

## DEPARTMENT OF PRACTICAL NURSING AND HEALTH CARE AIDE

### COURSE OUTLINE –Winter 2025

#### NP2230: MENTAL HEALTH NURSING THEORY – 3(6-2-0) – 60 hours in 7 weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

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<b>OFFICE HOURS:</b>	By Appointment		

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#### CALENDAR DESCRIPTION:

Introduction to practical nursing for mental health clients. Focus is on the promotion of mental health, prevention and management of mental illness, and community resources.

Note: Available only to Practical Nursing Students

**PREREQUISITE(S):** NP2100, NP2110, NP2130, NP2150

**COREQUISITE:** NP2250

#### REQUIRED MATERIALS:

Halter, M. J., Pollard, C. L., & Jakubec, S. L. (2019). *Varcarolis's Canadian psychiatric mental health nursing* (2nd ed., Canadian ed.). Elsevier.



Elsevier Adaptive Quizzing (EAQ) 4th edition Next Gen, is available for purchase through the NWP Polytechnic bookstore. This is a required online resource. The EAQ will assist students with preparing to write the CPNRE registration exam. This resource will provide students with a 24-month online review/prep course to use as they progress through the PN program.

Canadian Council for Practical Nurse Regulators [CCPNR] (2013). *Code of ethics for Licensed Practical Nurses in Canada*. Retrieved from <https://www.clpna.com/lpn-knowledge-hub/code-of-ethics-for-licensed-practical-nurses-in-canada/>

Canadian Council for Practical Nurse Regulators [CCPNR] (2019). *Entry-level competencies for licensed practical nurses*. Author. Retrieved from <https://www.clpna.com/lpn-knowledge-hub/ccpnr-entry-level-competencies-for-lpns/>

Canadian Council for Practical Nurse Regulators [CCPNR] (2019). *Standards of Practice for Practical Nurses in Canada*. Author. Retrieved from: <https://www.clpna.com/lpn-knowledge-hub/standards-of-practice-for-licensed-practical-nurses-in-canada/>

**DELIVERY MODE(S):** Lecture / In-person

## **LEARNING OUTCOMES:**

Upon successful completion of NS2230 learners will be able to:

1. Discuss the relationship between mental health and mental illness.
2. Differentiate between acute care, community care, and continuing care settings for mental health clients.
3. Apply concepts of growth and development, anatomy, physiology, pathophysiology, and pharmacology to mental health clients.
4. Discuss the prevention and management of mental illness.
5. Identify various community resources for mental health clients.
6. Identify collaborative interdisciplinary practice

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check the transferability of this course at the Alberta Transfer Guide main page

<http://www.transferalberta.alberta.ca>.

**\*\* For courses with alpha (letter) grading, a grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

## EVALUATIONS:

Assignment	Grade Weight	Due Date	Related Course Learning Outcomes
Disorder Poster	25%	Jan 30 <sup>th</sup>	3, 4, 5, 6
EAQ	15%	Feb 12 <sup>th</sup> , 2025 @ 2359	1, 2, 3, 4, 5, 6
Case Study (In-Class)	25%	Feb 6 <sup>th</sup> @ 1550	3, 4, 5, 6
Participation / Guest Speaker Engagement	10%	Throughout the 7 weeks	1, 3, 4, 5, 6
Final Exam	25%	Feb 13th	1, 2, 3, 4, 5, 6

## EVALUATION DESCRIPTIONS:

### 1. Disorder Poster

This assignment is aimed at deepening our understanding of mental health disorders by selecting a specific disorder and creating a poster board presentation. This will explore various facets including description, symptoms, prevalence, etiology, and treatment approaches. This will also be graded on visual presentation and proper APA referencing. The project emphasizes a comprehensive understanding of the chosen disorder to enhance your knowledge and awareness of mental health care. The rubric will be posted to D2L

### 2. Elsevier Adaptive Quizzing

To be completed on Elsevier EAQ platform. Refer to Appendix A as well as the

### **3. In-Class Case Study Critical Thinking Assignment:**

Students will be given a case study assignment and expected to complete it during scheduled class time and will be expected to answer questions based on the information presented in the case study. This case study assignment is to be administered the same as a course exam. The case study will test the student's ability to think critically about the care of a patient experiencing a mental health disorder. Students are expected to complete this assignment on an individual basis. Student absences from this assignment will be graded as zero. A physician's note will be required for absences due to illness. Any acts of cheating or incidences of academic dishonesty will result in a grade of zero. Any additional material used to complete the case study assignment is at the instructor's discretion. Rubric and assignment to be posted to D2L and available day its done in class.

