

Imperial Valley College Course

**Basic Course Information**

Semester	<b>Winter 2015</b>	Instructor Name	<b>Marie Nacionales</b>
Course Title & #	<b>Nursing 225, Psych Mental Health Application</b>	Email	<b>marie.nacionales@imperial.edu</b>
CRN #	<b>15133</b>	Webpage (optional)	<b>NA</b>
Room	<b>Clinical</b>	Office	<b>2128</b>
Class Dates	<b>01/6-2/12/2015</b>	Office Hours	
Class Days	<b>Friday</b>	Office Phone #	<b>760-355-6493 or 356-0266</b>
Class Times	<b>7:00 -5:20 PM</b>	Clinical Practicum Hours	<b>54</b>
Units	<b>1</b>		

Welcome to Psychiatric Nursing. This course will cover the essential components required for being a safe practitioner in the area of behavioral health. Multiple teaching modalities will be utilized.

**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.

**Course Objectives**

1. Describe the laws regulating the reporting of abuse - defined by age of victim and type of abuse
2. Identify specific verbal and nonverbal behaviors demonstrated by clients that illustrate the symptomatology of an anxiety/stress disorder, an addictive personality/behavior, and/or psychotic condition
3. Identify treatment modalities and intervention processes for clients with personality and dissociative disorders
4. Relate the nursing process in planning care for clients who manifest angry, manipulative, or histrionic behaviors
5. Interact with a client who has a diagnosis of a disorder usually first diagnosed in infancy, childhood, or adolescence
6. Plan and implement nursing interventions for a client who has a disorder usually first diagnosed in infancy, childhood, or adolescence
7. Assess a client with a mood or an eating disorder and formulate relevant nursing diagnoses
8. Discuss pharmacological agents and psychotropic drugs commonly used in different psychiatric disorders
9. Identify the social structure of the unit for the purpose of assisting the client to take advantage of the therapeutic possibilities
10. Assess a suicidal client and identify appropriate nursing interventions to promote safety
11. Demonstrate the communication skill for facilitating interaction between one's peers and with the staff
12. Establish a relationship of trust with a client in a facility and analyze the verbal and nonverbal cues of the client
13. Compare the use of family therapy in psychiatric nursing to other types of individual or group therapy
14. Apply the five axes of the DMS IV to a client in a psychiatric or mental health facility
15. Formulate care plans relevant for clients with a variety of psychiatric diagnoses

**Textbooks & Other Resources or Links**

Videbeck, Sheila (2013). *Psychiatric-Mental Health Nursing with Access* (6/e). Lippincott-Raven Publishers  
ISBN: 978-1451187892

**Attendance**

Attendance to all clinical and class sessions is expected. Absences will be limited per college catalogue to 6.5 hours for the semester. It is at the discretion of the instructor to require an assignment to make up for the missed time.

**Student Evaluation/Grading Policies**

All exams will be graded per nursing department policy. Each exam will be valued at 100%, the final must be passed with a minimum of 75%. Each quiz will be valued at 25 points to be added as a grade to the overall grade average.  
Examination Policy: All exams including the final must be passed with a minimum of 75%

### Expectations of Students

The student will attend class and spend a minimum of 6 hours outside of class reviewing in class material. The student will pass the ATI assessment exam which will be graded on the levels not the raw score.

### Disabled Student Programs and Services (DSPS)

**Required Language:** Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6312 if you feel you need to be evaluated for educational accommodations.

### Student Counseling and Health Services

**Required Language:** Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

### Student Rights and Responsibilities

**Required Language:** Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at [http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

### Student Learning Outcomes

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

## 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.