

Department of Practical Nurse and Health Care Aide

COURSE OUTLINE – Spring 2026

NP2230 (3): Mental Health Nursing Theory -(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.

INSTRUCTOR:

Amanda Hickson

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OFFICE HOURS:

By appointment

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(S): NP2250

REQUIRED MATERIALS: Pollard, C. L., & Jakubec, S. L. (2022). Varc Carolis's Canadian psychiatric mental health nursing (3rd ed.). Elsevier.

Canadian Council for Practical Nurse Regulators [CCPNR] (2023). Code of ethics for Licensed Practical Nurses in Canada. Retrieved from [Code of Ethics for Licensed Practical Nurses - CLPNA](#)

Canadian Council for Practical Nurse Regulators [CCPNR] (2019). Entry-level competencies for licensed practical nurses. Author. Retrieved from [CCPNR Entry-Level Competencies for LPNs - CLPNA](#)

DELIVERY MODE(S): In-person lecture and seminar

LEARNING OUTCOMES:

Upon successful completion of NP2230 learners will be able to:

1. Describe the relationship between mental health and mental illness, including key factors that influence both.
2. Compare and contrast acute care, community care, and continuing care settings, focusing on their roles in supporting mental health clients.
3. Apply concepts of growth and development, anatomy, physiology, pathophysiology, and pharmacology in the assessment and care of mental health clients.
4. Discuss strategies for the prevention, early identification, and management of mental illness.
5. Identify and evaluate community resources available to mental health clients, including support services and treatment options.
6. Describe the principles of collaborative interdisciplinary practice and its role in providing holistic care for mental health clients.

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:

The final grade is based on the following assessments, and there are no additional assignments or marks provided in the course. All evaluation components must be completed to pass the course.

Assignment	Weight	Date	Related Course Learning Outcomes
Disorder pamphlet	30%	June 8 th @ 0830	1,4,5,6
Case Study (In Class)	30%	June 3 rd 0830-1120 In class.	1,2,3,4,5,6
Final Exam	40%	June 17 th 0830-1120	1,2,3,4,5,6

1. Disorder pamphlet:

Students will create an educational pamphlet designed for patients, families, or community members about a mental health topic. The pamphlet should present clear, accurate, and easy-to-understand information that promotes awareness, prevention, or management of a mental health condition. Information should be written in language appropriate for the general public and supported by credible sources.

Students are also required to bring one printed copy of their pamphlet to class. These pamphlets will be displayed in a gallery-style activity, allowing classmates to review and share educational materials with one another. This activity is intended to promote peer learning and exposure to a variety of mental health topics. Rubric and assignment to be posted to D2L.

2. Case Study (In Class):

Students will be given a case study assignment and are 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 students' ability to think critically about the care of a patient experiencing a mental health disorder. Students are expected to complete this assignment individually and independently. Student absences from this assignment will be graded as zero. 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.

3. Final Exam

The final exam will cover all the content discussed throughout the course. The exam will feature a mix of question types, including (but not limited to) multiple choice, short answer, long answer, matching, and select-all-that-apply formats.

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:

*Subject to change

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	
7	Final Exam	

STUDENT RESPONSIBILITIES:

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 Nursing Education & Health Studies Handbook PN Student Handbook [NWP Department of Practical Nurse & Health Care Aide: Practical Nurse Handbook](#)
- NWP Policies: Northwestern Polytechnic administrative/academic policies NWP Students Rights & Responsibilities Policy: [Policies | Northwestern Polytechnic](#)

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 <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

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

Additional Information:

LATE ASSIGNMENT POLICY

To obtain credit in the course ALL evaluations methods 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

TURNITIN SOFTWARE

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.