COMMON COURSE OUTLINE: Course discipline/number/title: NURS 2208: Mental Health Nursing

A. CATALOG DESCRIPTION
   1. Credits: 3
   2. Hours/Week: 1.6 credit lecture (3.2 contact hours) and 1.4 credit lab (8.4 contact hours) Course delivered in ½ semester.
   3. Prerequisites (Course discipline/number): Satisfactory completion of Semester II requirements in the AD program sequence.
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

This course is designed to assist students in developing a comprehensive knowledge of the nursing care of the psychiatric-mental health patient. Students will focus on increasing awareness of the continuum of human behavior and utilization of therapeutic communication. Emphasis is placed on patient education, caring behaviors and prioritization of needs.

B. DATE LAST REVISED (Month, year): April, 2014

C. OUTLINE OF MAJOR CONTENT AREAS:
The nursing care and treatment of the mental health patient.
Focus areas include:
   1. Foundations of Psychiatric-Mental Health Nursing Theories and Therapies
   2. Framework of Psychiatric-Mental Health Nursing
   3. Relationship Development and Therapeutic Communication
   4. Stress and Anxiety, Crisis Intervention, Group Therapy and Family Therapy
   5. Substance-related disorders
   6. Mood Disorders: Depression and Mania
   7. Abusive and Self-Destructive Violence
   8. Anxiety and Related Disorders
   9. Somatoform and Dissociative Disorders
   10. Schizophrenic Disorders
   11. Cognitive Impairment Disorders
   12. Personality Disorders
   13. Childhood and Adolescence Disorders

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Identify the major personality theories of child and adult development.
   2. Compare and contrast therapeutic treatment modalities.
   3. Incorporate pertinent research findings into the nursing care of mental health patients and families.
   4. Implement nursing care for patients across the lifespan who demonstrate symptoms related to the following clinical psychiatric disorders.
      a) Substance-related disorders
      b) Mood Disorders: Depression and Mania
      c) Abusive and Self-Destructive Violence
      d) Anxiety and Related Disorders
      e) Somatoform and Dissociative Disorders
      f) Schizophrenic Disorders
      g) Cognitive Impairment Disorders
      h) Personality Disorders
      i) Childhood and Adolescence Disorders
   5. Describe the dynamics and importance of a therapeutic nurse-patient relationship.
   6. Utilize effective and therapeutic culturally sensitive verbal and nonverbal communication.
   7. Identify the ANA Standards of Psychiatric Mental Health Nursing.
   9. Integrate theory to plan comprehensive care for psychiatric patients.
   10. Perform accurate, ongoing assessments on assigned patients.
   11. Collaborate with the patient in developing a teaching plan.
   12. Prioritize time effectively to meet the patient needs.
D. LEARNING OUTCOMES (GENERAL): The student will be able to: Continued... 
13. Explore the roles of the inter-disciplinary treatment team. 

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Exams
   2. Written clinical work
   3. Clinical Performance
   4. Presentations/Group Projects
   5. Dosage Calculation Quiz

G. RCTC CORE OUTCOME(S) ADDRESSED:
   - Communication
   - Critical Thinking
   - Global Awareness/Diversity
   - Civic Responsibility
   - Personal/Professional Accountability
   - Aesthetic Response

H. SPECIAL INFORMATION (if any):
   Refer to Associate Degree Nursing Program Handbook