



NURP 1108

Division: Career and Technical Education

Department: Allied Health

Course: NURP 1108

Title: Mental Health Fundamentals

Catalog Description:

Students will study caring strategies for promoting mental health and wellness across the lifespan. Emphasis will be on the basic psychopathological conditions and the role of the psychiatric nurse. Students will explore the nursing process in the rehabilitation of clients with psychiatric disorders with emphasis on assessment, interventions, and evaluation in preparation for becoming an effective member of the health care team. Students must be accepted into the Practical Nursing program to enroll. This course is part of a required series to prepare students to take the National Council Licensure Examination for Practical Nurses (NCLEX-PN).

General Education Requirements: N/A

Semesters Offered: TBA

Credit/Time Requirement: Credit: 2; Lecture: 2; Lab: 0

Clock/Hour Requirements: 30

Offered for Non-Credit: No

Prerequisites: N/A

Corequisites: NA

Justification:

This course is an important component in the education of the practical nurse in understanding the basic components of mental health and nursing care. This course prepares students to take the exam for national licensure in the area of mental health. It is part of the nursing program and has been approved by the Utah State Board of Nursing. Components of the Susan Ferguson Service Model are incorporated throughout the course.

Student Learning Outcomes:

Upon successful completion of this course, students will be able to:

- define mental health and psychosocial responses to mental illness
- describe the impact of patient behavior problems in a managed care setting
- describe the differences between social relationships and therapeutic relationships
- identify key strategies in communicating therapeutically
- describe the categories of the mental status examination
- identify target symptoms and behaviors and side effects for the following types of medications:
 - anti-anxiety

- anti-psychotic
- antidepressant drugs
- summarize current thinking about the etiology of schizophrenia and the mood disorders
- for each of the following psychiatric disorders, identify key observations in relation to the categories of the mental status examination:
 - anxiety disorders
 - schizophrenia
 - mood disorders
 - organic mental syndromes or disorders
 - personality disorder
- for each of the following psychiatric disorders, identify primary nursing diagnoses, goals, and interventions:
 - anxiety disorders
 - schizophrenia
 - mood disorders
 - organic mental syndromes or disorders
 - personality disorder
- list four symptoms of potential suicide
- list behaviors that may indicate substance abuse
- name two programs for members of families of alcoholics
- state problems facing family members of alcoholics
- list the symptoms of attention-deficit hyperactivity disorder
- identify the symptoms of abuse and neglect
- state the nurse's role in interventions of abuse and neglect
- define and contrast anorexia nervosa and bulimia
- list agencies of referral for assistance for clients and families with needs in mental health, abuse, neglect, and eating disorders
- state the concepts of stress, anxiety, adaptation, homeostasis, and depression
- identify basic coping mechanisms
- state how age and cultural and spiritual beliefs affect an individual's ability to cope with illness and stress
- describe several factors that may precipitate adaptive or maladaptive behaviors in response to illness and stress
- describe implementation of the nursing process to enhance a client's mental health as the client deals with stress and illness
- demonstrate the importance of valuing all clients regardless of client's diagnosis or condition.

Content:

Students will obtain a knowledge base of the fundamentals of mental health through the lifespan in preparation for responsible, caring, and competent nursing care. Students will also be prepared to pass the mental health component of the national licensing examination to become a Licensed Practical Nurse (LPN). Students will receive theory on the following mental health conditions and the therapeutic nursing care:

- stress
- anxiety and anxiety disorders
- coping mechanisms

- obsessive compulsive disorder
- posttraumatic stress disorder
- somatoform disorders
- dissociative disorders
- schizophrenia
- depression
- suicidal clients
- manic depression
- organic mental syndromes
- personality disorders
- substance abuse
- eating disorders
- abuse, neglect, and family violence.

General Education Outcomes:

Applied Education Outcomes:

1) Students will acquire entry-level skills specific to and appropriate for employment in their chosen field of study.

Students will study caring strategies for promoting mental health and wellness across the life span. Emphasis will be on the basic psychopathological conditions and the role of the psychiatric nurse. The instructor will assess students' knowledge of information through written tests and oral exchange in class and give oral and written feedback through exams and skill pass-offs.

4) Students will demonstrate interpersonal skills specific to the skills and environment inherent in their field.

Students will learn communication and interpersonal skills needed to care for patients in a clinical setting. The instructor will observe students in class and through written assignments and give written and oral feedback on a regular basis.

Key Performance Indicators:

In class:

- The student's final score will be based on: tests (40%), quizzes and other assignments (40%), and the final exam (20%). Percentages are approximate.
- An overall score of 74% is required in order for a student to continue in the Practical Nursing program.

Representative Text and/or Supplies:

- Videbeck, *Psychiatric Mental Health Nursing*, current edition, Lippincott, Williams & Wilkins, Philadelphia, PA.

Optimum Class Size: 20
Maximum Class Size: 24

Signatures:

I hereby submit this course syllabus:

Amber Epling, MSN, Associate Professor

I hereby find this course consistent with the goals and resources of the Allied Health Department:

Amber Epling, MSN, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Career and Technical Education Division:

Michael P. Medley, MBA, Assistant Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)