the instructor
3. Students who are late to class 3 times in any nursing course will be considered absent for one day.
4. It is the student's responsibility to check on announcements any time absent or tardy
5. It is the student's responsibility to drop the class through Webstar before the drop date if they do not intend to continue in the class. Failure to drop the class by the drop date will result in possible failure of the class.

E. Methods of Instruction:

- Audio Visual
- Computer Assisted Instruction
- Lab Activity
- Discussion
- Skill Demonstration
- Group Activity
- Individual Assistance
- Lecture
- Simulation/Case study

Grading

Students must maintain a "C" average grade as determined by the scale below:

- A = 92-100%
- B = 83-91 %
- C = 75-82%
- D = 68-74%
- F = Below 68%

Clinical Objectives:

1. Compare your feelings about psychiatric/mental health nursing in different settings
2. Verbalize safety/security measures used at the facility.
3. Apply the five axes of the DMS IV to a client in a mental health facility.
4. Evaluate the signs and symptoms of clients with psychiatric disorders.
5. Evaluate the nursing process in situations involving clients with psychiatric/mental health diagnosis.
6. Identify the social structure of the clinical setting for the purpose of assisting the client to take advantage of the therapeutic possibilities.
7. Participate in the hospital admission and discharge procedures for a client with a psychotic disorder.
8. Formulate care plans relevant for clients with a variety of psychiatric diagnosis.

Student Learning Outcome:

1. Asses a set of clinical data, formulate a nursing diagnosis, implement a plan, and evaluate outcome of the action plan.

**Textbooks: Videbeck, Psychiatric Mental Health Nursing w/CD, 5th Ed, 2011
Wolters, Kluwer, Lippincott Williams & Wilkins ISBN: 9781605478616**

Unit #1: Introduction to Psychiatric Nursing

Clinical Objectives:

1. Discuss your feelings about psychiatric/mental health nursing.
2. Become familiar with the facility to which you are assigned.
3. Know the safety/security measures used at the facility.
4. Interact with clients on the unit to which you are assigned.
5. Evaluate the legal processes pertinent to clients with psychiatric/mental health diagnosis.
6. Apply the five axes of the DMS IV to a client in a mental health facility.
7. Identify the commitment procedures used for at least 6 clients on the unit to which you are assigned.
8. Evaluate the signs and symptoms of anxiety and stress as related to the behavior of a client.

Unit #2: Psychiatric Nursing: Roles and Responsibilities

Clinical Objectives:

1. Evaluate the nursing process in situations involving clients with psychiatric/mental health diagnosis.
2. Evaluate your therapeutic communication skills through the use of a process recording with a client with mental health problems.
3. Using the psychiatric assessment tool evaluate a client's mental status.
4. Apply the five axes of the DMS IV to a client in a mental health facility.
5. Establish a relationship of trust with a client on the ward, and analyze the verbal and nonverbal cues of the client.
6. Establish a one-to-one interaction with a client, and relate the dynamics of the therapeutic use of self.
7. Describe relational and communicational complexities as they relate to the client.
8. Identify the means by which collaboration on the mental health team is achieved and evaluate its effects.

Unit #3: Therapeutic Approaches in Psychiatric Nursing Care

Clinical Objectives:

1. Formulate nursing diagnoses and select measurable goals a mental health client might reach as a result of appropriate interventions based on theory learned in class.
2. Evaluate nursing interventions utilized to facilitate change in an individual and group setting.
3. Demonstrate skill in facilitating interaction between one's peers and with staff.
4. Assess small groups in terms of their functional, structural and interactional characteristics.
5. List the classes, properties, uses and side effects of the major psychotropic drugs.
6. Compare the use of family therapy in psychiatric nursing to other types of individual or group therapy

Unit #4: Psychotic Conditions

Clinical Objectives:

1. Identify specific verbal and nonverbal behaviors demonstrated by clients that illustrate symptomatology related to psychotic conditions.
2. Identify an individual client's assets and deficits in the area of self-care, cognitive skills, interpersonal relations, developmental level and perception of reality.
3. Identify the social structure of the ward for the purpose of assisting the client to take advantage of the therapeutic possibilities.
4. Participate in the hospital admission procedures for a client with a psychotic disorder.
5. Assist in the discharge procedures for a client on your unit.
6. Formulate nursing interventions appropriate for clients who have schizophrenic disorders.
7. Observe the effects of pharmacological agents on clients with psychotic disorders.

