



El Camino College

COURSE OUTLINE OF RECORD - Launched

I. GENERAL COURSE INFORMATION

Subject and Number: Nursing 230
Descriptive Title: Mental Health Nursing

Course Disciplines: Nursing

Division: Health Sciences and Athletics

Catalog Description: In this course, students will utilize the nursing process to care for clients with varying degrees of mental health problems. Psychopharmacological therapies will be examined. Students will apply techniques of therapeutic communication and assume a leadership role in the clinical setting. In addition, students will utilize and maintain legal and ethical standards specific to mental health patients.

Conditions of Enrollment: Prerequisite
Nursing 220
AND
Nursing 222
AND
Nursing 224
AND
Nursing 226
With a minimum grade of C

Enrollment Limitation

Students must be admitted into the Nursing Program

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 2.00 hours per week TBA
Hours Laboratory: 4.50 hours per week TBA
Course Units: 3.50

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Proposed
Transfer UC:

No

General Education:

El Camino College: _____

CSU GE: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. **Nursing Process/Psychobiological Theories:** The student will apply the nursing process and the psychobiological theories identifying nursing problems and apply a treatment plan for patients with mental health disorders.
2. **The Nursing Practice Act/Leadership:** The student will analyze the law and the scope of practice as defined by the California Nursing Practice Act and will define and discuss the types of leadership styles/roles.
3. **Therapeutic Communication:** The student will utilize effective therapeutic communication skills needed for patients with biophysical symptoms (fatigue, loss of appetite and insomnia) as well as emotional symptoms (sadness, euphoria and disturbed sensory perception) of mental illness.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Describe the role of neurotransmitters in human behavior and apply the concepts in the care of mental health disorders.
Quizzes
2. Discuss the psychobiological theories and clinical manifestations and the human needs hierarchy in caring for patients with mental disorders.
Multiple Choice
3. Apply the nursing process in care of a patient within the mental health setting and utilize the techniques of a therapeutic nurse-patient relationship.
Other (specify)
Nursing Care Plan
4. Analyze the dynamics of therapeutic communication.
Term or other papers
5. Identify and describe the pharmacological treatment modalities and pertinent lab results related to patients with mental disorders.
Objective Exams
6. Compare and contrast the legal status of the involuntary versus the voluntary inpatient admission to the hospital.
Quizzes

7. Compare and contrast effective communication skills based on the values, morals and belief system related to the patient's culture.

Multiple Choice

8. Examine mental health disorders causing impulsive/poor coping behaviors leading to eating disorders, sleeping disorders and other maladaptive coping behaviors.

Other (specify)

Nursing Care Plan

9. Analyze the link/relationship between stress and disease.

Quizzes

10. Recognize and respond to the suicidal patient effectively.

Other (specify)

Nursing Care Plans

11. Identify and employ the leadership roles of the nurse caring for patients with mental health disorders.

Multiple Choice

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	2	I	Health Care Law A. State Statutory Law 1. Lanterman-Petris-Short (LPS) Act 2. Consent/statutory surrogates
Lecture	3	II	Ethics A. Lifespan 1. Confidentiality 2. Patient noncompliance 3. Protecting patent rights 4. Cultural conflicts B. Organizational Ethics 1. Use of seclusion and restraints 2. Historical and theoretical perspectives
Lecture	3	III	Communication A. Therapeutic communication B. Interprofessional communication C. Handoff/reporting D. Group 1. Group process 2. Group dynamics
Lecture	4	IV	Psychosis A. Schizophrenia spectrum and other psychotic disorders B. Neurocognitive disorders C. Personality disorders (Cluster A)
Lecture	4	V	Anxiety A. Anxiety disorders B. Obsessive-compulsive and related disorders C. Trauma and stressor-related disorders 1. Post-traumatic stress disorder