### **4. Participation & Guest Speaker Engagement**

Throughout this course, we will welcome guest speakers into our classroom. Additionally, classes will include group discussions, reflections, simulations, and hands-on activities that require active participation for optimal learning. This participation mark is graded as all-or-nothing, meaning students must meet the following criteria to earn credit:

- a) Attend all classes with guest speakers.
- b) Be present and actively engaged in all classes, demonstrating active listening, contributing to group discussions, and fully participating in classroom activities.

Your presence and involvement are essential to both your success and the collective learning experience of the group.

### **5. Final Exam**

The final exam includes all content covered throughout the course. Question format includes a variety of styles including, but not limited to, multiple choice, short answer, long answer, matching, and select all that apply.

## GRADING CRITERIA:

Please note that most institutions will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Topics	Readings
1	Mental Health, Mental Illness, & Mental Health Nursing	Chapters 1, 2, 3
2	Ethical Responsibilities & Communication, Psychotropic Drugs	Chapters 7, 9, 10, 11
3	Anxiety Related Disorder, Depressive, Bipolar & Schizophrenia Spectrum Disorders	Chapters 12, 13, 14, 15
4	Eating, Feeding, Neurocognitive Disorders * Psychoactive Substance Use.	Chapters 16, 17, 18
5	Personality & Sleep-Wake Disorders	Chapters 19, 20
6	Review & Final Exam	
7	READING WEEK	

\*Subject to change/ tentative timeline, See D2L for up to date information

As a student at NWP, you have rights and responsibilities. It is your responsibility to be familiar with the information contained in this Course Outline and the PN student handbook and to clarify any areas of concern with the instructor. It is also your responsibility to be familiar with NWP Policies. Please take the time to familiarize yourself with the policies that might impact you while you are here:

- NWP Department of Practical Nurse & Health Care Aide, [PN Student Handbook](#)
- NWP Policies: <https://www.nwpolytech.ca/about/administration/policies/>

## STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

\*\*Note: all Academic and Administrative policies are available on the same page.

## ADDITIONAL INFORMATION:

### LATE ASSIGNMENT POLICY:

To obtain credit in the course ALL assignments and examinations must be completed. Students are expected to make every effort to complete assignments on time. Assignment submissions are expected on the date determined by faculty. If extensions are necessary, they may be requested up to 48 hours prior to the assignment due date and should be submitted in writing to the faculty member involved. Not all extensions will be granted. In exceptional situations, extension requests within the 48-hour period may be considered.

Late assignments will have 5% of total marks (or one letter grade) for the assignment deducted for each day/partial day (including weekend days) beyond the due time. For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. After 5 days, a grade of 0 will be awarded to the assignment.

If the late penalty places the grade below the necessary pass grade, students will be unsuccessful in the course. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received.

Papers/assignments may not be rewritten for a higher grade. Concerns regarding grading are to be discussed with the faculty member involved.

As part of NWP's commitment to academic integrity, all written assignments submitted by students will be reviewed using Turnitin software, an online plagiarism detection tool, to verify originality and ensure academic integrity. Turnitin compares student work to a vast database of academic sources, publications, and previously submitted assignments to identify potential instances of plagiarism or improper citation(s). By enrolling in this course, students acknowledge and consent to the use of Turnitin for assignment submissions.

#### **APPENDIX A:**

Elsevier Adaptive Quizzing (EAQ) Grading Guide

Total: 15% Grade

The EAQ is an assessment tool that contains exam-style questions and is used to help students both succeed in their courses and to study effectively for the CPNRE. The goal is to achieve mastery through practice. The goal is to achieve a Mastery Level of "Novice". To fulfill the requirements for the EAQ in NP 2230, students will sign into NP 2230 Mental Health FV W25. No marks will be allocated for students not working within this course.

Students are expected to achieve a Mastery Level of Novice in each of the assignments posted.

\*Note that answering questions correctly will facilitate levelling up more quickly. You can log in as much as you like before the due date