



**Department of Nursing Education & Health Studies**  
**COURSE OUTLINE – WINTER I 2018**  
**NS 3090: Mental Health Nursing Theory – 6(3-6-3) 84 Hours in 7 Weeks**

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Approved: May 2010

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**INSTRUCTOR:**

Section A3  
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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* (6<sup>th</sup> ed., 3<sup>rd</sup> printing). Washington, DC: Author.

Austin, W., & Boyd, M.A. (2015). *Psychiatric and mental health nursing for Canadian practice*. (3<sup>rd</sup> ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Balzer-Riley, J. (2013). *Communications in nursing* (7th 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:

Assignments & Evaluation Strategies	Due Date or Writing Date	Weighting
Content Maps	Every Friday by 1630h	5%
OSCE	January 15, 2018	Pass/Fail
Midterm Examination	February 1, 2018	25%
Scholarly Paper	February 9, 2017 by 1630h	25%
Student Performance Rubric	N/A	15%
Final Examination	March 1, 2018	30%
<b>Total</b>		<b>100%</b>

### Scholarly Paper Guidelines:

Students will be required to write a 3000 word maximum (excluding the title page, citations and reference pages) scholarly paper according to APA (6<sup>th</sup> edition) format. The purpose of this assignment is to give students an opportunity to explore a particular concept in more depth and show how it may be applied to a certain group of individuals/population in a mental health context. Please refer to the *NS 3090: Course Syllabus* for further information.

### GRADING CRITERIA:

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

\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.  
**Students are responsible for contacting the receiving institutions to ensure transferability.**

## COURSE SCHEDULE/TENTATIVE TIMELINE:

<b>WEEK 1</b>	Lecture/Seminar Lab	Orientation Mental Health Continuum & Mental Status Examination (MSE), Therapeutic Relationships & Communication, and Stress Management & Crisis Intervention, and Suicide Risk/Self-Harm Assessment labs
<b>WEEK 2</b>	Learning Package Lecture/Seminar Lab	Michael Brainstorm and discuss Michael No lab
<b>WEEK 3</b>	Learning Package Lecture/Seminar Lab	Myrna Varquast Brainstorm and discuss Myrna Varquast No lab
<b>WEEK 4</b>	Learning Package Lecture/Seminar  Lab	Nik Papadopoulos and Erin Kozak Brainstorm and discuss Nik Papadopoulos, and brainstorm Erik Kozak No lab
<b>WEEK 5</b>	Learning Package Lecture/Seminar Lab	Erin Kozak Discuss Erin Kozak Spiritual Health & Cognitive Impairment in the Older Adult
<b>WEEK 6</b>	Learning Package Lecture/Seminar Lab	Manfred Schwartz Brainstorm and discuss Manfred Schwartz Sexual Health Assessment & Values Clarification labs
<b>WEEK 7</b>	Learning Package Lecture/Seminar Lab	Inmates Brainstorm and discuss Inmates No lab

## STUDENT RESPONSIBILITIES:

To **PASS** NS 3090, students must complete all assignments and 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 *2017-2018 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 *2017-2018 Grande Prairie Regional College Academic Calendar* and the *2017-2018 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. Assignments submitted to the Main Nursing Office must be verified (stamped with date and time) by Nursing Office Personnel. Extensions on assignments may be granted, but must be negotiated with the instructor prior to the due date and with a date specified for late submissions. 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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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