

# NRN 130: CONCEPTS OF NURSING: MENTAL HEALTH

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## New Course Proposal

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### Originator

likinsey

### Co-Contributor(s)

#### Name(s)

Camargo, Monica

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### Justification / Rationale

Major Curriculum Revision

### Effective Term

Fall 2022

### Credit Status

Credit - Degree Applicable

### Subject

NRN - Nursing

### Course Number

130

### Full Course Title

Concepts of Nursing: Mental Health

### Short Title

CONC NURS: MENT HEALTH

### Discipline

#### Disciplines List

Nursing

### Modality

Face-to-Face

### Catalog Description

This course focuses on promoting, maintaining, or restoring the health of clients with alterations in mental health. Previously learned nursing principles will be used as building blocks to plan care for the needs of clients. Program concepts of professionalism, evidenced-based practice, holistic client-centered care, communication, and safety are integrated throughout the course. Students must be concurrently enrolled in NRN 130C. Limitation on enrollment: Acceptance into the registered nursing program.

### Schedule Description

This course focuses on promoting, maintaining, or restoring the health of clients with alterations in mental health. Students must be concurrently enrolled in NRN 130C. Limitation on enrollment: Acceptance into the registered nursing program.

### Lecture Units

1

### Lecture Semester Hours

18

### In-class Hours

18

**Out-of-class Hours**

36

**Total Course Units**

1

**Total Semester Hours**

54

**Limitation on Enrollment**

Acceptance into the registered nurse program

**Required Text and Other Instructional Materials****Resource Type**

Book

**Open Educational Resource**

No

**Formatting Style**

APA

**Author**

Townsend, M., Morgan, K.

**Title**

Essentials of Mental Health Nursing: Concepts of Care in Evidence-Based Practice

**Edition**

8th

**City**

Philadelphia

**Publisher**

F. A. Davis

**Year**

2020

**College Level**

Yes

**Flesch-Kincaid Level**

38.4

**ISBN #**

978-0-8036-7678-7

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**Class Size Maximum**

30

**Course Content**

Initiatives

- Resources (Local and State)
- Access (Local and State Access)
- Care Coordination
- Continuity of Care
- Global initiatives

Nurse Role with Clients

- Legal
- Ethical
- Regulatory Principles
- Types of psychiatric holds
- Proper Reporting
- De escalation

#### Nursing role in health prevention and disease prevention

- Diet
- Medication
- Exercise -self care
- Home management
- Community resources
- Communication skills
- Cultural sensitivity

#### Medication

- Psychotropic medication
- Knowledge of indications
- Actions
- Contraindications
- Side effects
- Adverse effects
- Nursing implications

#### Mental illness

- Substance abuse
- Depression
- Bipolar
- Schizophrenia
- Schizoaffective
- Anxiety disorders
- Eating disorders
- Personality disorders

#### Risk Assessment

- Risk Factors
- Ask suicide Screening-Questioning
- Patient Health Questionnaire
- Safe-T
- The Columbia- Suicide Severity Rating Scale
- Identify patient's environment
- Safety Hazards
- Assess patients' current state of health
- COWs, CIWA
- Anxiety and depression assessment tools, GAD-7, PHQ-9

#### Course Objectives

	Objectives
Objective 1	Identify quality initiatives that support patient-centered care and individual rights for patients experiencing mental health alterations acknowledging legal, ethical, and regulatory principles.
Objective 2	Explore the nursing role in health promotion and disease prevention for clients with various mental health alterations while maintaining culture sensitivity to increase plan of care for client centered care.
Objective 3	Evaluate programs that are available to address mental health issues facing vulnerable populations.
Objective 4	Discuss common attitudes and stereotypes and implicit bias about mental health as they influence the quality and delivery of care in the mental health population.
Objective 5	Apply and identify self-care health promotion strategies and illness prevention principles based on current evidence-based research for the client experiencing psychiatric disorders.

Objective 6	Explore the nursing role in health promotion and disease prevention for clients with various mental health alterations while maintaining culture sensitivity to increase plan of care for client centered care.
Objective 7	Develop strategies to overcome barriers in communication with clients experiencing mental health issues.
Objective 8	Identify safety considerations for clients experiencing psychiatric crisis
Objective 9	Explore the role of the nurse as collaborator for quality improvement and safety for psychiatric clients.
Objective 10	Discuss community resources to support safe transition and adherence to treatment plan.
Objective 11	Implement technology to enhance the psychiatric client function, independence, and safety.

### Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Analyze ethical and legal principles that arise in the care of clients with mental health alterations.
Outcome 2	Analyze the Nursing role and therapeutic communication techniques to promote optimum wellness for clients with mental health alterations.
Outcome 3	Devise appropriate safety interventions for clients experiencing acute psychiatric crisis.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Collaborative/Team	Small group assignments, pair and share
Participation	Case studies, reading assignments, socratic questioning
Lecture	Large group discussion, Power Point, concept mapping, think/ pair/ share
Discussion	Small and large group

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Tests/Quizzes/Examinations	Quizzes and Unit exams	In Class Only
Other	Case Studies	In and Out of Class

### Assignments

#### Other In-class Assignments

1. Participate in class
2. View videos and additional posted resources
3. Participate in group discussions, group work, and critical thinking exercises

#### Other Out-of-class Assignments

1. Complete reading assignments
2. Complete assigned computer programs
3. Complete case studies as assigned
4. Students should anticipate at least 2 hours of study time required for each hour of class in order to adequately prepare for class and to prepare for exams.

### Grade Methods

Letter Grade Only

### MIS Course Data

#### CIP Code

51.3801 Registered Nursing/Registered Nurse - 51.3801 Registered Nursing/Registered Nurse

#### TOP Code

123000 - Nursing

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Not transferable

**General Education Status**

Y = Not applicable

**Support Course Status**

N = Course is not a support course

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

05/03/2022

**Academic Senate Approval Date**

05/12/2022

**Board of Trustees Approval Date**

05/20/2022

**Chancellor's Office Approval Date**

03/27/2022

**Course Control Number**

CCC000630778

**Programs referencing this course**Registered Nursing AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=72>)