			<ul style="list-style-type: none"> D. Personality disorders (Cluster C) <ul style="list-style-type: none"> 1. Avoidant personality disorder 2. Dependent personality disorder 3. Obsessive-compulsive personality disorder
Lecture	4	VI	Stress and Coping <ul style="list-style-type: none"> A. Positive coping behaviors B. Maladaptive coping behaviors <ul style="list-style-type: none"> 1. Addiction <ul style="list-style-type: none"> a. Substance induced disorders b. Substance use disorders c. Behavior addictions C. Crisis D. Personality Disorders (Cluster B)
Lecture	4	VII	Mood and Affect <ul style="list-style-type: none"> A. Depressive disorders <ul style="list-style-type: none"> 1. Disruptive mood dysregulation disorder 2. Major depressive disorder 3. Psychotic depression 4. Situational depression 5. Suicide B. Manic disorders <ul style="list-style-type: none"> 1. Bipolar I 2. Bipolar II
Lecture	2	VIII	Cognition <ul style="list-style-type: none"> A. Neurocognitive disorders (NCDs) B. Cognitive impairment, not dementia C. Focal cognitive disorders
Lecture	3	IX	Development <ul style="list-style-type: none"> A. Physical/physiological developmental delay/disorder <ul style="list-style-type: none"> 1. Down syndrome B. Social/emotional developmental delay/disorder <ul style="list-style-type: none"> 1. Autism spectrum disorder 2. Separation anxiety disorder C. Cognitive developmental delay/disorder <ul style="list-style-type: none"> 1. Attention deficit disorder 2. Attention deficit hyperactivity disorder D. Adaptive developmental delay <ul style="list-style-type: none"> 1. Oppositional defiant disorder 2. Conduct disorder
Lecture	1	X	Sexuality <ul style="list-style-type: none"> A. Paraphilia B. Sexual identity
Lecture	1	XI	Activity and Rest <ul style="list-style-type: none"> A. Circadian rhythm sleep disorders B. Insomnia
Lecture	1	XII	Nutrition <ul style="list-style-type: none"> A. Anorexia nervosa B. Bulimia
Lecture	4	XIII	Leadership <ul style="list-style-type: none"> A. Leadership roles in a group B. Leadership styles
Lab	10	XIV	Clinical Orientation <ul style="list-style-type: none"> A. Hospital specific policies and procedures B. Course specific policies and procedures <ul style="list-style-type: none"> 1. Patient safety behavioral management issues

			2. Monitoring medication effectiveness 3. Nursing/multidisciplinary care plans 4. Group and adjunctive therapy 5. Psychobiological care.
Lab	1	XV	Pre-Clinical Conference A. Discuss Plan of Care (POC) for the day
Lab	30	XVI	Clinical Lab A. Crisis resolution unit/care B. Psychiatric Emergency Room (ER) C. Adult mental health unit
Lab	23	XVII	Clinical Lab A. Acute step down unit B. Children's mental health unit
Lab	1	XVIII	Post Conference A. Discuss experience throughout the clinical day
Lab	16	XIX	Ancillary Clinical Assignments A. Board of Registered Nursing Disciplinary Meeting B. Los Angeles Sheriff Department Mental Health Department 95 Courthouse
Total Lecture Hours		36	
Total Laboratory Hours		81	
Total Hours		117	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Substantial writing assignments

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Based on readings in the textbook, pharmacological resources and nursing journals, identify the medications used to treat a client with a mental health problem. In a two- to three-page paper, compare and contrast the various medications used to treat this disorder. Discuss the drugs' side effects, potential adverse reactions, and the implications for nursing care.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. After interacting with a patient, complete a Nurse-Client Relationship Analysis with the goal of exploring the feelings and behaviors of the patient. After reviewing the textbook information and lectures on the psychopathology of various mental disorders, analyze and document interactions between you and the patient, including verbal and nonverbal responses. Your analysis should consider the client's psychopathology, the psychodynamics of your interactions with the client, the psychopharmacology involved, and the use of facilitators,

block and defense mechanisms. Examine to what extent the stated goals were achieved as well as the impact of your behavior(s) that facilitated goal achievement.

