COURSE TITLE: Psychiatric Mental Health Nursing  
COURSE NUMBER: NUR 177  

CREDITS/CONTACTS:  
Credit Hours: 2  
Lecture hours/weekly: 4  

INSTRUCTOR: Patti Tibble RN MSN  
Email: ptibble@swmich.edu  

Final Exam Information: See class calendar  

OFFICE HOURS: by appointment  

PREREQUISITE: NUR  

COURSE DESCRIPTION: 
Theoretical application of concepts, principles, and skills needed for identifying and meeting client care needs. Emphasis is placed on the skills required for the care of the culturally diverse psychosocial client. 

Course Student Learning Outcomes: 

1. Comprehend disease processes, treatments and expected outcomes for a variety of diagnoses in the psychosocial population. 
2. Comprehend safe administration of medication to the psychosocial population. 
3. Comprehend safety and injury prevention standards for the psychosocial population. 
4. Comprehend the steps of the nursing process in the care of the psychosocial population. 
5. Comprehend critical thinking and problem solving in the care of the psychosocial population. 
6. Comprehend methods of performing skills according to standards of care for the psychosocial population. 
7. Comprehend methods of effective therapeutic communication with psychosocial clients, families and health care professionals. 
8 Comprehend the promotion of health and prevention of illness using positive health attitudes in the psychosocial population. 
9. Comprehend care and time management skills when caring for the psychosocial population. 
10. Comprehend personal accountability and professional responsibility to the profession of nursing when caring for the psychosocial population. 

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**TEXTBOOKS:**

**REQUIRED:**


**METHOD OF INSTRUCTION:**

NURS 203 uses class discussion, case studies, audio-visual material, selected readings, written assignments, lecture, small group work, and computer aided instruction.

**EVALUATION METHOD:**

Upon completion of this course, the student will demonstrate achievement of the course objectives by obtaining a final minimum grade of seventy-eight (78%), as measured by teacher made examinations, written work, achievement of the course objectives by obtaining a final minimum grade of seventy-eight (78%), as measured by teacher made examination, written work, and the evaluation tool.

**GRADING SCALE:**

The following grading scale will be in effect for this course:

Per School of Nursing Student handbook guidelines.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>96-100%</td>
</tr>
<tr>
<td>A-</td>
<td>93-95%</td>
</tr>
<tr>
<td>B+</td>
<td>90-92%</td>
</tr>
<tr>
<td>B</td>
<td>87-89%</td>
</tr>
<tr>
<td>B-</td>
<td>84-86%</td>
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<tr>
<td>C+</td>
<td>81-83%</td>
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<tr>
<td>C</td>
<td>78-80%</td>
</tr>
<tr>
<td>C-</td>
<td>75-77%</td>
</tr>
<tr>
<td>D+</td>
<td>72-74%</td>
</tr>
<tr>
<td>D</td>
<td>69-71%</td>
</tr>
<tr>
<td>D-</td>
<td>66-68%</td>
</tr>
<tr>
<td>F</td>
<td>below 66%</td>
</tr>
</tbody>
</table>

**ATTENDANCE POLICY:**

Attendance is mandatory. See the School of Nursing Student Handbook for specific guidelines.

**TESTING POLICY:**

Students are expected to take all examinations as they are scheduled. Make-up policy with regard to examinations is described in the School of Nursing Student Handbook.

<table>
<thead>
<tr>
<th>Examination Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tests</td>
<td>50%</td>
</tr>
<tr>
<td>2 assignments</td>
<td>15%</td>
</tr>
<tr>
<td>Integrated test Kaplan</td>
<td>10%</td>
</tr>
<tr>
<td>Comprehensive final exam</td>
<td>25%</td>
</tr>
<tr>
<td></td>
<td>100%</td>
</tr>
</tbody>
</table>

**NOTICE:**

Representative student work will be used as a part of SMC’s ongoing curriculum assessment program. Excellent work will be used as examples to accreditors.

**OTHER COURSE**

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EXPECTEDATIONS: The student is expected to have read the material and completed the applicable worksheets/assignments to be covered in class PRIOR to class.

Examinations will cover material from lecture, discussion, Case studies and selected readings. Therefore, the student is expected to study these sources of materials thoroughly.

It is the student's responsibility to notify the instructor of any difficulty he/she may be encountering. This prompt action enables the student and instructor to schedule an appointment during office hours, as early as possible, and is designed to increase the student's success in mastering necessary course objectives.

