

## Nursing Education and Health Studies

### COURSE OUTLINE – SPRING 2023

#### 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.

<b>INSTRUCTORS:</b>	<b>Susan Moodie RN, MN</b>	<b>Jim Wohlgemuth RN, MN</b>
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<b>OFFICE HOURS:</b>	<b>Office hours vary; consult your individual course instructor to arrange for an appointment.</b>	

#### 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 TEXT:

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

#### RESOURCE MATERIAL:

Canadian Council for Practical Nurse Regulators [CCPNR] (2013). *Code of ethics for Licensed Practical Nurses in Canada*. Retrieved from [https://www.clpna.com/wp-content/uploads/2013/02/doc\\_CCPNR\\_CLPNA\\_Code\\_of\\_Ethics.pdf](https://www.clpna.com/wp-content/uploads/2013/02/doc_CCPNR_CLPNA_Code_of_Ethics.pdf)

Canadian Council for Practical Nurse Regulators [CCPNR] (2019). *Entry-level competencies for licensed practical nurses*. Author. Retrieved from [https://www.clpna.com/wp-content/uploads/2019/08/doc\\_CCPNR\\_Entry-Level\\_Competerencies\\_LPNs\\_2019E.pdf](https://www.clpna.com/wp-content/uploads/2019/08/doc_CCPNR_Entry-Level_Competerencies_LPNs_2019E.pdf)

College of Licensed Practical Nurses of Alberta [CLPNA] (2020). *Competency profile for licensed practical nurses* (5<sup>th</sup> ed.). Author. Retrieved from [https://www.clpna.com/wp-content/uploads/2020/01/doc\\_Competerency\\_Profile\\_for\\_LPNs\\_5th\\_Ed\\_2020.pdf](https://www.clpna.com/wp-content/uploads/2020/01/doc_Competerency_Profile_for_LPNs_5th_Ed_2020.pdf)

**DELIVERY MODE(S):** Lecture and seminar

**COURSE OBJECTIVES:**

Upon successful completion of NS2230 learners will be able to:

1. Discuss 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 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 to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.**

**\*\* 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	Weight	Date Due	Related Course Learning Outcome
Communication Paper	30%	May 24 <sup>th</sup> at 1600	2, 3, 4, 6
Case Study	30%	June 7 <sup>th</sup> at 1430 (in-class)	3, 4, 5, 6
Final Exam	40%	June 14 <sup>th</sup> at 1430	1, 2, 3, 4, 5, 6

## **EVALUATION DESCRIPTIONS:**

**To pass NP2230, students must complete all assignments and evaluation strategies.**

### **1. Communication Paper**

Students will write a scholarly paper outlining their understanding of therapeutic communication and relational practice in mental health nursing. Students will include a discussion on the various communication strategies for various health care settings for mental health clients.

Topics discussed should include:

- How can nurses enhance the development of a successful nurse-patient relationship.
- What are the stages of the nurse-patient relationship?
- What factors can hinder the development of a professional relationship.
- Discuss therapeutic communication strategies nurses may utilize.
- Discuss nontherapeutic communication strategies.
- How may we consider the culture of our patients when establishing relationships?
- Other factors you think are important to communication in nursing.

Please use APA 7<sup>th</sup> edition formatting. Include a title page and reference page. Maximum of seven (7) pages double spaced including title page and reference page.

The Communication Paper rubric has been attached to the course outline and has been posted on the NP2230 myClass site.

### **2. 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.

### **3. 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. See course calendar for date of final exam.

**GRADING CRITERIA: (The following criteria may be changed to suite the course/instructor)**

**Please note that most universities 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	90-100	C+	2.3	67-69
A	4.0	85-89	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

## PROGRESSION CRITERIA

### Academic Progression Criteria

A grade of C- is the minimum passing grade for all Practical Nursing courses in the program. For promotion from term to term in the program and for graduation, students must have successfully completed all the required Practical Nursing and non-Practical Nursing courses of the previous term.

A student with a GPA of 1.69 or lower must withdraw from the Practical Nursing program.

Readmission to the program is subject to departmental review.

Students who withdraw or fail twice from a required practical nursing course will be withdrawn from the program and ineligible for re-admission.

### COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Topic	Text Resource
Week 1	Mental Health and Mental Illness	Chapter 1
Week 2	Mental Health Nursing	Chapters 2-3
Week 3	Ethical Responsibilities and Legal Obligations	Chapter 7
Week 4	Therapeutic Relationships	Chapters 9-10
Week 5	Psychological Disorders	Chapters 12-16
Week 6	Psychological Disorders	Chapters 17-20
Week 7	Final Exam	

### STUDENT RESPONSIBILITIES:

### STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

### **Specialized Support and Disability Services:**

Students who require accommodations in this course due to disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with NWP's Student Services and the course instructor.

