I. DIVISION: Allied Health

PREFIX/NO.: NURSE 266 COURSE TITLE: Nursing Process: Mental Health

Formerly listed as: NURSE 253 - Nursing Process 3

II. ALSO OFFERED AS:

Div: Prefix/No.: Title:

Div: Prefix/No.: Title:

III. COURSE INFORMATION:

Units: 4 or Variable Units: X=1/2 unit A=1 unit B=2 units C=3 units D=4 units
Total Hours: Lecture: 52.5 Lab: 52.5 Other: 
Explain Other hours:
Transfer Credit: CSU – UC – CAN –
General Ed: AA/AS Area: CSU GE Area: IGETC Area:
Offered Only: Fall – Spring – Summer – Eve – Not offered every semester –

IV. PREREQUISITE(S)/COREQUISITE(S)/RECOMMENDED FOR SUCCESS:

(Please check all that apply and list below. Also attach appropriate documentation forms)
Prerequisite (P) – Corequisite (C) – Recommended for Success (R) – Limitation on Enrollment (L) –
(P) NURSE 260,N261,N262,N263,N264,N265 with a grade of “C” or better or LVN upgrade.
(C) NURSK 800
(L) Enrollment limited to program capacity

V. CATALOG DESCRIPTION:

Applies the principles and concepts of the nursing process to meet the need of clients with psychiatric disorders across the life span. Mental health maintenance, prevention of illness, patient/family teaching, and therapeutic communication/relationships will be emphasized. Students will be assigned to an acute psychiatric setting and tertiary areas that support and provide community mental health care services.

VI. FIELD TRIPS REQUIRED? Yes No Maybe

VII. GRADING: A-F Only CR/NC Only CR/NC Option Non-Graded

VIII. REPEAT PROCEDURES: Credit: No *Yes Maximum Completions: Maximum Units: 
Non-Credit: No Yes Maximum Completions: 

*(If course is repeatable, attach a memo with the appropriate justification)

IX. EXPLAIN FEE REQUIRED:

rev: 12/2004
X. **PREREQUISITE SKILLS**
Before entering the course, the student will be able to:

A. Describe psycho/social development  
B. Demonstrate health assessment skills  
C. Apply the Nursing Process and critical thinking to patient care  
D. Demonstrate medication dosage calculation for children and adults  
E. Discuss normal growth and development  
F. Identify issues related to health promotion/protection and adaptation to common health problems across the life span  
G. Apply basic concepts of pharmacology to patient care

XI. **OBJECTIVES** (Expected outcomes for students)
Upon successful completion of the course, the student will be able to:

A. **Instructional Objectives**

1. Analyze alterations in adaptation related to mental health/illness and growth and development*
   
   a. Identify alterations in adaptation through psychosocial assessment  
   b. Examine the potential for alterations in self-concept, role function, sexual function, and interdependency related to alterations in adaptation  
   c. Use the Roy Model to formulate nursing diagnoses based on scientific principles  
   d. Evaluate short-term and long-term goals for client adaptation  
   e. Discuss the implications of cultural diversity and nursing interventions  
   f. Identify appropriate nursing interventions to facilitate client adaptation  
   g. Discuss strategies to deal with ethical and spiritual issues related to client adaptation  
   h. Describe the therapeutic effects of pharmacological agents on selected client  
   i. Identify factors that impact development across the life span  
   j. Distinguish between normal and abnormal physical and psychosocial processes across the life span  
   k. Discuss various theories of family violence for application to the nursing process

2. Describe a therapeutic nurse-client relationship*
   
   a. Discuss the phases of relationship development and tasks associated with each phase  
   b. Identify the goals of the nurse-client relationship  
   c. Discuss the importance of self-awareness in the nurse-client relationship

3. Demonstrate the principles of therapeutic communication*
   
   a. Describe the types of pre-existing conditions that influence the outcome of the communication process  
   b. Identify territoriality, density, and distance as components of the environment  
   c. Define components of nonverbal communication  
   d. Differentiate between therapeutic and non-therapeutic verbal communication

B. **Clinical Objectives**

1. Provide a safe environment for clients by adhering to overriding concerns

* = Multi-cultural objective or content item
a. Accountability
b. Physical Jeopardy
c. Emotional Jeopardy
d. Therapeutic Communication
e. Asepsis

2. Individualize and implement care that is sensitive to social, sexual, spiritual, and cultural diversity*
3. Demonstrate ability to communicate and work effectively with the multidisciplinary health care team
4. Maintain confidentiality regarding all patients’ information
5. Display integrity, honesty, and empathy with patients, families and members of the health care team*
6. Demonstrate accurate and knowledgeable administration psychotropic medication
7. Analyze and document therapeutic communication with selected clients utilizing process recordings
8. Perform mental status examinations on selected clients

XII. CONTENT
1. Mental Health Continuum
2. Nursing Process in mental health nursing
3. Therapeutic Communication and Relationships
4. Psychopharmacology
5. Legal and Ethical issues in mental health nursing
6. Crisis Intervention
7. The Suicidal Client
8. Therapeutic Groups
9. Mood Disorders
10. Anxiety Disorders
11. Somatic Disorders
12. Dissociative Disorders
13. Personality Disorders
14. Substance-related disorders
15. Abuse and Domestic Violence
16. Lifespan Issues and Interventions

XIII. TEACHING METHODS
A. Methods to achieve course objectives:
   Lecture, collaborative learning activities, guided discussion, audio-visual material, simulated lab activities, and
   nursing care of selected clients in hospital/community setting

B. Typical assignments used in achieving learner independence and critical thinking
   Students will use the Nursing Process (a problem solving approach to patient care) to analyze case studies and
   plan, implement, and evaluate patient care in a psychiatric health care setting

* = Multi-cultural objective or content item
XIV. TEXTBOOKS AND OTHER READINGS (Typical)

A. Required texts:

B. Other readings:

XV. SPECIAL STUDENT MATERIALS (i.e., protective eyewear, aprons, etc.)

XVI. METHODS OF EVALUATING STUDENT PROGRESS

A. Classroom work (exams, quizzes, written assignments) must be completed at a cumulative grade of 76%

B. Satisfactory evaluation in clinical practicum
   1. Satisfactory completion of clinical course objectives
   2. Competency in the area of Overriding Concerns (as listed in the MJC ADN Handbook and course syllabus)
   3. Consistent provision of safe care in the clinical practicum with minimum faculty guidance
   4. Completion of case studies, process recordings and mental status exams
   5. Honesty and professional conduct in the clinical and classroom setting