



South Central College

NURS 2430 Semester 3 Mental Health

Common Course Outline

Course Information

Description	This course introduces the student to the specialty area of Mental Health. The Mental Health content will explore the unique health care considerations for persons with mental illness across the lifespan. (Prerequisites: Successfully complete all Semester 2 Courses in order to advance to Semester 3 Courses)
Total Credits	2
Total Hours	32

Types of Instruction

Instruction Type	Credits/Hours
Lecture	2/32

Pre/Corequisites

Prerequisite	Successfully complete all Semester 2 Courses in order to advance to Semester 3 Courses
--------------	--

Institutional Core Competencies

Civic Engagement and Social Responsibility - Students will be able to demonstrate the ability to engage in the social responsibilities expected of a community member.

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Cultural Competence - Students will be able to demonstrate an attitude of personal curiosity, a rising knowledge of cultures, and an evolving range of skills for living and working among others with other worldviews and ways of life.

Program Student Learning Outcomes

Human Flourishing - Demonstrate nursing care that is client centered, culturally sensitive, and based on the holistic needs of clients and families.

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Professional Identity - Practice professional nursing in an ethical and legal manner that integrates integrity, accountability, leadership, teamwork and collaboration.

Spirit of Inquiry - Contribute to the management of healthcare and continued quality improvement by incorporating evidence-based practice, cost containment, and current technology.

Course Competencies

1. Apply emotional and psychosocial development concepts throughout the lifespan.

Linked Program Student Learning Outcomes

Human Flourishing - Demonstrate nursing care that is client centered, culturally sensitive, and based on the holistic needs of clients and families.

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Linked External Standards

Patient-centered Care. "Recognize the patient or designee as the source of control and full partner in providing compassionate and coordinated care based on respect for patient's preferences, values, and needs."

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Identify major developmental theorists.

Determine coping mechanisms for developmental stages and specific situations. (ex. adaptation, grief, suicidal ideation, and substance abuse).

Apply knowledge of physical, emotional and psychological development throughout the lifespan.

2. Utilize nursing judgment in the care of clients with mental illness.

Linked Program Student Learning Outcomes

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Linked External Standards

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Determine client's support systems, coping skills, and resources.

Analyze a client's reaction to a diagnosis of acute or chronic mental illness and evaluate the constructive use of defense mechanisms by the client.

Describe methods to assist the client to maintain self-control of behavior.

Discuss ways to evaluate the client's response to treatment plan.

Explore therapeutic communication techniques in care of the client with mental illness.

Discuss assessments and plan for interventions to meet the client's mental health needs.

3. Examine the impact of culture on the client and family or support person(s).

Linked Program Student Learning Outcomes

Human Flourishing - Demonstrate nursing care that is client centered, culturally sensitive, and based on the holistic needs of clients and families.

Linked External Standards

Patient-centered Care. "Recognize the patient or designee as the source of control and full partner in providing compassionate and coordinated care based on respect for patient's preferences, values, and needs."

Learning Objectives

Identify the emotional problems of client or client needs that are related to religious/spiritual beliefs.

Determine how culture influences the care and expectations of a client with behavioral health concerns.

Discuss ways to assess and plan for interventions that meet the client's spiritual needs.

Explore nursing interventions that promote and support the cultural practices of clients and families in multiple settings.

4. Categorize the medications used in treatment of mental illness.

Linked Program Student Learning Outcomes

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Linked External Standards

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Recognize common medication categories used in mental health clients.

Identify side effects and adverse effects of medications used in mental health clients.

Predict expected therapeutic effects and clinical outcomes of medications used in mental health clients.

5. Examine principles of treatment for individuals experiencing alterations in mental health and illness.

Linked Program Student Learning Outcomes

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Linked External Standards

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Describe the mental health/mental illness continuum.

Identify nursing interventions for the client with mental illness.

Determine the potential for violence and use safety precautions in crisis.

Recognize alterations in sensory and perceptual abilities and provide reality-based interventions.

Identify causes of stress to assist the client in stress management techniques.

6. Use professional terminology to describe disorders and behaviors of the client, family or support person(s).

Linked Program Student Learning Outcomes

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Linked External Standards

Informatics. "Use information and technology to communicate, manage knowledge, mitigate error, and support decision making."

Evidence-based Practice (EBP). "Integrate best current evidence with clinical expertise and patient/family preferences and values for delivery of optimal health care."

Quality Improvement (QI). "Use data to monitor the outcomes of care processes and use improvement methods to design and test changes to continuously improve the quality and safety of health care systems."

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Explain DSM (Diagnostic and Statistical Manual of Mental Health Disorders) use in behavioral health settings.

Summarize mental health terminology.

Categorize mental illness disorders, and identify appropriate nursing interventions.

7. Differentiate principles of treatment for the patient/family or support person(s) with mental illness.

Linked Program Student Learning Outcomes

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Spirit of Inquiry - Contribute to the management of healthcare and continued quality improvement by incorporating evidence-based practice, cost containment, and current technology.

Linked External Standards

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Distinguish theories of psychotherapy.

Discuss plan for client experiencing abuse or neglect and possible interventions.

Determine barriers and/or stressors that impact family functioning and evaluate resources available to assist family functioning.

Appraise a client for drug and/or alcohol dependencies.

Appraise a client for withdrawal or toxicities and appropriate interventions.

8. Implement critical thinking and the nursing process to devise a comprehensive plan of care for patients with mental illness and their family or support person(s).

Linked Program Student Learning Outcomes

Nursing Judgment - Use sound nursing judgment in the provision of safe, quality care.

Professional Identity - Practice professional nursing in an ethical and legal manner that integrates integrity, accountability, leadership, teamwork and collaboration.

Linked External Standards

Teamwork and Collaboration. "Function effectively within nursing and inter-professional teams, fostering open communication, mutual respect and shared decision-making to achieve quality patient care."

Safety. "Minimizes risk of harm to patients and providers through both system effectiveness and individual performance."

Learning Objectives

Explore mental health resources within the community.

Discuss the nursing role and other roles within the health care team in the treatment of mental illness.

Discuss the impact of mental illness on the family system and include family in care planning.

Apply knowledge of client psychopathology to mental health concepts applied in individual/group/family therapy.

Assist family to plan care for client with impaired cognition.