



# **PRACTICAL NURSE COLLABORATIVE CURRICULUM**

**KEYANO COLLEGE**

**COURSE SYLLABUS**

**PN 205**

**NURSING FOUNDATIONS VII:  
MENTAL HEALTH NURSING**

**January 6<sup>th</sup>, 2016 – February 18<sup>th</sup>, 2016**

**WINTER 2018**

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**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/COURSE DESCRIPTION**

**NURSING FOUNDATIONS VII: Semester IV**

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 upon 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.

**Pre-requisites:** All first year courses, PN 200, Psychology 106

**COURSE HOURS**

**TOTAL HOURS: 45**

**LECTURE: 45**

**CREDITS: 3**

**TUTOR INFORMATION**

Instructor: Karen Biggar RN BScN  
Phone (Office): 780 791 8906 Nursing office 187F  
e-mail: Karen.Biggar@keyano.ca  
Office Hours: TBA

## GENERAL LEARNING OUTCOMES

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

1. Model professional attitudes, judgments and ability in the classroom and lab settings.
2. Apply the concepts of healthy living to maintain personal and professional well-being in the classroom.
3. Integrate concepts from the arts, sciences, social sciences and nursing foundations into a developing professional practice.
4. Describe various mental disorders and applicable medical treatment.
5. Perform appropriate client assessments, interpret the significance of findings and identify priority nursing diagnosis related to nursing for the mental health client.
6. Plan safe, effective, competent and holistic nursing care for the mental health client based on analysis of available data and evidence-informed practice guidelines in mental health nursing.
7. Perform safe, effective, competent and holistic mental health nursing interventions to optimize client strengths, achieve expected health outcomes, and promote wellness for the mental health client.
8. Evaluate the outcomes resulting from nursing and healthcare interventions, and adjust priorities and the plan of care as required.
9. Apply knowledge of documenting, reporting, and recording of pertinent client information to mental health nursing.
10. Communicate effectively and accurately, and work collaboratively with instructors and classmates in the classroom...
11. Describe the role of the practical nurse and interdisciplinary health-care team in the mental health setting.
12. Apply principles of teaching and learning and health promotion related to the mental health client.
13. Integrate knowledge of self-regulation, critical inquiry and clinical judgment, leadership, cultural competence, teamwork, reflection, and continuous learning and competency development.
14. Apply knowledge of governing regulation/legislation and ethics related to the provision of mental health nursing care.
15. Integrate research findings that support evidence-informed practice in the delivery of mental health nursing care.
16. Contribute to a culture of safety within the classroom as it relates to mental health nursing.

### **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.

### Expectations of Students Writing On-Line Exams

1. Each instructor will have the following options with regards to writing quizzes: writing on line from a location and computer of their choice; writing in a classroom with their own device invigilated by the instructor, or writing the quiz on paper. The course instructor will provide information related to where the student is to write the quiz.
2. If quizzes are written from a location and computer of their choice, these are **not** open book exams. The quiz is to have been studied for prior to the quiz or exam date and is to be completed independently: that is by oneself, not in collaboration with or in the company of another person or persons. No photos of quiz questions are to be taken via phones.
3. Midterm and Final exams will be invigilated by the instructor. The time and place can be found in the course syllabi. Students may be required to provide their own devices for these exams.
4. Students who are writing from a location and computer of their choice are responsible for discussing any computer/internet issues with the instructor at least two days prior to the exam date listed in the course timetable.
5. Once the quiz/exam has started, the student will submit their answers immediately prior to going on to the next question.
6. Time for all quizzes and exams will be strictly adhered to. For example if a quiz is 30 minutes, the quiz will be open for exactly 30 minutes.
7. No grades will be released until the instructor has had time to review the quiz/exam stats. Once the review has been done, the marks will be released. Review of the quiz/exam questions in class will be done at the instructor's discretion.
8. If any problem arises during the taking of the quiz/exam, the student is to contact the instructor immediately at the time of the issue.
9. It is the responsibility of each student to be familiar with the contents of the Student Code of Conduct. It is mandatory that all students sign a form identifying they have read/or are familiar with the Student Code of Conduct. First, Second, and Third year students will have read or are familiar with the Keyano College Student Code of Conduct. Fourth year students will identify they are familiar with the University of Alberta Student Code of Conduct. Beginning in Sept 2016, all new students plus those moving from third year to fourth year will be mandated to sign the above form(s).

### 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.

### **Student Code Of Conduct**

Please refer to the Student Handbook and review the Student Code of conduct Policy (Policy 110.0), Students Rights policy (Policy 111.0) and Student Code of Conduct Procedure (110.1). It is expected that you will review and be aware of expectations relative to student rights, responsibilities and behaviours

### **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, assignments not submitted on the day and time specified will incur a 5% deduction per day including weekends. This will be applied each day until the assignment is received by the instructor. Students can submit assignments by e-mail on weekends, but must provide a paper copy on the first day following the weekend.

