



University of Alberta Collaborative BScN Program
Grande Prairie Regional College
Keyano College
Red Deer College
University of Alberta

Department of Nursing Education & Health Studies
COURSE OUTLINE – FALL 2019
NS 3090: Mental Health Theory – 6(3-6-3) 84 Hours in 7 Weeks
Sections A2/S1/L1

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INSTRUCTOR:

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OFFICE HOURS:

Office hours vary may vary. Please contact the instructor to book an appointment.

CALENDAR DESCRIPTION:

Focus is on theory related to the promotion of mental health and the nursing care of people with acute and chronic alterations in mental health.

PREREQUISITE/COREQUISITE:

Prerequisites: NS2015, NS2025, NS2150
Co-requisite: NS3100

REQUIRED TEXTS:

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed., 3rd printing). Washington, DC: Author.

Austin, W., & Boyd, M.A. (2019). *Psychiatric and mental health nursing for Canadian practice*. (4th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Balzer-Riley, J. (2017). *Communications in nursing* (8th ed.). St. Louis, MI: Mosby Elsevier.

DELIVERY MODES:

Lecture, seminar, and lab.

COURSE OBJECTIVES:

1. Describe, understand and articulate an understanding of theory related to key patient safety concepts including communication, teamwork, environmental and human factors, safety risks and adverse events disclosure.
2. Describe, understand and articulate an understanding of theory related to patient centered care and interdisciplinary practice.
3. Demonstrate, independently, the processes of self-directed learning, critical thinking, and group process skills in utilizing context-based learning, in all learning activities.
4. Demonstrate with guidance, understanding of professional behaviors, including therapeutic communication, in the provision of care to clients with acute or chronic

alterations in mental health (i.e., respect, communication, integrity, responsibility, accountability, self-awareness, and self-performance).

5. Demonstrate, with guidance, understanding of legal and ethical issues relevant to the care of clients with alterations in mental health (i.e., issues of client rights, confidentiality, competency, autonomy).
6. Demonstrate understanding of the roles of consumer advocacy groups related to mental health/illness issues.
7. Demonstrate knowledge about the prevention of mental health problems.
8. Demonstrate the ability to identify factors influencing health policy for clients experiencing mental illness.
9. Demonstrate, with guidance, understanding of selected concepts, including self-efficacy, quality of life, and meaning of illness, in the context of mental health.
10. Integrate the knowledge generated from working through the course scenarios, and be able to apply this knowledge to other situations.
11. Integrate the knowledge and skills acquired in all learning environments and be able to apply them in other situations.
12. Demonstrate knowledge of primary health care and health promotion in the context of mental health

LEARNING OUTCOMES:

1. Select concepts of safety relevant to mental health.
2. Appraise nursing models and theories relevant to mental health.
3. Explain cultural, legal, social, and ethical implications as related to client care.
4. Plan the provision of care using the principles of primary health care.
5. Demonstrate professional and therapeutic communication skills.
6. Interpret interprofessional competencies related to planning client care.
7. Identify approaches that engage clients in planning their own care.
8. Identify trends and issues in mental health.
9. Access and evaluate information to inform nursing practice.

TRANSFERABILITY:

UA NURS 309

***Note:** Although we strive to make the transferability information in this document up-to-date and accurate, the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities. Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferralberta.ca> or if you do not want to navigate through few links at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

EVALUATION:

Evaluation Strategies	Date	Weighting
Exam #1		25%
Exam #2		25%
Exam #3		25%
Scholarly Paper		25%
OSCE		Pass/Fail
Student Performance Rubric		Pass/Fail
Total		100%

Scholarly Paper Guidelines:

Students will be required to write a 3000 word (excluding the title page, citations and reference pages) scholarly paper with proper APA (6th edition) formatting. The purpose of this assignment is to give students an opportunity to explore a particular concept in more depth and demonstrate how it may be applied to a certain group of individuals/population in a mental health context. Students are to refer to the *NS 3090: Course Syllabus* for the assignment guidelines.

GRADING CRITERIA:

ALPHA GRADE	PERCENTAGE CONVERSION (%)	4-POINT EQUIVALENT	DESCRIPTOR
A+	90 – 100	4.0	Excellent
A	85 – 89.9	4.0	
A-	80 – 84.9	3.7	Very Good First Class Standing
B+	77 – 79.9	3.3	
B	73 – 76.9	3.0	Good
B-	70 – 72.9	2.7	
C+	67 – 69.9	2.3	Satisfactory
C	63 – 66.9	2.0	
C-	60 – 62.9	1.7	
D+	55 – 59.9	1.3	Minimal Pass
D	50 – 54.9	1.0	
F	0 – 49.9	0.0	Failure
WF	0	0.0	Fail/ Withdrawal after the deadline

****Note:** Please note that most universities will not accept your course for transfer credit if your grade is less than C-. Students are responsible for contacting the receiving institutions to ensure transferability.

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK 1	Lab	Orientation/Mental Health Continuum & Mental Status Examination (MSE) Therapeutic Relationships & Communication
WEEK 2	Learning Package Lecture/Seminar Lab	The Inmates Brainstorm The Inmates Stress Management & Crisis Intervention Self-harm/Suicide Risk Assessment Spiritual Health/Sexual Health Assessment
WEEK 3	Learning Package Lecture/Seminar Lab	The Inmates Discuss The Inmates/Brainstorm Myrna Varquast No Labs
WEEK 4	Learning Package Lecture/Seminar Lab	Myrna Varquast/Nik Papadopoulos Discuss The Myrna Varquast/Brainstorm Nik Papadopoulos OSCE – Suicide Risk Assessment
WEEK 5	Learning Package Lecture/Seminar Lab	Nik Papadopoulos/Manfred Schwartz Discuss Nik Papadopoulos/Brainstorm Manfred Schwartz No lab
WEEK 6	Learning Package Lecture/Seminar Lab	Manfred Schwartz/Erin Kozak Discuss Manfred Schwartz/Brainstorm Erin Kozak Cognitive Impairment in the Older Adult
WEEK 7	Learning Package Lecture/Seminar Lab	Erin Kozak Discuss Erin Kozak No lab

STUDENT RESPONSIBILITIES:

To **PASS** NS 3090, students must receive a pass on the OSCE examination and the student participation rubric, and complete all evaluation strategies.

Students are expected to be present and contribute during lecture, seminar, and lab sessions. Any absence in lecture, seminar, or lab must be reported to the instructor prior to the scheduled session. Unexplained absences demonstrates unprofessional behavior and will be reflected in the student's performance rubric.

IMPORTANT POLICIES

Important Dates:

Students are to refer to the *2019-2020 Grande Prairie Regional College Academic Calendar* at <http://www.gprc.ab.ca/programs/calendar/> regarding important dates.

Nursing Program Policies:

Students are to refer to the *2019-2020 Grande Prairie Regional College Academic Calendar* and the *2019-2020 University of Alberta Collaborative Baccalaureate Nursing Program with Grande Prairie Regional College Student Handbook* for specific nursing program policies that may pertain to NS 3090.

Assignment Policy:

Students are expected to submit assignments on or before the due date and time. Extensions on assignments may be granted, but must be negotiated with the instructor prior to the due date. Extensions will not be granted the day the assignment is due.

A penalty of one letter grade per day will be deducted from the final grade of a late assignment. For example, an assignment graded at a C would receive an adjusted grade of C- if handed in one day late.

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 Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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