# RNSG 2213

## MENTAL HEALTH NURSING

<table>
<thead>
<tr>
<th>Semester Credit Hours</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture Hours</td>
<td>2</td>
</tr>
<tr>
<td>Prerequisites</td>
<td>Completion of all Level 1 courses with a Grade of C or better</td>
</tr>
<tr>
<td>Course Description</td>
<td>Principles and concepts of mental health, psychopathology, and treatment modalities related to the nursing care of clients and their families.</td>
</tr>
</tbody>
</table>

**PERFORMANCE OBJECTIVES:** The associate degree nursing student will use therapeutic communication; utilize critical thinking skills and a systematic problem-solving process as a framework for providing care to clients and families experiencing mental health problems; and explain the roles of the professional nurse in caring for clients and families experiencing mental health problems.

**Course Objectives**

Identifies the scope of professional nursing practice based on professional nursing standards of care.

As evidenced by:
- Identifies three phases of the nurse patient relationship.
- Assesses the physical, emotional, cognitive and behavioral characteristics of suicide and plan for care and nursing intervention
- Describes nursing intervention for affective disorders such as electro convulsive treatment (ECT)
- Identifies common treatment modalities used for individuals with various mental health disorders

Describes a variety of communication techniques used to facilitate improved patient outcomes in a variety of patient healthcare environments.

As evidenced by:
- Identifies the elements of interpersonal communication.
- List at least five factors that affect oral communications
- Describes forms of non-verbal communication
- Differentiates between communication and therapeutic communication
- Defines affective touch and describe situations in which it may be appropriate.
- Identifies elements essential to the maintenance of mental health such as interpersonal communication, ego defense mechanisms, and dealing directly with ones emotions.
Identifies theoretical and evidenced based practice concepts used to deliver care to patients/clients.
As evidenced by:
- Identify role of inherited characteristics and life circumstances in development of mental health
- Recognize the impact that death and grieving may have the individual’s mental health
- Identify stressors affecting behaviors associated with individuals experiencing alterations in self-concept.
- Describe special treatment measures for affective disorders such as electro convulsive treatment (ECT) and its related nursing intervention
- Compare and contrast common myths and facts about suicide and identify groups at high risk.
- Identifies common theories explaining cause of schizophrenia

Explain the nurses role in health and wellness promotion
As evidenced by:
- Differentiate between mental health and mental illness.
- Identify stress related illnesses and their related nursing interventions
- Identify aspects of assaultive behavior with a holistic perspective as it affects the aggressor and the victims
- Identify the behaviors characteristics of depressive, manic and bipolar disorders
- Recognize common stress management techniques
- Identify the characteristics of disturbed coping patterns seen in disordered behaviors associated with anxiety.
- Identify the characteristics of a person with a substance abuse problem
- Recognize characteristics/ behavior associated with anxiety states, somatoform and dissociative disorders
- Compare and contrast characteristics of a healthy interpersonal relationship with those of an individual with a personality disorder and apply appropriate nursing intervention
- Compare the various types of schizophrenia and their common symptoms including hallucinations, delusions, and changes in perception, judgment, thought, language, and motor skills
### Teaching Methods:
1. Lecture
2. Multimedia
3. Group discussions
4. Simulated client experiences

### Evaluation Methods: (Grading Criteria)
1. Written Examination(s) – Chapter Tests are 40% of final grade
2. Film Critiques will count as chapter test. (The 2 film critiques will be averaged and count as 1 test grade)
3. Group discussions will be 20% of final grade
4. The Final examination – is 40% of the final grade
5. A final grade of C is required at the end of the semester
6. A final grade of 75 is required at end of semester

<table>
<thead>
<tr>
<th>Grading Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>A = 90-100</td>
</tr>
<tr>
<td>B = 80-89</td>
</tr>
<tr>
<td>C = 75-79</td>
</tr>
<tr>
<td>D = 70-74</td>
</tr>
<tr>
<td>F = Below 70</td>
</tr>
</tbody>
</table>

### Student Responsibility:
- Special note: Please inform if you have a disability and need accommodations for this class.
- Expectations for students and instructor conduct: The students and instructor will adhere to all policies and procedures of Coastal Bend College.
- Professional behavior is expected of all employees entering the work field. Students will be expected to demonstrate professional behavior by being respectful of others in the course, attending all classes, and actively participating in this learning opportunity.
- Students are responsible for all assignments and material covered in their absence.
- Assignments: See course schedule of individual instructor.

