

**STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK**



**COURSE OUTLINE**

NURS 107 Mental Health Nursing

**Prepared By:** Tina Goodrow RN, MSN/ED, PMHNP-BC

**SCHOOL OF SCIENCE, HEALTH AND CRIMINAL JUSTICE  
Nursing Department  
November 2015**

- A. **TITLE:** Mental Health Nursing
- B. **COURSE NUMBER:** NURS 107
- C. **CREDIT HOURS:** 4.5
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 7 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:** 6 hours of lecture, 2 hours of lab, and 7 hours of clinical each week.  
Note: 1 credit = 50 minutes of lecture or 180 minutes of clinical/practice lab per week
- H. **CATALOG DESCRIPTION:** This course offers an examination of concepts and theories related to psychiatric and mental health nursing within the context of the therapeutic relationship. Aspects of primary, secondary, and tertiary prevention are addressed as a basis for promoting and sustaining optimum mental health functioning. Emphasis is placed on relationship-centered care, teamwork, quality and safety for diverse patient populations with psychiatric disorders.
- I. **PREREQUISITES:**
- BIOL 217: Human Anatomy & Physiology I
  - NURS 101: Fundamentals of Nursing
  - NURS 103: Pharmacology I
  - NURS 105: Nursing Seminar
  - ENGL 101: Composition and the Spoken Word

**PRE/CO-REQUISITES:**

- BIOL 218: Human Anatomy & Physiology II
- NURS 104: Pharmacology II
- NURS 106: Maternal Child Nursing
- PSYC 101: Introduction to Psychology

**J. GOALS (STUDENT LEARNING OUTCOMES):**

By the end of this course, the student will be able to:

<b>Course Student Learning Objective (SLO)</b>	<b>Institutional SLO</b>
a. Collaborate with the health care team, client, and significant support person(s) to maximum well-being in mental health settings to meet client's needs.	Communication Critical Thinking Professional Competence Inter/Intrapersonal
b. Apply psychiatric-mental health concepts, theories and appropriate therapeutic interventions/communication to clients demonstrating a variety of psychiatric behaviors and disorders.	Communication Critical Thinking Professional Competence Inter/Intrapersonal Skills
c. Compare and contrast psychiatric disorders, and theoretical and methodological concepts of psychiatric mental health nursing when caring for clients with a variety of psychiatric disorders	Critical Thinking Professional Competence Inter/Intrapersonal Skills
d. Examine effective communication and documentation skills that will establish effective professional working relationships with mental health professional, students, instructor and members of the psychiatric-mental health team.	Communication Critical Thinking Professional Competence Inter/Intrapersonal Skills

**K. TEXTS:**

Boyd, M.A. (2015). *Psychiatric Nursing. Contemporary Practice Enhanced Update*. (5<sup>th</sup> ed.). Philadelphia, PA: Lippincott Williams & Wilkins. **(Electronic Version Course Point+ is required)**

HESI Package

**L. REFERENCES:** None

**M. EQUIPMENT:** Technology enhanced classroom, nursing laboratory with mannequins and nursing supplies/equipment, Portable computer or tablet with internet access

**N. GRADING METHOD:** A-F

**O. MEASUREMENT CRITERIA/METHODS:**

- Exams
- Prep U
- Reflective Journal
- Clinical Competence

**P. DETAILED COURSE OUTLINE (DSM-5):**

**1. MENTAL HEALTH CARE IN CONTEMPORARY SOCIETY**

- a. Psychiatric-Mental Health Nursing and Evidenced-Based Practice
- b. Mental Health and Mental Disorders
- c. Cultural and Spiritual Issues Related to Mental Health Care
- d. Patient Rights and Legal Issues
- e. Mental Health Care in the Community

**2. FOUNDATIONS OF PSYCHIATRIC NURSING**

- a. Ethics, Standards, and Nursing Frameworks
- b. Psychosocial Theoretic Basis of Psychiatric Nursing
- c. Biologic Foundations of Psychiatric Nursing

**3. CONTEMPORARY PSYCHIATRIC NURSING PRACTICE**

- a. Communication and the Therapeutic Relationship
- b. The Psychiatric Nursing Process
- c. Psychopharmacology, Dietary Supplements and Biologic Interventions
- d. Cognitive Interventions
- e. Group Interventions
- f. Family Assessment and Interventions

**4. MENTAL HEALTH PROMOTION ACROSS THE LIFESPAN**

- a. Mental Health Promotion for Children and Adolescents
- b. Mental Health Promotion for Young and Middle-Aged Adults
- c. Mental Health Promotion for Older Adults

**5. PREVENTION OF MENTAL DISORDERS**

- a. Stress and Mental Health
- b. Management of Anger, Aggression and Violence
- c. Crisis, Grief, and Disaster Management
- d. Suicide Prevention

**6. CARE AND RECOVERY FOR PERSONS WITH PSYCHIATRIC DISORDERS**

- a. Schizophrenia Spectrum and other Psychotic Disorders
- b. Depression
- c. Bipolar Disorders
- d. Anxiety, Obsessive-Compulsive, Trauma and Stressor-Related Disorders
- e. Personality disorders
- f. Borderline Personality Disorder
- g. Antisocial Personality and Other Personality and Impulse-Control Disorders
- h. Somatic Symptom and Related Disorders

- i. Eating Disorders
  - j. Addiction and Substance-Related Disorders
  - k. Sleep-Wake Disorders
  - l. Sexual Disorders
- 7. CARE OF CHILDREN AND ADOLESCENTS WITH PSYCHIATRIC DISORDERS DIAGNOSED IN CHILDHOOD**
- a. Mental Health Assessment of Children and Adolescents
  - b. Psychiatric Disorders of Childhood and Adolescence
- 8. CARE OF OLDER ADULTS WITH NEUROPSYCHIATRIC DISORDERS**
- a. Mental Health Assessment of Older Adults
  - b. Neurocognitive Disorders
- 9. CARE OF SPECIAL POPULATIONS**
- a. Caring for Persons Who are Homeless and Mentally Ill
  - b. Caring for Persons With Co-occurring Mental Disorders
  - c. Caring for Survivors of Violence
  - d. Caring for Persons with Mental Illness and Criminal Behavior
- 10. CULTURAL AND SPIRITUAL CONSIDERATIONS**

**Q. LABORATORY OUTLINE:**

- 1. Reconstituting Medications
- 2. Complex Sterile Dressings
- 3. Parenteral Medications
- 4. Schizophrenia Learning Activity
- 5. Safety Simulation