



Degree Applicable
Effective Quarter: Fall 2010

I. Catalog Information

NURS 85A Psychiatric/Mental Health Nursing (Theory) 2 Unit(s)

Prerequisite: Nursing 84, 84C and 84L (all courses with a grade of C or better).

Corequisite: Nursing 85A students must also enroll in Nursing 85AL.

Two hours lecture (24 hours total per quarter).

Utilization of the nursing process in learning to meet clients' self-care deficits, with an emphasis on the biopsychosocial needs of individuals across the life span who experience acute or severe psychopathology. Theories of psychiatric/mental health nursing will be taught in concert with nursing care of individuals undergoing treatment in a variety of behavioral health-care settings. Theory and clinical components must be taken concurrently. Failure of either component requires both courses to be retaken.

II. Course Objectives

- A. Apply theories, assumptions and points of view that provide a conceptual framework for the care of individuals in psychiatric/mental health settings.
- B. Collect an accurate, descriptive and comprehensive Orem self-care requisite assessment database.
- C. Organize assessment data and infer appropriate nursing diagnoses.
- D. Interpret the relevance of assessment data in terms of client goals for meeting self-care deficits.
- E. Assemble realistic and precise consequences of reasoning into a nursing system of interventions for implementing a plan of care.
- F. Evaluate outcomes in relation to the client's progress toward restoration of self-care ability.

III. Essential Student Materials

None

IV. Essential College Facilities

Classroom with video/ DVD and overhead capabilities

V. Expanded Description: Content and Form

- A. Apply theories, assumptions and points of view that provide a conceptual framework for the care of individuals in psychiatric/mental health settings.
 - 1. Define the legal-ethical-managerial responsibilities of the nurse in psychiatric settings.

2. Review communication principles of psychiatric nursing that form the basis of the therapeutic nurse-patient relationship.
 3. Identify current theoretical knowledge of the etiologies, the signs and symptoms and the treatment of mental disorders such as major depression, bipolar disorder, schizophrenia ; substance use.
 4. Identify cultural, ethnic and other individual differences among clients that influence nursing care planning.
 5. Apply concepts of human behavior according to one's own personal cultural/ethnic background, experiences and values, including the recognition of self-held prejudices related to mental illness.
- B.** Collect an accurate, descriptive and comprehensive Orem self-care requisite assessment database.
1. Assess the client's universal, developmental and health-deviation self-care requisites.
 2. Interpret and categorize the medical signs and symptoms of mental disorders into nursing theory according to Orem's self-care model.
- C.** Organize assessment data and infer appropriate nursing diagnoses.
1. Identify self-care deficits based on the relationship between the client's therapeutic self-care demands and his self-care capability.
 2. Select nursing diagnoses for self-care deficits associated with specific mental disorders or conditions.
- D.** Interpret the relevance of assessment data in terms of client goals for meeting self-care deficits.
1. Formulate long-term and short-term goals that are common to specific alterations in human functioning that affect the client's capability for mental health self-care.
 2. Recognize common subjective reactions and feelings of the nurse toward clients with self mental health self-care deficits.
- E.** Assemble realistic and precise consequences of reasoning into a nursing system of interventions for implementing a plan of care.
1. List categories of nursing interventions common to individuals with specific mental health care deficits and give examples of each.
 2. Interpret medical and other interdisciplinary team treatment protocols in terms of need for nursing interventions.
 3. Develop a nursing care plan based on case studies of clients with specific mental disorders.
- F.** Evaluate outcomes in relation to the client's progress toward restoration of self-care ability.
1. Describe the client's verbal and non-verbal behavior toward meeting self-care goals in relation to each nursing diagnosis in the plan of care.
 2. Indicate the necessary nursing actions for further implementation of the plan of care.

VI. Assignments

- A. Required reading from the assigned text.
- B. Group presentation of relevant case studies.
- C. Individual and group critical thinking questions and response papers.
- D. Visits to community agencies/organizations relevant to course content.

VII. Methods of Instruction

Lecture and visual aids
Discussion of written critical thinking questions
Discussion of assigned reading
Guest speakers
Student presentations

VIII. Methods of Evaluating Objectives

- A. Two mid-terms and a final exam.
- B. Class presentation of case study.
- C. Written critical thinking question.
- D. Written report of visits to community agencies/organizations.

IX. Texts and Supporting References**A. Required Texts**

- 1. *Varcarolis. "Foundations of Psychiatric Mental Health Nursing: A Clinical Approach", 6th ed. 2009. W.B. Saunders Company.
- 2. Nursing 85 Course Syllabus

B. Supporting Texts and References

- 1. Varcarolis. "Manual of Psychiatric Nursing Care Plans", 3rd ed. 2006. W.B. Saunders Company.
- 2. Purnell & Paulanka. "Guide to Culturally Competent Health Care". 2005. F.A. Davis.
- 3. Deglin. "Davis' Drug Guide for Nurses", 11th ed. 2008. F.A. Davis.
- 4. De Anza College, Department of Nursing Student Handbook, current version