

North Central **Michigan College**

NCMC MASTER COURSE SYLLABUS FOR YEARS: 2001-2003

DIVISION/AREA: OCCUPATIONAL

DEPARTMENT: NURSING

AREA DEAN: Timothy Dykstra, Ph.D.

ORIGINATOR: Kathleen Harris

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TOTAL HOURS OF INSTRUCTION: Lecture: 3 Lab: 15 Total Contact Hours: 18

COURSE NUMBER: NUR 275, NUR 276

CREDIT HOURS: 5

COURSE TITLE: MENTAL HEALTH NURSING

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY:

Prerequisite Classes		Corequisite areas of study
NUR 121	PSY 261	NUR 241
NUR 135	NUR 131	
PSY 161	NUR 265	

CATALOG DESCRIPTION:

This course is designed to enable the student to develop a better understanding of his/her behavior as well as the behaviors of clients. Emphasis is placed on development of communication skills and establishing and maintaining a therapeutic relationship with clients. Mental health nursing focuses on both the individual and larger groups in society and incorporates a framework for implementation of the nursing process.

Mental health nursing is not confined to a specialty group of clients. The concept of this course is applicable to all areas of nursing, whether in the community or the hospital. Mental health nursing concepts are concerned with a person's response to stress, crisis and to the many factors that enhance or inhibit one's ability to cope with stress.

Mental Health Nursing Clinical

Varied and guided clinical experiences in the hospital and community will be provided with emphasis on learning the use of self in a nurse-client relationship. All hospitalized persons whether physically or mentally ill have psychosocial needs as well as physical needs that must be met. Using the nursing process to provide meaningful nursing care involves assessment, planning, intervention, critical thinking and evaluation of progress or achievement of desired outcomes. Mental health nursing care involves

persons in all stages of the life cycle and extends across the spectrum of human behavior and coping behaviors.

GENERAL EDUCATION OUTCOMES OR OCCUPATIONAL PROGRAM OUTCOMES

Refer to College catalog or specific occupational program outcomes and describe how this course meets those outcomes. This course meets the following occupational objectives: Communication abilities and therapeutic nursing interventions.

COURSE OBJECTIVES & OUTCOMES:

Upon successful completion of this course, the student should be able to:

- Describe the meaning of a therapeutic relationship
- Identify techniques which enhance or hinder communication
- Have a basic understanding of legal and ethical issues in Mental Health Nursing
- Verbalize an understanding of basic concepts of Mental Health and Mental Disorders
- Describe the different types of psychotropic medications, indications for use and nursing roles in psychopharmacology

METHODS OF INSTRUCTION:

Lecture/discussion with focus on case presentations, demonstration, audio-visuals, CD-ROM, clinical practice, CAI's, and group work.

METHODS OF EVALUATION:

Quizzes, Community Report, Literature Search, Clinical Evaluations, Exams

Reasonable accommodations may be provided for students with documented physical, sensory, cognitive, systemic and psychiatric disabilities. Please contact the Educational Opportunity Program (EOP) (231) 348-6687 to arrange services for this course.

REQUIRED TEXTS:

Johnson, Barbara S. Psychiatric Mental Health Nursing, Philadelphia: J.B. Lippincott, 1997, 4th Ed.

Carpenito, Lynda J., Nursing Diagnosis, Application to Clinical Practice, Philadelphia: J.B. Lippincott, 1997, 7th Ed.

TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

Reading Assignments NUR 275

Outcomes are listed at the beginning of each chapter in text.

Week:

1 Clinical Rotation I	Communication Therapeutic Relationships	Ch. 5 Ch. 6
2	Introduction to Psych-Mental Health Nursing Conceptual Frameworks for Care Nursing Theory	Ch. 1 Ch. 3 Ch. 4
3	Biological Basis for Care Spiritual Aspects of Care Legal Issues QUIZ 1	Ch. 7 Ch. 11 Ch. 49 Ch. 1,3,4
4	Assessment and Nursing Diagnosis Planning, Intervention, Evaluation Sociocultural Aspects of Care Mileau Therapy QUIZ 2	Ch. 8 Ch. 9 Ch. 10 Ch. 14 Ch. 7, 11, 49
5	Sexuality and Sexual Concerns Individual Psychotherapy Groups and Group Therapy Families and Family Therapy QUIZ 3	Ch. 12 Ch. 15 Ch. 16 Ch. 17 Ch. 8, 9, 10, 14
6	Psychopharmacology QUIZ 4	Ch. 20 Ch. 12, 15, 16, 17
7	Mental Health and The Aging Anxiety and Anxiety Disorders QUIZ 5	Ch. 24 Ch. 25 Ch. 26 Videotape—Understanding Panic Disorders, OCD Ch. 20

8	Cognitive Disorders Personality Disorders QUIZ 6	Ch. 27 Ch. 28 Ch. 24, 25, 26
9	Schizophrenic Disorders Dissociative Disorders QUIZ 7	Ch. 30 Ch. 32 Ch. 27, 28
10	Aggressive and Violent Behavior Depressive and Bipolar Disorders QUIZ 8	Ch. 31 Ch. 29 Ch. 30, 32
11	Substance Abuse and Dependency Eating Disorders Co-Dependency QUIZ 9	Ch. 33 Ch. 34 Videotape—Silent Hunger Ch. 35 Ch. 29, 31
12	Crisis Theory and Intervention Rape and Sexual Assault Mental Retardation QUIZ 10	Ch. 39 Ch. 40 Ch. 37 Ch. 33, 34, 35
13	Violence within the Family Suicide QUIZ 11	Ch. 41 Ch. 42 Ch. 37, 39, 40
14	The Homeless Mentally Ill Community Mental Health Psychosocial Home Care Community Support and Rehab QUIZ 12 Community Reports	Ch. 36 Ch. 43 Ch. 44 Ch. 45 Ch. 41, 42
15	(Same as 12-3-01)	
16	FINAL EXAM	Ch. 5, 6, 20, 36, 43, 44, 45

APPROVED FOR ADOPTION BY THE CRD/AP COMMITTEE ON _____