PRACTICAL NURSE COLLABORATIVE CURRICULUM

KEYANO COLLEGE

COURSE OUTLINE

NURSING FOUNDATIONS VII: MENTAL HEALTH NURSING

WINTER 2013

January 11, 2013-March 21, 2013

INSTRUCTOR: Donna MacDougall
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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 OUTCOME

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 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
TO RECEIVE CREDIT IN NURSING FOUNDATIONS VII: MENTAL HEALTH NURSING, THE LEARNER MUST COMPLETE ALL COURSE REQUIREMENTS, WHICH INCLUDES TWO ASSIGNMENTS, 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**

<table>
<thead>
<tr>
<th>THEORY</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td><strong>Midterm Exam</strong></td>
<td>February 4th, 2013 at 0900</td>
</tr>
<tr>
<td>multiple choice, true/ false, matching</td>
<td>25%</td>
</tr>
<tr>
<td><strong>Assignment 1</strong></td>
<td>January 29th, 2013</td>
</tr>
<tr>
<td>Research to Practice Report</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Assignment 2</strong></td>
<td>February 6th, 2013</td>
</tr>
<tr>
<td>Poster Presentation: Advocacy</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Assignment 3</strong></td>
<td>February 13th, 2013</td>
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<tr>
<td>Building Your Professional Portfolio</td>
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<tr>
<td><strong>Final Exam</strong></td>
<td>February 20th, 2013</td>
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<tr>
<td>cumulative; multiple choice</td>
<td>35%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100%</td>
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**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 20% 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. (This may be shared online or in class.)

Assignment 2: Poster Presentation – Advocacy

This assignment contributes 20% towards your final grade. For this assignment, you are asked to select a mental health issue or topic, to create a poster to raise awareness for identified members of your community who may be impacted by this particular issue or topic, and/or to advocate for a selected issue. You will present your poster to your fellow classmates as directed by your instructor. (Presentation may be online or in class.)

Assignment 3: 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 not graded and does not contribute toward your final grade for the course.

Final Exam

This exam contributes 35% toward the theory course grade. It covers all course information from Unit 1 through Unit 12.
ASSIGNMENT 1: RESEARCH TO PRACTICE REPORT

DUE Date: January 29th, 2013 by 1200

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.)
   - *Shutter Island.* (2010). Starring Leonardo DiCaprio and Ben Kingsley – Character Teddy Daniels. (Character has a delusion disorder.)

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 and is applicable to your selected client.

4. Obtain approval from your instructor of the article selected.

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: POSTER PRESENTATION/ADVOCACY

DUE Date: February 6th, 2013

Your task is to select a mental health issue or topic, to create a poster to raise awareness for identified members of your community who may be impacted by this particular issue or topic, and/or to advocate for a selected issue. You will present your poster to your fellow classmates as directed by your instructor (presentation may be online or in class).

*See Appendix B for Marking Guide

Instructions

1. Research and identify your selected issue or topic.

2. Create a poster using Word or PowerPoint to attract the attention of your target audience to promote mental wellness, mental health awareness/education, and/or treatment for this issue.

3. Present your poster to the class (five-minute presentation) or present your poster online. Explain or include the following:
   a. What issue your poster addresses/why the issue is meaningful/why it is important to raise awareness.
   b. How you see this poster as appropriate both in terms of raising awareness and attracting the attention of your target audience.
   c. The reason you chose the issue and the target group.
   d. Related information/education regarding your topic to increase your peers’ awareness of the issue (citing at least two related and relevant nursing articles as references).

Submit the marking guide with your assignment.
ASSIGNMENT 3: BUILDING YOUR PROFESSIONAL PORTFOLIO

DUE Date: February 13th, 2013

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 not graded and does not contribute 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:
   - Personal goals
   - Personal interests
   - Education
   - Experiences
   - Achievements

B. Professional:
   - Philosophy of practical nursing
   - Resume and cover letter
   - Appraisals and evaluations
   - Reflective practice
   - Leadership
   - Scholarly papers
- Nursing care plans
- 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 and is recorded through a review of the competencies from the Course Outline or from the Competency Profile on the CLPNA website at [www.clpna.com](http://www.clpna.com). Make a list of the competencies learned in this course and rate the proficiency you achieved in each of the competencies.

**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

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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

<table>
<thead>
<tr>
<th>DESCRIPTION OF ONE SIGNIFICANT LEARNING EXPERIENCE IN THIS COURSE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>WHAT I LEARNED</td>
<td></td>
</tr>
<tr>
<td>WHY IT WAS MEANINGFUL/SIGNIFICANT</td>
<td></td>
</tr>
<tr>
<td>HOW I WILL APPLY THIS LEARNING IN NURSING PRACTICE</td>
<td></td>
</tr>
<tr>
<td>ADDITIONAL COMMENTS</td>
<td></td>
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</table>

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:


Refer to www.clpna.com for references

REQUIRED TEXTS

PRIMARY TEXTS


Internet Resources to Supplement Text Readings


**Assignment 1: Research to Practice Report Marking Guide**

<table>
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<tr>
<th><strong>REQUIRED COMPONENTS</strong></th>
<th><strong>POSSIBLE MARKS</strong></th>
<th><strong>ACTUAL MARKS</strong></th>
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<tbody>
<tr>
<td>Identifies name of journal or source in which the selected article appears, its year, author(s), and title; identifies movie from which client is selected.</td>
<td>2 marks</td>
<td></td>
</tr>
<tr>
<td>Describes the character’s appearance and behaviour (objective data) and compares the observed data to the criteria from the DSM –IV-TR. Identifies whether the assessment data of the character support or negate the mental health diagnoses.</td>
<td>3 marks</td>
<td></td>
</tr>
<tr>
<td>States the purpose of the research.</td>
<td>2 marks</td>
<td></td>
</tr>
<tr>
<td>*Explains what was learned as a result of the study.</td>
<td>3 marks</td>
<td></td>
</tr>
<tr>
<td>*Relates the study to the selected client and explains how the study impacted view of client.</td>
<td>4 marks</td>
<td></td>
</tr>
<tr>
<td>*Discusses the implications for nursing practice and impact on own future nursing practice.</td>
<td>4 marks</td>
<td></td>
</tr>
<tr>
<td>Presents report to fellow classmates as directed.</td>
<td>2 marks</td>
<td></td>
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**TOTAL MARKS /20**

*Key content areas*

**Comments:**

*Submit this marking guide with the assignment.*
# APA AND GRAMMAR: MARKING GUIDE

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<th>Marking Guide</th>
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<td>Excellent Satisfactory Minimal None</td>
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<tr>
<td>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</td>
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<td></td>
</tr>
<tr>
<td><strong>BODY OF PAPER</strong></td>
<td>0.25</td>
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</tr>
<tr>
<td>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</td>
<td>0</td>
<td>Excellent Satisfactory Minimal None</td>
</tr>
<tr>
<td><strong>REFERENCES</strong></td>
<td></td>
<td>Excellent Satisfactory Minimal None</td>
</tr>
<tr>
<td>Citations in body of paper follow APA format</td>
<td></td>
<td>Excellent Satisfactory Minimal None</td>
</tr>
<tr>
<td>References on separate page; followed APA format include minimum of 3 references with one being a current nursing journal</td>
<td></td>
<td>Excellent Satisfactory Minimal None</td>
</tr>
<tr>
<td><strong>GRAMMAR AND SPELLING</strong></td>
<td></td>
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</tr>
<tr>
<td>Grammar appropriate and words spelled correctly (&lt; 5 errors)</td>
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**TOTAL** | /5 |

Comments:

**GRAND TOTAL (ALL MARKING GUIDES)** | /25 |

Submit this marking guide with the assignment.
Assignment 2: Poster Presentation/Advocacy Marking Guide

<table>
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<tr>
<th>REQUIRED COMPONENTS</th>
<th>POSSIBLE MARKS</th>
<th>ACTUAL MARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Appearance</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Display attracts viewer's attention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poster is well organized and easy to follow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graphics and other visuals enhance presentation</td>
<td>3 marks</td>
<td></td>
</tr>
<tr>
<td><strong>Content</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Content is clear and easy to understand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Purpose of poster evident</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enough detail to be effective (yet free of unnecessary detail)</td>
<td>3 marks</td>
<td></td>
</tr>
<tr>
<td><strong>Presentation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identifies why the issue is meaningful/why it is important to raise awareness</td>
<td></td>
<td></td>
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<tr>
<td>Identifies why the issue and the target group were chosen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Identifies how the poster is appropriate both in terms of raising awareness and catching the attention of the target audience</td>
<td>3 marks</td>
<td></td>
</tr>
<tr>
<td>*Presentation demonstrates knowledge of subject matter and project</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Includes related information/education regarding the topic to increase peers’ awareness of the issue</td>
<td>3 marks</td>
<td></td>
</tr>
<tr>
<td>*Cites at least 2 related and relevant nursing articles as references</td>
<td></td>
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**TOTAL MARKS** /20

*Key content areas

Comments:

Submit this marking guide with the assignment.
# APA and Grammar: Marking Guide

<table>
<thead>
<tr>
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<th>Marking Guide</th>
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<tbody>
<tr>
<td><strong>Title Page</strong></td>
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<tr>
<td>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</td>
<td></td>
</tr>
<tr>
<td><strong>Body of Paper</strong></td>
<td></td>
</tr>
<tr>
<td>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</td>
<td></td>
</tr>
<tr>
<td><strong>References</strong></td>
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</tr>
<tr>
<td>Citations in body of paper follow APA format</td>
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<tr>
<td>References, on separate page, followed APA format</td>
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<tr>
<td><strong>Grammar and Spelling</strong></td>
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<td>Grammar appropriate and words spelled correctly (&lt; 5 errors)</td>
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<tr>
<td>Excellent</td>
<td>Satisfactory</td>
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Comments:

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**Grand Total (All Marking Guides)** /25

*Submit this marking guide with the assignment.*