

SAN BERNARDINO VALLEY COLLEGE

COURSE OUTLINE FOR PSYTCH 086  
PSYCHIATRIC TECHNOLOGY: BEHAVIORAL SCIENCE

**I. CATALOG DESCRIPTION**

PSYTCH 086  
PSYCHIATRIC TECHNOLOGY: BEHAVIORAL SCIENCE

10 Hours lecture; 21 Hours laboratory = 17 Units

Includes care of clients with psychiatric disorders according to DSM III-R classification with emphasis on interventions and psychopharmacological agents, considering age and cultural implications. Practical application of mental health theory to clients in acute, long term, and state institutional settings.

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

**III. EXPECTED OUTCOMES FOR STUDENTS:**

Upon completion of the course students will be able to:

- A. Apply and use the nursing process in the care of the mentally ill clients.
- B. Recognize and use the principles of therapeutic communication.
- C. Identify and discuss the role of the Psychiatric Technician as mandated by the Board of Vocational Nurse and Psychiatric Technician.
- D. Review and apply principles of pharmacology, pharmokinetics to mentally ill clients.
- E. Compare and contrast the nursing care of clients with development disabilities and physical disorders with mentally health disorders.
- F. Discuss history of Mental Illness Health Act and professional ethics.
- G. Define and discuss anxiety, stress and phobias, including relationships to emotional and physical illness.
- H. Define and list the types of defense mechanisms used in health adjustment and understand and use the self awareness window.
- I. Define and discuss the types, diagnostic tests, clinical features, treatment regimen of schizophrenia.
- J. Identify the different affective disorders including treatment regimen.
- K. List and discuss the various types of personality disorders.
- L. Identify and discuss the somatic therapeutic used in the treatment of mentally ill

- client.
- M. Identify and discuss the personality types that are prone to drug and alcohol abuse.
  - N. Describe the relationship between drug abuse and alcoholism with mental illness.
  - O. List and describe the different types of leadership styles and give examples of group process.
  - P. Describe and discuss the normal development and problems encountered during adolescence and their relationship to adulthood.
  - Q. Recognize and describe the different types of conduct disorders and childhood psychosis
  - R. List and differentiate the functional and dysfunctional aspect of human sexuality as it relates to mental illness

#### **IV. CONTENT:**

- A. Review the steps of Nursing Process as applied with mentally ill client.
  - 1. Assessment
  - 2. Plan
  - 3. Interventions
  - 4. Evaluation
- B. Review of pharmacology and pharmokinetics
  - 1. Terms used for pharmacology
  - 2. Dosages and calculations
  - 3. Antipsychotic drugs
- C. Professional ethics
  - 1. Role of the Psychiatric Technician
  - 2. Rules and regulations as mandated by the BVNPTE
- D. Anxiety, Stress and Phobia
  - 1. Definition
  - 2. Relationships to emotional, physical illness
  - 3. Interventions and anti-anxiety medications
- E. Defense mechanisms and self awareness
  - 1. Definition and types of defense mechanisms with examples
  - 2. Most common defense mechanisms used by mentally ill vs. healthy individuals
  - 3. The Johari Window of self awareness
  - 4. Tools to increase self awareness
- F. History of Mental Illness and Mental Health Act
  - 1. Historical Perspective of Mental Illness
  - 2. Mental Health Act
    - a. Involuntary admission
    - b. Rights of patients
    - c. Writs
    - d. Types of commitments
    - e. Welfare and institution code
  - 3. Community Mental Health Center Services

- a. Pre-Post care
  - b. Diagnostic tests
  - c. Basic services
  - d. Education
- G. Schizophrenia and Psychotropic Drugs
  - 1. Definition of terms
  - 2. Historical Perspective of Schizophrenia
  - 3. Predisposing cause of schizophrenia
  - 4. Diagnostic tests and procedures
  - 5. Characteristic features of schizophrenia
  - 6. Types of schizophrenia including signs and symptoms and treatment plans
  - 7. Psychotropic drugs and their general use.
  - 8. Side effects of psychotropic drugs
  - 9. Client teaching
  - 10. Nursing interventions for clients using psychotropic drugs
- H. Personality Disorders
  - 1. Definition of terms
  - 2. Different types of personality disorders and characteristic features
  - 3. Current treatment of personality disorders
  - 4. Nursing interventions
- I. Affective Disorders
  - 1. Definition of terms
  - 2. Types and characteristic features of affective disorders
  - 3. Treatment and nursing interventions
- J. Group Process and Leadership Styles
  - 1. Definition of terms used in the group process
  - 2. Life stages of a group process
    - a. Initiation stage
    - b. Confrontation
    - c. Cohesion
    - d. Working stage
    - e. Termination
  - 3. Types of groups
    - a. L groups
    - b. Growth Groups
    - c. Psycho Therapy
      - 1. Gestalt
      - 2. Client centered
      - 3. T.A.
      - 4. Reality orientation
      - 5. Marathon
  - 4. Different Leadership styles
- K. Somatic Therapies
  - 1. Review of neurotransmitters that affect mental illness

