PRACTICAL NURSE COLLABORATIVE CURRICULUM

KEYANO COLLEGE

COURSE SYLLABUS

PN 205

**NURSING FOUNDATIONS VII:
MENTAL HEALTH NURSING**

October 12, 2018- November 30, 2018

FALL 2018

INSTRUCTOR:
Donna MacDougall BScN, RN, MN

PRACTICAL NURSING 205
NURSING FOUNDATIONS VII:
MENTAL HEALTH NURSING

Course Outline
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NURSING FOUNDATIONS VII:
MENTAL HEALTH NURSING
COURSE OUTLINE

CALENDAR STATEMENT

NURSING FOUNDATIONS VII: *Semester 4

This course promotes competency in providing care to meet the unique needs of clients with mental health issues, and their families.

Pre-requisites: All first year courses

COURSE HOURS

TOTAL HOURS: 45   LECTURE: 45   CREDITS: 3

COURSE DESCRIPTION

This nursing course explores legal and ethical considerations and social stigmas related to mental health disorders. The learner examines evidence-informed mental health nursing practice for clients and their families as they adjust to changes in functioning associated with mental health issues and related treatments. The learner builds previous knowledge and related theory in adapting the nursing approach to the care and health promotion of mental health clients and their families using the metaparadigm of nursing and the nursing process. Trends and issues in mental health nursing will also be explored.

INSTRUCTOR INFORMATION

Instructor: Donna MacDougall
Phone (Office): 780-791-4975 (Office # S109B)
e-mail: donna.macdougall@keyano.ca
Office Hours: Appointment Based

Upon successful completion of this course, the learner will meet the following outcomes:

1. Describe the role of the practical nurse and interdisciplinary health-care team in the mental-health setting.

2. Integrate the nursing metaparadigm, nursing theory, and related knowledge into mental health nursing.

3. Describe various mental disorders and applicable treatment modalities and nursing care.

4. Identify strategies to promote the safety of the caregiver and the client in psychiatric and mental-health care settings.

5. Apply nursing process to the mental health client.

6. Apply the principles of communication and the therapeutic nurse/client relationship to mental health nursing.

7. Explore the concept of cultural competence in the mental-health care setting.

8. Apply principles of teaching and learning and health promotion to the mental health client and family.

9. Identify the legal and ethical principles in the care of the mental health client.

10. Apply knowledge of documenting, reporting, and recording of pertinent client information to mental health nursing.

11. Relate research and evidence-based care to mental health nursing.

12. Utilize reflective practice for professional growth and competence.

Instructional Methods

- This course uses a variety of teaching/learning methods including: discussion, experiential exercises, learner presentations, role-plays, case studies, lectures, reflection, and group activities. These course activities provide the opportunity for you to learn with and from others who are undergoing a similar learning experience.

- The course emphasizes pre-class preparation, participation in interactive classes, and post-class reflection and review. You are expected to take an active part in class discussions and take responsibility for your own learning. The instructor's role is to facilitate learning.

PRACTICAL NURSING PROGRAM POLICIES

Please refer to Keyano College Practical Nurse Handbook for specific Practical Nursing Program policies and to Keyano College Calendar for general College policies.

Statement on Plagiarism

All students must complete the Plagiarism/Tutorial Certificate found on Moodle. To locate this information, sign into Moodle and on the left side of the page under student the tutorial can be located.

Expectations:
1. All students must complete this tutorial. The certificate must be shown to the instructor prior to submitting any written assignment. Failure to show the instructor the certificate of completion could result in a late written assignment penalty.

2. If you have completed this tutorial in a University Studies course you can show your instructor the certificate. The tutorial is required to be completed only once during your time at Keyano unless you have left the program and returned.

LATE POLICY FOR ASSIGNMENTS

All assignments are to be passed in at the time and place they are due. Please see timetable. Extensions on assignments may be granted and must be negotiated with the instructor prior to the due date and with a date specified for late submissions. If prior arrangements are not made, a penalty of a letter grade will be given for each working day that an assignment is late. For example, an assignment graded at B would receive an adjusted grade of B- if handed in one day late; if two days late, the grade is adjusted to C+ etc.