Coastal Bend College does not discriminate on the basis of race, creed, color, national origin, gender, age, or disability.
Contacting the instructor:

Web CT E-mail
Email: kmills@coastalbend.edu
Office: (361) 664-2981 ext. 3022
Home (361) 661-1046
Cell (361) 701-5520

1. Exams will be posted to WebCT on Tuesday’s @ 0900 to the following Wednesday @ 2330. It is the student’s responsibility to access and take the exam within the allotted time frame.

Challenging the instructor’s answer on the test: All challenges must be received by email on the day of the test review. The challenge must include the question, the student’s perception of the correct answer and the page # in the book where the answer is found. Challenge in on an individual bases only. The test grade will be adjusted for the student if the challenge is correct.

- All material is “fair game” for tests. This means that if material is covered in the online lecture or in the chapter, you are expected to know it at any time after it is presented.
  - Why is that? The NCLEX examination will expect you to recall the information from day 1 of the program. This is practice for the big exam! Concentrate on learning the material, and not just memorizing the information for today’s test.

- There is a lot of material in the lecture notes. However, you MUST read the chapters. You must read and critically think about the information in the book and lecture notes.

- Your Final Exam will be comprehensive. It will include material from day 1.

- Make up exams will be taken during week 14 of the class. See the actual date on the course calendar. All make ups will be taken on the scheduled day. NO EXCEPTIONS. Each student will be allowed one make up exam only. Any other tests missed will be awarded a zero grade.

- Make-up exams may be multiple choice, essay, fill in the blank or a combination of all.

- No test grades will be dropped.

- No extra credit work will be given.
PROFESSIONAL NURSING
RNSG 2213
MENTAL HEALTH NURSING
LEVEL 2

- **UNDER NO CIRCUMSTANCES** will the student copy any parts of the test; to do so violates the school’s academic honesty policy and is punishable up to expulsion.

2. **Grading**

<table>
<thead>
<tr>
<th></th>
<th>% of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Exams and Projects</td>
<td>40%</td>
</tr>
<tr>
<td>Discussions</td>
<td>20%</td>
</tr>
<tr>
<td>Final Examination</td>
<td>40%</td>
</tr>
</tbody>
</table>

- When calculating your grades, the **ONLY** time that we round is at the very end of the semester. The **ONLY** grade rounded is the final grade!!!!

3. **Assigned Movies**—it is the student’s responsibility to acquire and view the assigned movies.

4. **Chat/Discussion Guidelines**

   **Discussion Questions**
   - It is a course requirement to participate and will account for 20% of your final grade.
   - We will have 2 scheduled discussions throughout this semester.
   - They be posted on **Tuesday and will be due by the next Tuesday prior to midnight.**
   - Each student will answer **ALL of the questions** and submit to the instructor via Web Ct email for that discussion. Then pick two areas/topics to expand on that you will post in the discussion area.
   - You may respond to a peer’s post as long as your post is evidence based and cited. You may expand on another’s topic with your own research.
   - **Two significant evidence based postings are expected on the clinical questions.** Students are expected to include current resources (less than 5 years old) from professional research articles in the discussions. The postings should document critical thinking of the issues. You may utilize the library, internet (be sure your sites are credible), current textbooks and current magazines.
   - **The context does not need to be APA format, however, sources cited are.**
   - Grading Breakdown of the postings are as follows:
     - 95—Excellent. Two postings are evident. The postings use current research to support or improve the discussion of the clinical practice issue.
     - 85—Good Work. There are two postings that discuss clinical research but lack the current research component.
     - 75—Minimal Work. The clinical postings are from descriptive sources. Clinical research is not evident.
     - 0—for not completing on time and criteria not met.

- Assignments and projects must be turned in at the scheduled time. Any late assignments or projects will receive a zero grade.
- All CBC rules apply to the Vocational Nursing Program and Students. Review your college catalog and student handbook for rules.

- Academic Honesty is required component of the nursing practice and is expected of each nursing student. Each student is accountable for his/her own learning experience. Authenticated incidence of academic dishonesty is grounds for failure. Students refer to Coastal Bend College and Nursing Student Handbook.