INTEGRATED TESTING: The completion of an Integrated test is required for the completion of this course, and will account for 10% of the final class grade. The test is to be taken in the Testing Center, on the Dowagiac campus, using the Kaplan computer program. The test is an evaluation of your cumulative knowledge of maternal nursing and women’s health. Once completed, remediation on test questions can be accessed through your Kaplan account from home. Your instructor will make arrangements for the Integrated test and will notify you of the scheduled date(s)/time(s). You should plan on the integrated test taking 2 hours. Be sure to check the Testing Center hours. Take your SMC identification badge with you when you take the test.”

FEEDBACK POLICY: Unless otherwise notified exam scores will be posted on Moodle within 48 hours of exam. Any questions regarding student performance can be addressed via email or in person during office hours or by scheduled appointment.

Student Civility Policy
Students are expected to assist in maintaining a classroom environment that is conducive to learning. In order to assure that all students have the opportunity to gain from time spent in class, students are prohibited from engaging in any form of distraction. Inappropriate behavior in the classroom shall result, minimally, in a request to leave class. See below for additional information.

ACCEPTABLE USE OF PERSONAL COMMUNICATION TECHNOLOGY
All phones, iPods, Black Berries, palm pilots, pagers, laptops and other technological devices including devices capable of taking photographs must be turned off and may not be brought our during class
If you are expecting or receiving an urgent call, you are required to leave the classroom before answering. Violation of this policy will result
in your removal from the classroom for the class period. Multiple violations of this policy will be referred to the appropriate dean for disciplinary action. Further details or ramifications of violations may be found elsewhere in this syllabus. The instructor has the right to modify this policy to meet the needs of the course.

**HONESTY POLICY**  Cheating or plagiarizing will absolutely not be tolerated at Southwestern Michigan College. Any student found cheating or plagiarizing material in any manner *may* be assigned a failing semester/session grade in this course. A second such incident while at SMC could result in suspension or expulsion from the institution. A student found in violation of this section of the syllabus will *not* be allowed to drop this course. Additional detail regarding cheating and/or plagiarism may be found elsewhere in this syllabus. For more detailed information consult the SMC Student Code of Conduct.

**NOTICE:** Information in this syllabus was, to the best knowledge of the instructor, considered correct and complete when distributed for use at the beginning of the semester or rotation. The instructor, however, reserves the right, acting within the policies and procedures of Southwestern Michigan College, to make changes in course content or instructional techniques.

**COURSE OUTLINE**

**Chapter 1 Introduction to Mental Health and Illness**
- Mental Health
- Mental Illness
- Physical and Psychological Responses to stress

**Chapter 2 Personality Development**
- Psychoanalytic Theory
- Erikson’s Personality Development
- Peplau Stages of Personality Development
- Nursing Practice and Role

**Chapter 3 Biological Implications**
- The Nervous and Neuroendocrine System
- Implications in Psychiatric illness
- Schizophrenia
- Mood Disorders
- Anxiety Disorders
- Anorexia
- Alzheimer’s disease
- Diagnostic Procedures
- Electroencephalography
- Computerized EEG mapping
- Computed Tomography
- Magnetic Resonance Imaging
- Positron Emission Tomography
- Psychopharmacology
- History
- Role of Nursing
- Implications

**Chapter 4 Ethical and Legal Issues, principles**

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Ethical considerations, Perspectives, and Dilemmas
Model for decision making
Issues in Mental Health Nursing
Legal Considerations
Nursing practice, law, and issues
Commitment Issues
Liability

Chapter 5 Cultural and Spiritual Concepts in Mental Health
   Concepts
   Differences between cultures
   Communication, Space, Social, Time Environmental, and Biological differences
   Application to Nursing
   Spiritual Concepts: needs, forgiveness, religion
   Nursing process and Interventions

Chapter 6 Relationship Development and Therapeutic Communication
   Nurse-Client Relationship
   Conditions of the Therapeutic relationship
   Trust, Rapport, Respect, Genuineness, Empathy
   Phases of the relationship
   Pre-interaction, Orientation working and termination
   Boundaries in Nurse-client Relationship
   Interpersonal Communication
   Impact of preexisting conditions
   Nonverbal Communication
   Therapeutic Techniques
   Non-therapeutic techniques
   Active listening
   Process recordings

Chapter 7 Nursing Process in Mental Health Nursing
   Definitions
   Standards of Practice
   Case Management
   Application of nursing process in the psychiatric setting
   Concept mapping
   Documentation in nursing

Chapter 8 Milieu therapy
   Milieu concepts
   Assumptions of the therapeutic community
   Role of Nursing in Milieu

Chapter 9 Groups
   Group function, types, dynamics, and curative factors
   Leadership styles
   Role of Nursing

Chapter 10 Crisis Intervention
   Characteristics, Phases, Types
   Interventions and the Role of the Nurse
   Anger and aggression Management
   Disaster management
   Application to the nursing process