SPECIALIZED SUPPORTS

STUDENTS WITH DISABILITIES

It is the College's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on disability, please let your instructor know immediately so options can be discussed. You are also welcome to contact Disability Services to establish reasonable accommodations. Please call 780-791-8934 or drop in at CC -260.

Course Units:

Each of the following units will be covered in the classroom:

Unit 1: Foundations of Mental Health Nursing

Unit 2: Nursing in Mental Health

Unit 3: Substance Related Disorders

Unit 4: Schizophrenia

Unit 5: Delusional Disorders

Unit 6: Mood Disorders

Unit 7: Anxiety, Somatoform and Dissociative Disorders

Unit 8: Personality Disorders

Unit 9: Eating Disorders

Unit 10: Older Adult Clients with Cognitive Disorders & Childhood Spectrum Disorders

Unit 11: Developmental / Childhood Spectrum Disorders

Unit 12: Crisis Intervention, Aggression, and Violence

OVERVIEW OF COURSE ASSESSMENT

To receive credit in Nursing Foundations VII: Mental Health Nursing (PN 205), the learner must complete all course requirements, which includes one assignment, a professional portfolio, a midterm exam, and a final exam.

Course credit will **not** be given if only parts of the course have been completed.

DISTRIBUTION OF MARKS

THEORY			Date
Midterm Exam Multiple Choice	Demonstrate knowledge of course content (Units 1–5) (50 questions)	25%	**Nov 2, 2018**
Assignment 1	Research to Practice Report	25%	**Nov 15, 2018**
Assignment 2	Building Your Professional Portfolio	10%	**Nov 23, 2018**
Final Exam cumulative; multiple choice	Demonstrate knowledge of all course content (100 questions)	40%	**Nov 30, 2018**
	Total	100%	

PASSING LEVEL AND GRADING SCALE

This is a theory course. You must complete all assignments and examinations to receive a final grade. You will not be allowed to rewrite assignments or exams to raise their grade.

To receive credit for Nursing Foundations VII (PN 205), a learner must achieve each of the following:

- A minimum overall grade of 1.7 (C–) or 60%

Refer to the Practical Nurse Program Handbook for information regarding grading scale, extensions, and other program standard practices.

Important Additional Information

Note to all Learners: It is the learner's responsibility to retain course outlines for possible future use in support of applications for transfer credit to other educational institutions.

COURSE ASSESSMENTS

Assessment of mastery of the content of Nursing Foundations VII: Mental Health Nursing will be determined through a midterm exam, a research to practice assignment which includes a movie viewing and analysis of, building your professional portfolio, and a final cumulative exam.

Midterm Exam

This exam contributes **25%** toward the course grade. It covers course information from Unit 1 through Unit 5. Multiple-choice questions done online through Moodle. 50 questions, one attempt, 90 minute time limit.

Assignment 1:   **Research to Practice Report**

This assignment contributes **25%** of your final grade. You are asked to view a movie of your choice from the list of movies included with this assignment guide and to assume that the character in the movie presenting a mental illness is your client. Next, you are to find a research article applicable to your client and relate the research article to your client and to your future nursing practice. Upon completion of this movie analysis, you are to share your work with your fellow classmates.

Assignment 2:   **Building Your Professional Portfolio**

You are expected to maintain and enhance the Professional Portfolio you started in Nursing Foundations I. This should be progressive throughout each Nursing Foundations course. At the end of each Nursing Foundations course you will submit evidence of having maintained and enhanced your Professional Portfolio to your instructor.

This assignment is **10%** of your final grade.

Final Exam

This exam contributes **40%** toward the theory course grade. It covers all course information from Unit 1 through Unit 12. Multiple-choice questions done online through Moodle. 100 questions, one attempt, 120 minute time limit.

DUE Date: November 15, 2018

For this assignment you are asked to view a movie of your choice from the list of movies included here, to assume that the character in the movie presenting a mental illness is your client, to find a research article applicable to your client, and to relate the research article to your client and to your future nursing practice.