2. Formulate and develop a nursing care plan for a patient with a major depressive disorder. Assess each of the patient's basic needs, select appropriate nursing diagnosis, and plan achievable goals and effective nursing interventions. After implementation, determine if the client's goals have been met. Finally, analyze both the patient's and your behavior(s) that facilitated goal achievement.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Objective Exams

Quizzes

Written homework

Class Performance

Term or other papers

Matching Items

Other (specify):

ATI Exams

Presentation

Clinical Evaluations

V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Group Activities

Laboratory

Lecture

Multimedia presentations

Role Play

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Study

Answer questions

Required reading
 Problem solving activities

Estimated Independent Study Hours per Week: 4

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

American Psychological Association. Publication Manual of the American Psychological Association. 6th ed. Washington,DC:American Psychological Association, 2009.
 Pickar, G. & Abernathy, A.. Dosage Calculations. 9th ed. Clifton, NY:Delmar Cengage Learning, 2012.
 State Board of Registered Nursing. California Nursing Practice Act with Regulations and Related Statutes. Charlottesville, VA:LexisNexis, 2017.
 Townsend, M & Morgan, K.I.. Psychiatric Mental Health Nursing. 9th ed. Philadelphia:F.A. Davis, 2018.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
Course Prerequisite Nursing-220 AND	Sequential
Course Prerequisite Nursing-222 AND	Sequential
Course Prerequisite Nursing-224 AND	Sequential
Course Prerequisite Nursing-226	Sequential

B. Requisite Skills

Requisite Skills
Students must need skills from Fundamental Nursing skills to advance NURS 220 - Identify and apply an understanding of professional nursing roles and legal ethical nursing standards. NURS 220 - Demonstrate and practice the principles of medical and surgical asepsis. NURS 220 - Identify the steps of the nursing process by relating how it applies to nursing care. NURS 220 - Apply the use of the nursing process in formulating nursing care plans. NURS 220 - Utilize the nursing process to safely demonstrate nursing skills. NURS 220 - Demonstrates the skills necessary to safely care for patients. NURS 220 - Identify safety issues related to patient care. NURS 220 - Identify Maslow's and Kalish's and Watson's theoretical principles and how they affect the care of the patient. NURS 220 -

Utilize evidence-based information from this course and research related findings in the application of fundamental nursing care.

Students will demonstrate use of the nursing process in caring for adult and aging patients by collecting and organizing patient health data to formulate and carry out a plan of care. NURS 222 - Identify the legal and ethical responsibilities of a nurse.

NURS 222 -

Distinguish between the common physical changes seen in aging and pathological conditions seen in the older adult population.

NURS 222 -

Utilize the nursing process by collecting and organizing patient data to develop a plan of care.

NURS 222 -

Integrate use of the nursing process, professional behavior, and evidence-based practice in the delivery of patient-centered care to adults with health problems.

NURS 222 -

Communicate with patients using professional and therapeutic techniques in a health care setting.

The student must apply principles of drug therapy while monitoring the patient for appropriate responsiveness to the drug. NURS 224 -

Analyze a patient's response to drug therapy.

NURS 224 -

Apply principles of therapy with major drug groups in relation to drug selections, dosage, route and use in selected populations.

Apply principles of drug therapy in relation to drug safety, dosage, route and use in selected populations. NURS 226 -

Perform skills in a professional manner, utilizing legal/ethical concepts.

NURS 226 -

Apply effective therapeutic communication techniques during the practice and performance of skills.

NURS 226 -

Prepare and administer medications via the parenteral routes.

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
Students must be admitted into the Nursing Program	

Course created on 05/10/2018.

BOARD APPROVAL DATE: 07/16/2018

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by H. Frances Cushenberry on 05/10/2018