Unit #5: Mood Disorders

Clinical Objectives:

1. Formulate nursing interventions appropriate for clients who are depressed.
2. Assess a client's ability for self care, cognitive skills, and interpersonal relations
3. Describe treatment modalities relevant to treatment of clients with mood disorders.
4. Identify topics for client and family teaching related to mood disorders.
5. Discuss nursing interventions appropriate for clients who are manic.
6. When possible participate in the admission and/or discharge of a client with a mood disorder.
7. Identify the social structure of the unit for the purpose of assisting the client to take advantage of the therapeutic possibilities.
8. Support the bereaved family, friends, and caregivers.
9. Assess a suicidal client and identify appropriate nursing interventions to promote client safety.

Unit #6: Disorders Usually Diagnosed in Infancy, Childhood, or Adolescence and Eating Disorders

Clinical Objectives:

1. Interact with a client who has a diagnosis of a disorder usually first diagnosed in infancy, childhood, or adolescence.
2. Assess relevant subjective and objective data for clients with disorders usually first diagnosed in infancy, childhood, or adolescence.
3. Formulate a nursing diagnosis for a client with a disorder usually first diagnosed in infancy, childhood, or adolescence.
4. Plan and implement nursing interventions for a client who has a disorder usually first diagnosed in infancy, childhood, or adolescence.
5. Discuss pharmacological agents commonly used in these clients.
6. Assess a client with an eating disorder and formulate relevant nursing diagnosis.
7. Use the nursing process to plan interventions for a client with an eating disorder.
8. Discuss how family involvement is encouraged in the care of infants, children and adolescents.

Unit #7: Personality and Dissociative Disorders

Clinical Objectives:

1. In clinical conference identify treatment modalities contributing to the intervention process with clients with personality and dissociative disorders.
2. Formulate a plan for nursing intervention based on the nursing process relevant for a client with a personality or dissociative diagnosis.
3. Relate the nursing process in planning care for clients who manifest angry, manipulative or histrionic behavior.
4. Evaluate the nursing care of clients with dissociative or personality disorders.

Unit #8: Substance-Related and Anxiety Disorders

Clinical Objectives:

1. Identify specific verbal and nonverbal behaviors demonstrated by clients that illustrate the symptomatology of a client with an anxiety disorder.
2. Identify an addictive client's ability for self-care and safety.
3. Assess the cognitive skills, interpersonal relations, developmental level and perception of reality in an addictive client.
4. Identify the social structure of the ward for the purpose of assisting the client to take advantage of the therapeutic possibilities.
5. Develop individualized nursing care plans for clients with the anxiety disorders.
6. Implement appropriate nursing interventions for clients with anxiety disorders.
7. Discuss a variety of nursing intervention strategies for clients demonstrating various types of substance abuse.
8. Provide AIDS risk reduction education and counseling for clients who are substance abusers.

Unit #9: Problems of Abuse

Clinical Objectives:

1. Complete a plan of care for a victim of domestic violence.
2. Given a case illustration, write a nursing care plan for intervention for victims of elder abuse.
3. Describe the laws regulating the reporting of abuse.
4. Define abuse according to age of victim and type of abuse.
5. Give a presentation relevant to the theory of victims of abuse, utilizing resource materials, news media publication and research data.
6. Complete a summary on a guest speaker's presentation.
7. Identify the most common DSM IV mental disorders and associated nursing diagnoses among victims and perpetrators of abuse.