*See Appendix A for Marking Guide

Instructions

1. Select and view a movie from the following list. Your instructor may suggest alternative movies.
   - *A Beautiful Mind.* (2001). Starring Russell Crowe – Character John Nash (Character is diagnosed with schizophrenia.)
   - *Mr. Jones.* (1993). Starring Richard Gere – Character Mr. Jones (Character is diagnosed with bipolar disorder.)
   - *28 Days.* (2000). Starring Sandra Bullock – Character Gwen Cummings (Character has a substance-related disorder.)
   - *The Soloist.* (2009). Starring Jamie Foxx and Robert Downey Jr. – Character Nathanial Ayers. (Character is homeless with schizophrenia.)
   - *The Beaver.* (2011). Starring Mel Gibson and Jodi Foster – Character Walter Black (Character is depressed.)

2. Search for research articles that address your client's psychiatric diagnosis (one source is the CINAHL database).

3. Select one research article that is generally not more than five years old—that is of interest to you and that targets your client.

4. Obtain approval from your instructor of the article selected. Email the article to your instructor a minimum of two weeks prior to the due date for approval.

5. Prepare a report to be submitted to your instructor. It should be **three to four (3-4) pages**, typewritten or word-processed, using APA format, and should address the following:
   - Name of the movie from which your client was selected.
   - Description of the character's appearance and behaviour (objective data) and comparison of observations with the criteria from the DSM5.
   - Do the assessment data of the character support or negate the mental health diagnoses?
   - Name of journal, year, author(s), and title.
   - What is the purpose of the research?
   - What was learned as a result of the study?
   - How is this study related to your client?
   - How did the study impact your view of your client?
   - What are the implications for nursing practice?
   - How will the results impact your future nursing practice?

6. Reference your article using APA formatting.
7. Share your research report with your fellow classmates (in class or posted into course website as directed by your instructor).

Submit the marking guide with your assignment.

DUE Date: November 23, 2018

*See Appendix B for Marking Guide

You are **expected** to maintain and enhance the Professional Portfolio you started in Nursing Foundations I. This should be progressive throughout each Nursing Foundations course.

The purpose of a cumulative Professional Portfolio is to develop documentation you can use to secure employment in a health-care setting as a practical nurse graduate.

- At the end of each Nursing Foundations course you will submit to your instructor evidence of having maintained and enhanced your Professional Portfolio.

- Submission may be electronically through websites available in the College or in hard copy using the form below.

- **Do not submit** the entire Professional Portfolio unless requested to do so by your instructor.

- The **report** does **not** replace work on the Professional Portfolio but is an indication that you met expectations.

- This assignment is worth **10%** towards the final grade for this course.

Categories to continue to build as applicable to the learning of each Nursing Foundations course are:

A. Personal:
  o Personal goals
  o Personal interests
  o Education
  o Experiences
  o Achievements

B. Professional:
  o Philosophy of practical nursing
  o Resume and cover letter
  o Appraisals and evaluations
  o Reflective practice
  o Leadership
  o Scholarly papers
  o Nursing care plans
  o Client teaching plans

- Professional goals
- CPRNE study plan
- Continuing competency achievement

Continuing Competency Achievement

Continuing competency achievement is an essential aspect of the Professional Portfolio. Review the competencies from the Course Outline or from the Competency Profile on the CLPNA website at www.clpna.com that apply to this course. Choose the most significant competency you learned in this course. Reflect on the following questions: What did you do to achieve this competency? Why is this competency meaningful or significant? How will you use this learning in your nursing practice? Other experience that may enhance learning in the course
Any other comments that may be pertinent to the course

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*You will be expected to finalize your Professional Portfolio and to create a Continuing Competency Program Learning Plan/Binder upon completion of **Nursing Foundations VIII.***

