



DEPARTMENT OF NURSING EDUCATION & HEALTH STUDIES

COURSE OUTLINE – FALL II 2019

NS 3090: Mental Health Theory – 6 (3-6-3) 84 Hours for 7 Weeks

INSTRUCTOR:

Tracy King, RN,
BScN, MN

OFFICE: H213

OFFICE HOURS: By appointment please

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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(S)/COREQUISITE: Prerequisites: NS2015, NS2025, NS2150

Co-requisite: NS3100

REQUIRED TEXT/RESOURCE MATERIALS:

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

Austin, W., Kunyk, D., Peternelj-Taylor, C. & Boyd, M. A. (2019). *Psychiatric & 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 MODE(S):

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

***Warning:** 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>

**** 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:

Assignments & Evaluation Strategies	Due Date or Writing Date	Weighting
Midterm Examination	November 13, 2019 08:30 -11:20 hrs	25%
Scholarly Paper	November 25 th , 2019, 09:00 hrs	30%
Final Examination	December 18 th 3pm-6pm B202	30%
Student Performance Rubric	December 4 th , 2019, 08:30 hrs	10%
Content Exploration Option	Each Friday at 16:30	5%
OSCE	October 30 th , 2019 08:30-11:20 hrs	Pass/Fail
Total		100%

GRADING CRITERIA: (The following criteria may be changed to suite the particular 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

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK 1	Learning Package	The Inmates Course Orientation Labs: Therapeutic relationships & communication Mental Health Continuum Sexual Health Assessment Mental Status Exam Self Harm & Suicide Risk Assessment
WEEK 2	Learning Package	Manfred Schwartz Discuss student research related to Inmates Lab: OSCE Focused Suicide Risk Assessment

WEEK 3	Learning Package	Discuss Manfred Schwartz Lab: Spiritual Health & Cognitive impairment in the older adult Possible Review
WEEK 4	Learning Package	Fall Break Midterm exam Brainstorm Erin Kozak
WEEK 5	Learning Package	Brainstorm Nik Papadopoulos Discuss student research Erin Kozak Lab: TBA
WEEK 6	Learning Package	Brainstorm Myrna Varquast Discuss student research Nik P. Lab: TBA & Mental illness & the family: guest speaker Scholarly Paper Due
WEEK 7	Learning Package	Finish learning package discussion Myrna V. Lab: Stress Management, Crisis Intervention & Mindfulness Student Performance Rubric Due Dec 4th. Note: The date for the final exam is December 18th from 3pm-6pm.

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 by the student, *to the instructor* prior to the scheduled session. Unexplained absences demonstrates unprofessional behavior and will be reflected in students' performance rubric grade.

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.

Last Day to Add/Drop: October 28th, 2019

Last Day to Withdraw with Permission: November 19th, 2019

Nursing Program Policies:

Students are to refer to the 2019-2020 *Grande Prairie Regional College Academic Calendar* and the *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 and 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.

It is the responsibility of the student to ensure electronically submitted papers and assignments are delivered and retrievable to the instructor (i.e. emailing assignments). If the instructor is unable to open documents or if documents are sent in error via electronically, the assignment will be considered late and the student will have one letter grade deducted from the final grade. It is highly recommended that students ensure their assignments have been retrieved by the instructor prior to the due date and time.

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

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

Additional Information (Optional):