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GRANDE PRAIRIE REGIONAL COLLEGE

**Baccalaureate Nursing Program
University Transfer and Diploma Completion**

**NS3030
MENTAL HEALTH NURSING**

**Course Syllabus
Fall 1998**

Original prepared by:	Faculty of Nursing University of Alberta 1994/1995
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	Fall 1998

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GRANDE PRAIRIE REGIONAL COLLEGE
BACCALAUREATE NURSING PROGRAM
UNIVERSITY TRANSFER AND DIPLOMA COMPLETION

NS3030 - MENTAL HEALTH NURSING

The focus is on theory and practice related to the promotion of mental health and care of clients with mental health problems and mental health disorders. Students will further develop and integrate their skills in promoting optimal client functioning in hospital and community settings. Prerequisites: PY1040; NS2010, 2020, 2030, 2040. In addition, successful completion of NS2050 is required for students proceeding to Year Three.

MINIMUM COURSE HOURS:

Classroom: 60 Clinical: 190 Laboratory: 0

Class:	Tuesdays 10:30-12:20 Wednesday 8:00-9:50		
Clinical:	a)acute	Thursdays and Fridays	6:45- 15:00
	b)community	"	" Varies
	c)detox	"	" 7:45- 20:00

Half of the class begins their clinical assignment with a 2 day per week, 6 week rotation at the QE II, 5 South Inpatient Mental Health Unit on September 10th. Along with their practical learning, these students will complete a Scholarly Nursing Care Plan assignment.

The other half of the students will start 6 weeks of clinical experience in an assigned community agency. During this 6 week period, all students will rotate through a 2 day -12 hour placement with AADAC. Along with their clinical learning, these students will complete a Process Recording assignment.

On October 29th all students will switch to either their acute care or community placements and complete the associated assignments.

COURSE LEADER: Elizabeth Hood. RN, MSN
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E-mail: Hood@gprc.ab.ca

OFFICE HOURS: Wednesday 1:30 -3:00 and by appointment

CLINICAL TUTOR: Kelly Wrzosek

COURSE DESCRIPTION:

This course is designed to prepare students in the promotion of mental health and the care of clients with mental health problems and mental disorders. Utilizing current research findings and a variety of methods of inquiry, the student will be expected to acquire the knowledge and skill necessary to provide nursing care as a novice in an active psychiatric treatment setting as well as in community settings. The focus will be on the promotion of optimal client functioning. Therapeutic communication skills will be further developed.

COURSE OBJECTIVES:

At the end of this course, the student will be able to:

1. demonstrate knowledge of dynamics of human behaviour in individual, group and family settings;
2. apply knowledge of the major manifestations of mental disorders;
3. apply the principles of the helping relationship in the psychiatric context;
4. demonstrate an awareness of personal attitudes, values, beliefs and behaviours and their effect on others;
5. demonstrate an ability to use the nursing process in a psychiatric context;
6. utilize knowledge of counselling and treatment modalities;
7. demonstrate an ability to function within the health care team;
8. demonstrate an ability to perceive themselves as potential change agents in working with individuals, families and social systems;
9. analyze and modify factors than inhibit as well as encourage growth and change, in individuals, families and social settings; and
10. develop ability to assume a nursing role in the promotion of mental health.

CORE COURSE CONTENT:**1. A) Emotional Responses to Human Distress**

Anxiety	Grief
Hope	Powerlessness
Anger	Humour

B) Physical, Socio-cultural, and Spiritual Responses to Distress

Factors Affecting Responses -Personal History, Gender Issues, Age (Children & Elderly), Culture, Poverty, Physical Health, Lifestyle, Coping Styles, Crisis, Self-Esteem.

2. Mental Disorders

Childhood & Adolescent Disorders
Affective Disorders
Organic Mental Disorders
Substance Abuse
Schizophrenic Disorders
Anxiety Disorders (Somatoform, Disassociative, Post Traumatic Stress Disorder)
Delusional (Paranoid) Disorders
Adjustment & Personality Disorders
Sexual Disorders

3. Helping Roles

Therapeutic Use of Self (conditions of helping)
Change

Therapeutic Impasses

- resistance (intimidation, avoidance)
- manipulation
- dependency
- transference, countertransference

Empowerment

Teaching/Coaching

- problem solving strategies
- contracting
- integration of illness and recovery into lifestyle

Therapeutic Communication

Promotion of Mental Health

4. Context of Psychiatric/Mental Health Nursing

Definition of Mental Health/Illness

Social, Cultural, Political

& Economic Environments of Care

Nursing Process in Psychiatric Context

- assessment tools (e.g. diagnostic tests, suicide assessment, mental status assessment)
- planning
- implementation
- evaluation

Ethical Concerns

Settings of Care (Mental Health Delivery)

Multi, Intra, Inter- Disciplinary Approaches

5. Counselling & Treatment Modalities

Individual Psychotherapy (Counselling theories)

Group Therapy

Milieu Therapy

Biological Therapies - ECT
- Psychotropic meds

Cognitive Therapy

Family Therapy

Behaviour Therapy

Supportive Therapy (Self help groups)

O.T., Recreation Therapy

Crisis Intervention

Music Therapy

Validation Therapy or Gentle Care (for cognitively impaired adults)

REQUIRED TEXTBOOK:

Harber, T., Krainovich-Miller, B., Leach McMahon, A., Price-Hoskins, P. (1997). Comprehensive psychiatric nursing. (5th ed.). St. Louis: Mosby,