

Department of Practical Nurse and Health Care Aide

COURSE OUTLINE – Winter 2026

NP2230 (3): 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.

INSTRUCTOR:

Paige Cleave

PHONE:

780-835-6609

OFFICE:

TIB 234

E-MAIL:

PCleave@nwpolytech.ca

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.

Available only to Practical Nursing students

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

COREQUISITE(S): NP2250

REQUIRED MATERIALS:

Pollard, C. L., Jakubec, S. L. (2022). *Varcarolis'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 <https://www.clpna.com/lpn/lpn-knowledge-hub/code-of-ethics-for-licensed-practical-nurses/>

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/>

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

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
Exit to Class Worksheets	20%	Week 1, 3, 4, 5, & 6	1, 3, 4, & 6
Critical Judgement Exam	25%	Jan 23 rd 2026	1, 3, 4, & 6
Disorder Poster/Gallery Walk Group Presentation	25%	Due Feb 6 th 2026 at 1030AM	1, 3, 4, 5, & 6
Final Exam	30%	Feb 12 th 2026	1, 2, 3, 4, 5, & 6

Evaluation Descriptions:

1. Exit to Class Worksheets – 20%

Students will complete an in-class Exit to Class Worksheet that evaluates their understanding of the key concepts discussed during class at the end of either a seminar or lecture in weeks 1, 3, 4, 5, & 6. These worksheets may include a mix of question types, such as short written responses, case-based questions, multiple-choice items, or matching activities. The purpose of the Exit to Class Worksheets is to reinforce learning, promote clinical reasoning, and ensure students can apply course content to practical mental health nursing situations. There will be a total of **five worksheets** throughout the course, **each worth 4%**. Students must be present in class to receive and complete the worksheet; those who are absent will receive a grade of zero for that activity. Worksheets must be completed independently, and the use of any additional materials is at the discretion of the instructor. Any form of cheating or academic dishonesty will result in a grade of zero. Each worksheet will be graded using a points-based system, with each Exit to Class Worksheet typically worth 10 marks (or another value determined by the instructor based on the activity). The total marks earned on the worksheet will then be converted into the 4% allocated for that activity.

2. Critical Judgment Exam – 25%

The Critical Judgment Exam evaluates your ability to apply clinical reasoning in mental health scenarios. During class time, you will independently analyze an unfolding case study, prioritize nursing interventions, identify safety concerns, and justify your decision-making. Responses should reflect knowledge of growth and development, mental health nursing principles,

anatomy and physiology, and evidence-based nursing interventions. Student absences from this CJE will be graded as zero. Any acts of cheating or incidences of academic dishonesty will result in a grade of zero. Any material used to complete the critical judgment exam is at the instructor's discretion.

3. Disorder Poster/Gallery Walk Presentation – 25%

This group assignment is designed to deepen your understanding of mental health disorders through the creation of a detailed poster board presentation. Each group will select a specific mental health disorder to research and present. Your presentation should cover key aspects such as the disorder's description, symptoms, prevalence, causes (etiology), and treatment options. In addition to the content, groups will be evaluated on visual design, clarity, organization, grammar, and proper use of APA formatting for references. This project encourages collaboration and aims to build a well-rounded understanding of mental health issues to promote greater awareness and knowledge in the field. The grading rubric will be available on D2L.

4. Final Exam – 30%

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.

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



***Subject to Change**

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

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 Practical Nurse & Health Care Aide, [PN Student Handbook](#)

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 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

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.