### **SPECIALIZED SUPPORTS & DUTY TO ACCOMMODATE**

**DISABILITY SUPPORT SERVICES: LEARNER ASSISTANCE PROGRAM**

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 that we can discuss options. You are also welcome to contact Disability Services (780-791-8934) to establish reasonable

### **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.

## **OVERVIEW OF LEARNING EXPERIENCES**

### **Course Units**

This course consists of the following units:

- Unit 1:** Foundations of Mental Health Nursing
- Unit 2:** Therapeutic Communication & Mental Status Assessment
- Unit 3:** Schizophrenia
- Unit 4:** Schizoaffective, Delusional, & other Psychotic Disorders
- Unit 5:** Substance Related Disorders & Concurrent Disorders
- Unit 6:** Mood Disorders & Suicide Assessment
- Unit 7:** Anxiety Disorders
- Unit 8:** Personality Disorders

**Unit 9:** Eating Disorders

**Unit 10:** Special Populations: NeuroCognitive Disorders & Childhood Spectrum Disorders

**Unit 11:** Crisis Intervention, Aggression, and Violence

**Unit 12:** Trauma and Stressor Related Disorders

## 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
<b>Midterm Exam</b> multiple choice, true/ false, matching	Demonstrate knowledge of course content (Units 1–5) (50 questions)	<b>25%</b>	
<b>Assignment 1</b>	Research to Practice Report	<b>25%</b>	
<b>Assignment 2</b>	Building Your Professional Portfolio	<b>10%</b>	
<b>Final Exam</b> cumulative; multiple choice	Demonstrate knowledge of all course content (100 questions)	<b>40%</b>	
		<b>Total</b>	<b>100%</b>

### PASSING LEVEL AND GRADING SCALE

This is a theory course. You must complete all assignments and examinations to receive a final 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

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*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.*

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## 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 5. Multiple-choice questions done online through Moodle. 50 questions, one attempt, 75 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/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. Multiple-choice questions done online through Moodle. 100 questions, one attempt, 150 minute time limit.

**DUE Date:**

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 Nathaniel 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 –V-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).

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*Submit the marking guide with your assignment.*

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## ASSIGNMENT 2: BUILDING YOUR PROFESSIONAL PORTFOLIO

### **DUE Date:**

### **\*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:**

- 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. Review the competencies from the Course Outline or from the Competency Profile on the CLPNA website at [www.clpna.com](http://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**.*

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**Report on Progress of Professional Portfolio**

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

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 (2015).

Refer to [www.clpna.com](http://www.clpna.com) for references

## REQUIRED TEXTS

### PRIMARY TEXTS

Austin, W., & Boyd, M.A. (2015). *Psychiatric and mental health nursing for Canadian practice* (3rd ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Austin, W., & Boyd, M.A. (2015). *Psychiatric and mental health nursing for Canadian practice* (3rd ed.). [Textbook online student resources: thePoint]. Philadelphia, PA: Lippincott Williams & Wilkins.

Practical Nurse Collaborative Curriculum. (2012). *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://www.albertahealthservices.ca/mha.asp>

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

*Appendix A*  
**NURSING FOUNDATIONS VII: MENTAL HEALTH NURSING  
 RESEARCH TO PRACTICE REPORT  
 Marking Guide for Assignment 1**

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 DSM –V-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.	2 marks	
5. *Relates the study to the selected client.	3 marks	
6. *Discusses the implications for nursing practice (2 marks) and impact on <b>own</b> future nursing practice (2 marks).	4 marks	
7. Presents report to fellow classmates as directed.	2 marks	
<b>TOTAL MARKS</b>		<b>/20</b>

**\*Key content areas**

**Comments:**

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*Submit this marking guide with the assignment.*

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**APA AND GRAMMAR: MARKING GUIDE**

KEY CONTENT	MARKING GUIDE			
POINTS:	1	0.5	0.25	0
<b>TITLE PAGE</b>				
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
<b>BODY OF PAPER</b>				
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
<b>REFERENCES</b>				
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
<b>GRAMMAR AND SPELLING</b>				
Grammar appropriate and words spelled correctly (< 5 errors)	Excellent	Satisfactory	Minimal	None
<b>TOTAL</b>				<b>/5</b>
<b>Comments:</b>				
<b>GRAND TOTAL (ALL MARKING GUIDES)</b>				<b>/25</b>

*Submit this marking guide with the assignment.*

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

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

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*Submit this marking guide with the assignment.*

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