### **Communication:**

Students must use their NWP e-mail address and include a subject line when communicating with the course instructor and other faculty members. The content messages of both e-mail and voice mail must be delivered in a professional manner. Inappropriate messages may be considered "harassment." Refer to the Code of Student Behaviour Section 30.3.4(6) d. Inappropriate use of e-mail sent to fellow students and members of the Faculty of Nursing will result in disciplinary action. Please refer to the University of Alberta/NWP Collaborative Faculty of Nursing's guidelines for e-mail etiquette, the link is provided: [http://www.nurs.ualberta.ca/flex/email/Email\\_Etiquette.html](http://www.nurs.ualberta.ca/flex/email/Email_Etiquette.html)

The use of social networking services such as, but not limited to, Facebook, Instagram, Snapchat, Tik Tok, Twitter, WhatsApp, internet messaging, blogs, and wikis, are subject to the professional and ethical responsibilities outlined in the Canadian Nurses Association (2017) Code of ethics for registered nurses, and the University of Alberta Code of Student Behaviour, Section 30.3.3 Inappropriate Behaviour in Professional Programs.

### **Course Material and Announcements:**

The NWP Faculty of Nursing creates a myClass site for all undergraduate nursing courses. Students are expected to access and become familiar with their myClass site at the beginning of each course and to access their myClass site on a regular basis throughout the course. Failure to do so may result in students missing important course-related information, resources, instructor feedback, and announcements. General NWP Faculty of Nursing (FON) and course announcements will be made on myClass.



NP2230 Communication Paper Rubric	Excellent	Pass	Fail	<i>Possible Marks</i>
<b>Organization</b>	<ul style="list-style-type: none"> <li>• Content is logically organized.</li> <li>• Focus is clearly outlined (Introduction, Body and Conclusion).</li> <li>• Uses appropriate transitions from idea to idea.</li> </ul>	<ul style="list-style-type: none"> <li>• Good Organization.</li> <li>• Focus is clear but some mild errors in translating ideas to reader.</li> <li>• Transitions are somewhat clear.</li> </ul>	<ul style="list-style-type: none"> <li>• Lacking in organization.</li> <li>• Attempts made to focus but coherence is lacking. More attention needed to organizing ideas.</li> <li>• Transitions are not always evident.</li> </ul>	2
<b>Introduction</b>	<ul style="list-style-type: none"> <li>• Introduction is present, comprehensive, clear, and concise.</li> <li>• Clearly identifies the content and purpose of the paper.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction is present, but superficial.</li> <li>• Superficially identifies the content and purpose of the paper.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction is missing.</li> </ul>	3
<b>Content</b>	<ul style="list-style-type: none"> <li>• Content is comprehensive, and relevant to the communication strategies nurses use in health care settings for mental health clients.</li> </ul>	<ul style="list-style-type: none"> <li>• Content relevant to patient and communication strategies nurses use in health care settings for mental health clients.</li> </ul>	<ul style="list-style-type: none"> <li>• Some Content not relevant to communication strategies nurses use in health care settings for mental health clients or the content is vague and lacks depth.</li> </ul>	15

	<ul style="list-style-type: none"> <li>• Content is synthesized and integrated effectively, clearly addressing the topic.</li> <li>• Minimum of 4 <b>current and professional</b> sources used to develop the ideas.</li> <li>• Maximum of 7 pages including title and reference page. Reference list included for sources</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum of 3 <b>sources</b> used to develop the ideas.</li> <li>• Exceeded word limit or not long enough to develop key topics. Reference list included for sources</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Less than 3</u> references/sources used.</li> <li>• Less than or more than minimal requirements of sources used.</li> <li>• Reference list may or may not be included.</li> </ul>	
<b>Writing Style &amp; Format/APA</b>	<ul style="list-style-type: none"> <li>• Sentence structure clear.</li> <li>• Correct spelling, grammar, mechanics throughout the paper.</li> <li>• APA usage is accurate and used consistently throughout the paper. Provides appropriate references and citations to information presented.</li> </ul>	<ul style="list-style-type: none"> <li>• Adequate sentence structure.</li> <li>• Only minor errors in spelling, grammar, mechanics. Does not interfere with communication of ideas.</li> <li>• Minor lapses in APA format/citations throughout the paper.</li> </ul>	<ul style="list-style-type: none"> <li>• Poor sentence structure. Several mechanical errors that border on interfering with communication of ideas.</li> <li>• APA and Reference errors interfere with communication of ideas. Some areas not cited in paper/reference list.</li> </ul>	7
<b>Conclusion</b>	<ul style="list-style-type: none"> <li>• Conclusion is present, comprehensive, clear, and concise.</li> </ul>	<ul style="list-style-type: none"> <li>• Conclusion is present.</li> <li>• Adequately summarizes content of the paper.</li> </ul>	<ul style="list-style-type: none"> <li>• Conclusion is difficult to identify.</li> <li>• Vaguely summarizes the content of the paper.</li> <li>• Conclusion is missing.</li> </ul>	3

<b>Total Marks</b>	Comments:	30
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