Report on Progress of Professional Portfolio

DESCRIPTION OF ONE SIGNIFICANT LEARNING EXPERIENCE IN THIS COURSE	
WHAT I LEARNED	
WHY IT WAS MEANINGFUL/ SIGNIFICANT	
HOW I WILL APPLY THIS LEARNING IN NURSING PRACTICE	
ADDITIONAL COMMENTS	

Student Name: _____

Course: _____

Date: _____

Instructor: _____

CODE OF ETHICS

The following CLPNA competencies are learned during the Nursing Foundations VI course:

- A: Nursing Knowledge

- B: Nursing Process

- C: Safety

- D: Communication and Interpersonal Skills

- E: Nursing Practice

- M: Mental Health Nursing

- W: Professionalism

- X: Licensed Practical Nurse Role

All students must practice in a manner that is consistent with:
- The CLPNA Code of Ethics and Standards of Practice (2008).

Refer to www.clpna.com for references

REQUIRED TEXTS

PRIMARY TEXTS

Austin, W., Kunyk, D., Peternelj-Taylor, C., and Boyd, M. (2019). Psychiatric & Mental Health Nursing for Canadian Practice (4th ed.) Philadelphia, P.A.: Wolters Kluwer.

Practical Nurse Collaborative Curriculum. (2013). *Nursing Foundations VII: Mental health nursing: Course materials.*

Resources to Supplement Text Readings on Moodle

REQUIRED COMPONENTS	POSSIBLE MARKS	ACTUAL MARKS
1. Identifies name of a current journal or source in which the selected article appears, its year, author(s), and title; identifies movie from which client is selected. Attaches a copy of the article with the essay.	2 marks	
2. Describes the character's appearance and behaviour-objective data (2 marks) and compares the observed data to the criteria from the DSM5 (2 marks). Identifies whether the assessment data of the character support or negate the mental health diagnoses (1 mark).	6 marks	
3. States the purpose of the research.	2 marks	
4. *Explains what was learned as a result of the study.	2 marks	
5. *Relates the study to the selected client.	4 marks	
6. *Discusses the implications for nursing practice (2 marks) and impact on **own** future nursing practice (2 marks).	4 marks	
TOTAL MARKS		**/20**

*Key content areas

Comments:

Submit this marking guide with the assignment.

APA AND GRAMMAR: MARKING GUIDE				

KEY CONTENT	MARKING GUIDE			
POINTS:	**1**	**0.5**	**0.25**	**0**
TITLE PAGE Included: date; header and page number; running head. Remaining items centred: title of paper, student name, college name, course and section number, assignment name and number, instructor name	Excellent	Satisfactory	Minimal	None
BODY OF PAPER Paper organized – header and page number; introduction, body, and conclusion; appropriate margins, double-spaced throughout, indent 5 spaces or 1 tab for new paragraphs, correct font – Times New Roman, 12 pt. font	Excellent	Satisfactory	Minimal	None
REFERENCES Citations in body of paper follow APA format	Excellent	Satisfactory	Minimal	None
References on separate page; followed APA format include minimum of 3 references with one being a current nursing journal	Excellent	Satisfactory	Minimal	None
GRAMMAR AND SPELLING Grammar appropriate and words spelled correctly (< 5 errors)	Excellent	Satisfactory	Minimal	None
TOTAL				**/5**

Comments:

GRAND TOTAL (ALL MARKING GUIDES)	/25

Submit this marking guide with the assignment.

DESCRIPTION OF ONE SIGNIFICANT LEARNING EXPERIENCE IN THIS COURSE	2 Marks Description of Event
WHAT I LEARNED FROM THE EXPERIENCE	2 marks Reflect on experience and its relationship to the course content and how it impacted your learning
WHY IT WAS MEANINGFUL/ SIGNIFICANT	2 marks Explain the significance of the learning experience as to why it was meaningful for you
HOW I WILL APPLY THIS LEARNING IN NURSING PRACTICE	2 marks Demonstrate the application of the learning experience to your nursing practice now and in the future
ADDITIONAL COMMENTS	2 Marks Other experience that may enhance learning in the course Any other comments that may be pertinent to the course

Submit this marking guide with the assignment.