PRACTICAL NURSE
COLLABORATIVE CURRICULUM

KEYANO COLLEGE

COURSE SYLLABUS

PN 205

NURSING FOUNDATIONS VII:
MENTAL HEALTH NURSING

January 8, 2014-February 20, 2014

WINTER 2014

INSTRUCTOR: Donna MacDougall

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.

TUTOR INFORMATION

Instructor: Donna MacDougall
Phone (Office): 780-791-4975
e-mail: donna.macdougall@keyano.ca
Office Hours: Thursday of each week from 0830 to 1630. Please call or email prior to schedule a time. Alternate appointment times can be arranged during the week if necessary.

GENERAL LEARNING OUTCOMES

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.

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 tutor 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 & DUTY TO ACCOMMODATE

DISABILITY SUPPORT SERVICES: LEARNER ASSISTANCE PROGRAM

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counselor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

SPECIALIZED SUPPORTS AND DUTY TO ACCOMMODATE

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.

Course Units

This course consists of the following units:

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

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, 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, true/ false, matching	Demonstrate knowledge of course content (Units 1–4)	**25%**	**January 22, 2014**
Assignment 1	Research to Practice Report	**25%**	**January 29, 2014**
Assignment 2	Building Your Professional Portfolio	**10%**	**February 12, 2014**
Final Exam cumulative; multiple choice	Demonstrate knowledge of all course content	**40%**	**February 20, 2014**
	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, 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, a movie viewing and analysis assignment, 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 4. It includes multiple-choice, true and false, and matching questions.

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/tutor.

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.

DUE Date: <u>January 29, 2014 by 1200</u>

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 DSM –IV-TR.
   - 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.

ASSIGNMENT 2: BUILDING YOUR PROFESSIONAL PORTFOLIO

DUE Date: February 12, 2014 by 1200

*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/tutor 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/tutor.

- 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

- o   Professional goals
- o   CPRNE study plan
- o   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: Using the "Proficiency Categories" below, how would you rate your proficiency in this competency? 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?

Proficiency Categories

Excellent: integrates competency theory with other knowledge, skills, and attitudes so that it becomes seamless/automatic as part of everyday nursing practice

Good: understands competency in theory and in scenarios and nursing practice

Fair: understands the competency in theory; unable to apply it to scenarios or nursing practice

Poor: does not understand content related to the competency

*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	
PROFICIENCY RATING	
WHY IT WAS MEANINGFUL/ SIGNIFICANT	
HOW I WILL APPLY THIS LEARNING IN NURSING PRACTICE	

Student Name: _____

Course: _____

Date: _____

Instructor/Tutor: _____

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., & Boyd, M.A. (2010). *Psychiatric and mental health nursing for Canadian practice* (2nd ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Austin, W., & Boyd, M.A. (2010). *Psychiatric and mental health nursing for Canadian practice* (2nd ed.). [Textbook CD-ROM]. Philadelphia, PA: Lippincott Williams & Wilkins.

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

Internet Resources to Supplement Text Readings

Alberta Health Services. (2004). *Mental health in Alberta today.* Retrieved from http://www.albertahealthservices.ca/

Canadian Mental Health Association. (n.d.). *The mental health act of Alberta: A guide for consumers and caregivers.* Retrieved from http://download.cmha.ab.ca/alberta/mha.pdf

Albert Health Services. (2004). *Provincial mental health plan; Advancing the mental health agenda.* Retrieved from http://www.albertahealthservices.ca/MentalHealthWellness/hi-mhw-mental-health-plan.pdf

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.	3 marks	
2. Describes the character's appearance and behaviour-objective data (2 marks) and compares the observed data to the criteria from the DSM –IV-TR (2 marks). Identifies whether the assessment data of the character support or negate the mental health diagnoses (1 mark).	5 marks	
3. States the purpose of the research.	2 marks	
4. *Explains what was learned as a result of the study.	3 marks	
5. *Relates the study to the selected client (3 marks) and explains how the study impacted your view of client (2 marks).	5 marks	
6. *Discusses the implications for nursing practice (2 marks) and impact on **own** future nursing practice (2 marks).	4 marks	
7. Presents report to fellow classmates as directed.	3 marks	
TOTAL MARKS		**/25**

*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)	**/30**

Submit this marking guide with the assignment.

NURSING FOUNDATIONS VII: MENTAL HEALTH NURSING
REPORT ON PROGRESS OF PROFESSIONAL PORTFOLIO NURSING
MARKING GUIDE for Assignment 2

KEY CONTENT	MARKING GUIDE			
POINTS:	**2**	**1.0**	**0.5**	**0**
DESCRIPTION OF ONE SIGNIFICANT LEARNING EXPERIENCE IN THIS COURSE				
Described at least one experience in this course that made the course content significant to the learner	Excellent	Satisfactory	Minimal	None
WHAT I LEARNED				
Identified at least one content area, or competency that was significant to the learner	Excellent	Satisfactory	Minimal	None
PROFICIENCY RATING				
Rated self according to Proficiency categories in the Learning Guide	Excellent	Satisfactory	Minimal	None
WHY IT WAS MEANINGFUL/SIGNIFICANT				
Described the significance of the learning experience and the content area or competency learned	Excellent	Satisfactory	Minimal	None
HOW I WILL APPLY THIS LEARNING IN NURSING PRACTICE				
Described how the knowledge and experience will be applied to nursing practice	Excellent	Satisfactory	Minimal	None
TOTAL				**/10**

Comments:

Submit this marking guide with the assignment.