

# RNRS 203: MENTAL HEALTH-PSYCHIATRIC NURSING

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	108
Lecture Hours :	27
Lab Hours:	81
Hours Arranged:	0
Outside of Class Hours:	54
Prerequisite:	RNRS 193, RNRS 194 and RNRS 195 or RNRS 200 and current standing as an LVN in California.
Strongly Recommended:	ENGL 101.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

## Catalog Course Description

This course presents the principles of mental health and the social, economic, cultural and physiological factors that predispose a person to dysfunctional human behavior. Emphasis is placed on the therapeutic role of the nurse in promotion, preventing, maintaining and restoring individuals to optimal mental well-being. Concepts of therapeutic communication, age related concerns, treatment modalities, and delivery of mental health services are included. Clinical laboratory experiences are provided in community care facilities. 27 lecture hours, 81 lab hours.

## Course Objectives

- Apply knowledge of computer technology by accessing Internet Resources related to behavioral and mental disorders discussed in class, summarizing these articles and submitting them to instructor for evaluation and credit in order to be constantly updated with new and available data in the mental health field.
- Apply knowledge of individual, interpersonal, and social/cultural factors in a healthcare setting involving clients with alterations in psychological and mental function by completing a mental status assessment and initiating a nursing care plan in order to effectively assist the physician in diagnosing and treating the client.
- Work collaboratively as a member of the mental health team by participating in health promotion, illness prevention, evaluation of the effectiveness of medical treatment and rehabilitation in all areas to enable the mentally disabled client to achieve his maximum potential and subsequently become a productive member of society.
- Demonstrate an understanding of the importance of therapeutic communication in all client interactions demonstrated through effective therapeutic dialogues and correct use of Interpersonal Process Analysis formats in order to become effective in the care of clients with psychosocial and behavioral problems.
- Analyze case studies of clients with various mental disorders and discuss the manifestations, treatment, and nursing care through group discussions, written essays, and written timed exams in order to be prepared in the actual care of the mentally disabled client.

- Identify and evaluate neurobiologic and psychosocial theories, psychopharmacologic interventions and treatment modalities used in the care of mentally disabled clients and their application to actual client situations through critical analyses of case studies and clinical simulation videos, group discussions, and written tests in order to develop a nursing care plan and improve client care and outcomes.
- Outline nursing approaches in the care of the mentally disabled client in accordance with the California Nurse Practice Act by participating in group work and discussions in order to provide nursing care within the scope of practice of a registered nurse.

## Major Course Content

1. Introduction to Psychiatric and Mental Health Nursing
  - a. Foundations of psychiatric and mental health nursing
  - b. Neurobiologic theories
  - c. Psychopharmacology
  - d. Psychosocial theories
  - e. Treatment settings and therapeutic programs
2. The Nurse-Client Relationship
  - a. Therapeutic relationships
  - b. Therapeutic communication
  - c. Client's response to illness
  - d. Assessment
  - e. Legal and ethical issues
3. Common Emotional Expressions
  - a. Anger, hostility and aggression
  - b. Abuse and violence
  - c. Grief and loss
  - d. Anxiety and stress-related illness
4. Promoting Optimum Wellness in Clients with Substance Abuse and Eating Disorders
  - a. Review of pathophysiology, onset and clinical course
  - b. Cultural considerations
  - c. Nursing management and application of the nursing process
  - d. Age-related considerations
  - e. Community based care
  - f. Substance abuse in health professionals
5. Promoting Optimum Wellness in Clients with Personality Disorders
  - a. Review of pathophysiology, onset and clinical course
  - b. Cultural considerations
  - c. Nursing management and application of the nursing process
  - d. Age-related considerations
  - e. Community-based care
6. Promoting Optimum Wellness in Clients with Schizophrenia and Mood Disorders
  - a. Review of pathophysiology, onset and clinical course
  - b. Cultural considerations
  - c. Nursing management and application of the nursing process
  - d. Age-related considerations
  - e. Community-based care
7. Promoting Optimum Wellness in Children and Adolescents
  - a. Review of pathophysiology, onset and clinical course
  - b. Cultural considerations
  - c. Nursing management and application of the nursing process
  - d. Community-based care

8. Promoting Optimum Wellness in Clients with Somatoform and Cognitive Disorders
  - a. Review of pathophysiology, onset and clinical course
  - b. Cultural considerations
  - c. Nursing management and application of the nursing process
  - d. Age-related considerations
  - e. Community-based care

## Lab Content

Under supervision by clinical instructors, the student nurse will perform the following skills in a clinical setting on adult patients with acute and chronic mental disorders.

1. Complete and critically analyze a comprehensive assessment of the client within the psychologic realm.
2. Cluster assessment cues into relevant groups of identifying criteria and formulate individualized nursing diagnoses.
3. Prioritize nursing diagnoses and individual interventions to be carried out by the mental health care team.
4. Direct and carry out nursing interventions, participation in the implementation of collaborative interventions, and follow up on those interventions appropriately delegated to other members of the mental health care team.
5. Identify behavioral cues in a client with mental health problems and apply these cues to a communication plan to be used by the nursing team in caring for the client.
6. Where appropriate, administer psychotherapeutic medications or practice through simulation, demonstrating correct critical thinking regarding pharmacologic interventions.

## Suggested Reading Other Than Required Textbook

Any books suggested by instructor that document the lives of people afflicted with mental health disease and/or dispels myths related to mental health disease (ex: "A Beautiful Mind", "Media Madness", etc.).

## Examples of Required Writing Assignments

Interpersonal Process Recordings (IPA) to document student/client interaction and interventions. Care plans to guide client care. Conduct and document a mental status examination (MSE). Major disorder paper due at end of clinical documenting care for patient over the length of the clinical/lab experience.

## Examples of Outside Assignments

Reading assignments from texts, Internet, and assigned articles. Definition of terms used in mental health nursing. Weekly Internet searches to identify famous people afflicted with mental health disease. List and describe current treatment modalities for mental health conditions. Describe those things concerning the student when working in the milieu and when dealing with the mentally ill.

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab