

San Bernardino Valley College

Course Outline for NURS 212
PSYCHIATRIC NURSING

I. CATALOG DESCRIPTION

NURS 212, Psychiatric Nursing

1.5 hours lecture, 3.75 hours laboratory = 2.75 units

Introduction to psychiatric nursing with a focus on neurobiological theory and application of the nursing process to clients with major alterations in the psychological variable. Other topics include suicide, substance abuse, and domestic violence.

SCHEDULE DESCRIPTION

Introduction to psychiatric nursing with a focus on neurobiological theory and application of the nursing process to clients with major alterations in the psychological variable.

PREREQUISITES: NURS 200 and NURS 202, both with a grade of C or better

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: ONE

III. EXPECTED OUTCOMES FOR STUDENTS

Upon completion of the course, the student should be able to:

- A. Identify and analyze the impact of psychiatric alterations on the sociocultural, developmental, and physiological variables.
- B. Independently or with minimal guidance use basic and therapeutic communication, interviewing, and health education strategies for clients with psychiatric alterations and their families. Communicate effectively with members of the health care team.
- C. Compare and apply theoretical psychiatric theories/concepts to the nursing care of psychiatric clients.
- D. Describe major approaches to therapy for psychiatric clients.
- E. Discuss ethical and legal considerations related to the nursing care of psychiatric clients.
- F. Independently or with minimal guidance use the nursing process to attain or maintain the maximum level of wellness for clients with psychiatric alterations.
- G. Identify and discuss common intra/inter/extrapersonal stressors that cause major alterations in the psychological variable.

IV. CONTENT

- A. Introduction
 - 1. Multidisciplinary mental health care team
 - 2. Role of the psychiatric nurse
 - 3. Neurobiology theories of mental illness
 - 4. Brain biochemistry and behavior
 - 5. Legal/ethical issues affecting psychiatric nursing
- B. The Nursing Process in Psychiatric Nursing
 - 1. DSM IV diagnostic criteria
 - 2. Mental Status exam
 - 3. Psychiatric assessment
 - 4. Murphy-Moller Wellness model
- E. Nurse-client therapeutic relationship

1. Therapeutic communication techniques
2. Phases of the nurse-client relationship
3. Transference and counter-transference
4. Cultural considerations
- F. Treatment modalities
 1. Psychopharmacology
 2. Electroconvulsive therapy
 4. Group therapy
 5. Milieu therapy
- G. Schizophrenia
 - 1, Neurobiological and psychosocial factors
 2. Precipitating/interacting stressors
 3. clinical signs (hallucinations/delusions)
 4. Treatment, nursing care
- H. Major Mood disorders
 1. Major Depression
 2. Dysthymia
 3. Bipolar disorders
 4. Suicide
 5. Treatment, nursing care
- I. Anxiety and organic mental disorders
 1. Abnormal vs. normal anxiety
 2. Dementia and Delirium
 3. Alzheimer's disease
 4. Treatment, nursing care
- J. Domestic violence, rape
 1. Characteristics
 2. Responses of survivors
 3. Nursing care
- K. Substance abuse
 1. Effects, toxic effects
 2. Treatment modalities & resources
- L. Community mental health
 1. Mental health treatment/service institutions
 2. Roles of the community mental health nurse

V. METHODS OF INSTRUCTION

- A. Lecture
- B. Discussion
- C. Readings, handouts
- D. Media
- E. Written Assignments
- F. Case analysis
- G. Small group activities
- H. Student-teacher conferences
- I. Supervised laboratory practice

VI. TYPICAL ASSIGNMENTS

- A. Relapse Prevention Paper: Following a series of interviews with a selected client in an mental health facility, prepare a paper including; introduction, mental status exam results, relapse prevention assessment and plan, assessment tools utilized, and the client's wellness level based on the Murphy-Moller Wellness Model.

- B. Preparation for and Nursing care of assigned psychiatric clients

VII. EVALUATION

- A. Methods of Evaluation
 - 1. Examinations: objective; Typical examination question
During the first week of hospitalization, a client diagnosed with Bipolar Disorder becomes threatening, hyperactive, unable to sleep, and frightened by hallucinations. A common class of drugs used for short-term treatment of this condition is:
 - a. Anticholinergic
 - b. Antipsychotic
 - c. Monoamine oxidase inhibitor
 - d. Sedative-hypnotic
 - 2. Graded written assignments, Relapse Prevention Paper – according to stated criteria
- B. Frequency of evaluation
 - 1. Examinations – 2 units exams and 1 final exam
 - 2. Relapse Prevention Paper – one during course, following completion of lab
 - 3. Nursing care – mid-term and final evaluation, according to laboratory criteria

VIII. TYPICAL TEXTS

Antai-Otong, Deborah, Psychiatric Nursing: Biological and Behavioral Concepts, Philadelphia: W.B. Saunders, 1995.

Fortinash, K., and P. Holoday-Worret, Psychiatric Mental Health Nursing, St. Louis, Mosby Inc., 1996.

Frisch, N. and L. Frisch, Psychiatric Mental Health Nursing, Albany, Delmar Publishers, 1998.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: uniform