Chapter 11
   Recovery Model
   Principles, Models and Nursing roles, interventions

Chapter 12 Complementary and alternative psychosocial therapies

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1. Types of complementary therapy
   Herbals
   Acupressure, acupuncture
   Diet and Nutrition
   Chiropractic
   Yoga
   Pet therapy
2. Psychosocial therapies
   Psychotherapies
   Relaxation
   Assertiveness training
   Cognitive

Chapter 13 Neurocognitive Disorders
Delirium
Neurocognitive Disorder due to Alzheimer’s disease
Application in the nursing process

Chapter 14 Substance-related and Addictive Disorders
Definitions
Intoxication, Withdrawal, tolerance
Classifications of psychoactive Substances
Predisposing factors
Dynamics of Substance related disorders
1. Alcohol
2. Sedatives
3. Stimulants
4. Inhalants
5. Opioids
6. Hallucinogens
7. Cannabis
Application to the nursing process
Chemically impaired Healthcare or nursing personnel
Codependency
Treatment modalities
Other addictions

Chapter 15 Schizophrenia and psychotic disorders
Nature and phases of disorder
Predisposing factors
Types of Schizophrenia
Psychotic Disorders
Application to nursing process
Treatment Modalities

Chapter 16 Depression
Historical Perspectives of Depression
Epidemiology
Types
Predisposing factors
Developmental Implications
Application in the nursing process
Treatment Modalities
Suicidal client and assessment prevention
Application to nursing process

Chapter 17 Bipolar and related Disorders
Historical Perspectives
Epidemiology
Types
Predisposing factors
Chapter 18 Anxiety Disorders
   Historical Perspectives
   Epidemiology
   Types
   1. Panic
   2. Social Phobia
   3. Generalized anxiety Disorder
   4. Anxiety due to other conditions
   5. Obsessive Compulsive Disorder
   6. Body Dysmorphic disorder
   Predisposing factors
   Developmental Implications
   Application in the nursing process
   Treatment Modalities, Role of Nursing

Chapter 19 Trauma and Stressor related disorders
   Historical Perspectives
   Epidemiology
   Types
   1. Post-Traumatic stress disorder
   2. Adjustment Disorder
   Predisposing factors
   Developmental Implications
   Application in the nursing process
   Treatment Modalities, Role of Nursing

Chapter 20 Somatic and Dissociation Disorders
   Historical perspectives
   Predisposing factors
   Epidemiology
   Types
   1. Somatic
   2. Dissociative Amnesia
   3. Dissociative Identity Disorder
   Developmental Implications
   Application in the nursing process
   Treatment Modalities, Role of Nursing

Chapter 21 Human Sexuality
   Providing patient centered care
   QSEN safety teaching strategy
   Variation on Sexual orientation
   Nursing process

Chapter 22 Eating Disorders
   Historical Perspectives
   Epidemiology
   Types
   1. Anorexia
   2. Bulimia

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3. Obesity

Predisposing factors
Developmental Implications
Application in the nursing process
Treatment Modalities
1. Behavior modification
2. Individual therapy
3. Family therapy
4. Psychopharmacology

Chapter 23 Personality Disorders
Historical Perspectives
Epidemiology
Types
1. Schizotypal
2. Paranoid
3. Schizoid
4. Antisocial
5. Borderline
6. Histrionic
7. Narcissistic
8. Avoidant
9. Dependent
10. Obsessive Compulsive

Predisposing factors
Application in the nursing process
Treatment Modalities

Chapter 24 Children and Adolescent Populations
Neurodevelopment disorders
1. Intellectual disability
2. Autism
3. Attention deficit
4. Tourettes
Disruptive Behaviors Disorders
1. Oppositional
2. Conduct
QSEN Implications
Treatment Modalities

Chapter 25 Survivors of Abuse or Neglect
Predisposing factors
1. Biological
2. Psychosocial theory
3. Sociocultural theory

Application in the nursing process
Treatment Modalities
1. Crisis intervention
2. Safe house
3. Family therapy

Chapter 26 The aging Individual
Epidemiology
Theory
Normal Aging
Special Concerns
Application in the nursing process

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Chapter 27 Community Mental Health
  Introduction
  Changing focus of care
  Public Health model
  Community as client
  1. Primary Prevention
  2. Secondary Prevention
  3. Tertiary Prevention

Chapter 28 The Bereaved Individual
  Introduction
  Stages of Grief
  Maladaptive responses to grief
  Application of the nursing process
  Hospice
  Advanced Directives

Chapter 29 Military Families and Perspectives
  Historical Perspectives
  Epidemiology
  Application in the nursing process
  Treatment Modalities
  1. Posttraumatic stress Disorder
  2. Traumatic Brain Injury