

DIVISION OF APPLIED ARTS  
School of Health, Education & Human Services  
Practical Nursing Program  
Fall 2011



**COURSE OUTLINE**

**PSYC 152**

**MENTAL HEALTH NURSING**

**45 Hours**

**3 Credits**

**YUKON COLLEGE**

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Course Outline prepared by Patricia McClelland, RN, BScN, MN

**PLEASE NOTE:** It is strongly recommended that you save your course outline to help establish credit for further study in other institutions.

Yukon College  
P.O. Box 2799  
Whitehorse, YT  
Y1A 5K4



**PSYC 152  
MENTAL HEALTH NURSING**

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**INSTRUCTOR:** Sean Hopkins  
**OFFICE HOURS:** By Appointment  
**OFFICE LOCATION:** Upon Request  
**HE&HS PHONE:** 668-8781 or 668-8845  
**HE&HS EMAIL:** [hehs@yukoncollege.yk.ca](mailto:hehs@yukoncollege.yk.ca)  
**HE&HS FAX:** 668-8805

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**COURSE OFFERING  
DAYS & TIMES:**

When: Thursdays  
Time: 1 – 4pm  
Classroom: A2712

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**COURSE DESCRIPTION**

This course provides an introduction to the assessment and treatment of patients with psychiatric and mental health issues. Studies will include basic mental health concepts, therapeutic relationships, assessment strategies and the nursing process, legal and ethical practices, mental health issues and treatments.

**LEARNING OUTCOMES:**

**By the end of this course the learner will:**

- Describe the ethical, legal and professional standards of mental health nursing
- Discuss theories and concepts related to mental health nursing
- Identify effective therapeutic communication skills for the care of patients with mental health issues/psychosocial needs
- Identify principles of teaching/learning appropriate for the care of persons with mental health issues/psychosocial needs

- Describe major psychiatric and mental health issues and the various treatment modalities
- Utilize the nursing process and the Spheres of Caring to assess patient behaviour, plan, implement and evaluate care
- Identify situations in which patients are unable to advocate for self
- Identify and utilize research findings relevant to planning care for patients experiencing mental health issues/psychosocial needs
- Demonstrate effective teamwork skills
- Demonstrate interpersonal communication skills
- Create a nursing care plan reflecting acute care individual needs of a multi-issue client

### **CLPNA Competencies**

A - Nursing Knowledge  
 B - Nursing Process  
 C – Safety  
 D - Communication

E - Nursing Practice  
 M - Mental Health Nursing  
 U - Medications  
 W - Professionalism

### **DELIVERY METHODS/FORMAT:**

A variety of instructional activities will be used to facilitate learning including, but not limited to: class discussions, lectures, guest speakers, videos and pictures, role plays, case studies and charting examples.

### **PREREQUISITES:**

Pharmacology, Adult Health Assessment, Nursing Theory I, Nursing Lab I, Interpersonal Communication

### **CO-REQUISITES**

Human Growth and Development

### **COURSE REQUIREMENTS/EVALUATION:**

#### **Attendance and Participation**

Attendance and participation in class are essential for success in this course. *Students missing class will be required to do supplementary work/assignments at the discretion of the instructor.*

Attendance is mandatory. A student may be dismissed from a course or program if more than ten percent (10%) of the scheduled contact hours are missed in any one course. Dismissal from a course may result in loss of full-time status and loss of sponsorship funding. *Academic Regulations, 4.01*

## Evaluation

Assessment Methods	Learning Outcomes	Value
Reflective Writing Assignments	Gaining self-awareness in order to be able to establish and maintain therapeutic relationships with patients	25%
Quizzes (5 quizzes)	Demonstrate knowledge learned through reading textbook readings and other readings/exercises given in class or online as well as through lectures.	25%
Final Exam (multiple choice)	Demonstration of knowledge of mental health/psychiatric nursing theory for Units 1 - 13	50%
<b>Total</b>		<b>100%</b>

Grading systems are described in the calendar.

The Passing Grade for this course is Grade Point Value 2.0 or Grade of "C".

Late assignments will be assessed a penalty of 5% for every day that they are late.

A student must obtain a mark for each assignment to receive a final mark in the course.

### REQUIRED TEXTBOOKS/MATERIALS:

Austin, W. & Boyd, M.A. (2008). *Psychiatric nursing for Canadian practice*. Philadelphia, PA: Lippincott Williams & Wilkins.

### ACADEMIC HONESTY

Academic honesty is expected of all learners enrolled at Yukon College. Inappropriate Student Conduct is a serious offence and will result in consequences. Inappropriate student conduct includes cheating, plagiarism, fraud, deceit or other forms of academic dishonesty. Please review the Academic Regulations available from the Registrar's Office for further details.

## COURSE CONTENT

Unit/Topics	Text Reference Austin & Boyd (2008)
Unit 1: Introduction to Mental Health Nursing	Chapters 1, 2, 3, 6
Unit 2: Biological Foundations and Treatments	Chapters 7, 9, 13, Appendix C, D, E
Unit 3: Nurse-Patient Relations	Chapters 5, 8, 10, 11, Appendix A, B
Unit 4: Nursing Interventions	Chapters 4, 12, 14, 15, 16, 33
Unit 5: Care Challenges in Mental Health Nursing	Chapters 32, 34, 35, 36, 37, Appendix H
Unit 6: Alterations in Psychosocial Functioning: Mood Disturbance	Chapter 19, Appendix F
Unit 7: Alterations in Psychosocial Functioning: Anxiety Related Issues/Disorders	Chapter 20
Unit 8: Alterations in Psychosocial Functioning: Somatoform, Somatoform Related and Eating Issues/Disorders	Chapters 21, 22
Unit 9: Alterations in Psychosocial Functioning: Schizophrenia and other Psychotic Issues/Disorders	Chapters 17, 18
Unit 10: Alterations in Psychosocial Functions: Personality Issues/Disorders	Chapter 24
Unit 11: Substance Abuse and Special Populations	Chapters 23, 31, Appendix G
Unit 12: Children and Adolescents Experiencing Altered States of Mental Health	Chapters 25, 26, 27
Unit 13: Older Adults Experiencing Altered States of Mental Health	Chapters 28, 29, 30