2. Types of somatic therapies used in the treatment of mental illness
  - a. Psycho-surgery
  - b. ECT
  - c. Insulin shock
  - d. Major psycho pharmacology
  - e. Orthomolecular therapy
  - f. Psychotherapy
- L. Normal Growth and Development
  1. Review of normal growth and development from birth to death
  2. Characteristics; physical and emotional from childhood to elder adult
  3. Problems encountered in completing developmental tasks
- M. Drug Abuse and Alcoholism
  1. Definition of terms and street names of drugs commonly used
  2. Relationships of certain personality types with abuse and drug dependency
  3. Four major population groups most prone to drug addiction
  4. Most commonly used drugs that are abused
    - a. Names of the drugs
    - b. Physical effects
    - c. Legitimate medical use (if any)
    - d. Withdrawal symptoms
    - e. Treatment plans
- N. Conduct Disorders and Childhood Psychosis
  1. Definition of terms
  2. Types
  3. Characteristic feature
  4. Causative factors
  5. Family dynamics
  6. Treatment plan
- O. Human Sexuality, Functional & Dysfunctional
  - a. Causative factors
  - b. General features
  - c. Preventive measures and treatment plans

## **V. METHODS OF INSTRUCTION**

- A. Lecture
- B. Discussion
- C. Readings
- D. Role playing scenarios
- E. Group project and oral report
- F. Written assignments
- G. Audio visual
- H. Supervised clinical practice in hospital, and community settings

## **VI. TYPICAL ASSIGNMENT:**

- A. Role-playing scenarios with the different case study regarding different types of mental illness

- B. Simulated one to one therapeutic communication
- C. Written assignments
  - 1. Forensic paper and group consensus project
  - 2. Various self awareness exercises as assigned
  - 3. Case study utilizing nursing process
  - 4. Completed simulated exercises utilizing doctors orders that will contract a correct medication treatment record
- D. Completion of the critical element check list for skills in the clinical setting

## VII. EVALUATION:

- A. Methods of Evaluation
  - 1. Objective examination
    - a. Sample of typical questions
      - 1. Personality disorders follow which of the following courses?
        - a. They begin in mid life as a result of mid life crisis
        - b. They begin in infancy and continue until age 45 when they spontaneously disappear
        - c. They begin in childhood or adolescence and gradually disappear by age 30
        - d. They begin at age 18 and continue till age 35, disappear and re-emerge at age 45
        - e. They begin in childhood or adolescence and continue throughout most of adult life
      - 2. Which of the following neurological side effects of the antipsychotic drugs is the most serious:
        - a. Akinesia
        - b. Dystonia reaction
        - c. Tardive dyskinesia
        - d. Akathesia
  - 2. Clinical performance of learned principles in care of clients
  - 3. Evaluation tool utilized in clinical setting must have a passing grade
- B. Frequency of Evaluation
  - 1. Laboratory experience skills are evaluated following completion of each clinical site experience
  - 2. Weekly, Bi-weekly midterm and final examination and quizzes

## VIII. TYPICAL TEXTBOOKS:

Taylor, Cecilia, Monat, Essentials of Psychiatric Nursing, 14th Edition, St. Louis, Missouri, Mosby, 1994

Townsend, Mary C., Nursing Diagnosis in Psychiatric Nursing, 14th Edition, Philadelphia, F.A. Davis, 1997

Keltner, Norman L., David Foks, G, Psychotropic Drugs, 2nd Edition, St. Louis, Missouri, Mosby, 1997

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

- A. Uniforms, shoes & ID name tag
- B. Stethoscope
- C. Watch with second hand counter