

**Ralph R. Willis Career and Technical Center
School of Practical Nursing
Mental Health Syllabus**

OUTLINE	THEORY	CLINICAL PRACTICE	TESTING
Chapter 45-1	2		
Chapter 45-2	2		
Chapter 45-3	2		1
Chapter 46	4	4	1
Chapter 47	4	4	1
Chapter 48	3	4	1
Chapter 33	4	2	1
Final			2
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	21	14	7

Chapter 45 Care of Patients with Anxiety Disorders, Mood, and Eating Disorders
Chapter 46 Care of Patients with Substance Abuse Disorders
Chapter 47 Care of Patients with Cognitive Disorders
Chapter 48 Care of Patients with Thought and Personality Disorders
Chapter 33 The Child with an Emotional or Behavioral Disorder

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Placement:	Semester 2
Course Hours:	84
Theory Hours:	42
Clinical Hours:	42
WVEIS:	

TEXTBOOKS:

1. deWitt, Susan C/ Kumagai, Candice K.; MEDICAL-SURGICAL NURSING CONCEPTS & PRACTICE, Saunders/Elsevier; 3rd edition; 2017.
2. deWitt, Susan C. / Kumagai, Candice K.; STUDY GUIDE FOR MEDICAL-SURGICAL NURSING CONCEPTS & PRACTICE, Saunders/Elsevier; 3rd edition; 2017.
3. deWitt, Susan C/ Kumagai, Candice K.; Virtual Clinical Excursions Pacific View Regional Hospital for MEDICAL-SURGICAL NURSING CONCEPTS & PRACTICE, Philadelphia, Elsevier/Saunders; 2017.
4. Leifer, Gloria; Introduction to Maternity & Pediatric Nursing, Saunders/Elsevier; 6th edition;2015.
5. HESI

Course Description

This course presents an introduction to Mental Health Nursing with a focus on the role of the practical nurse. The course begins with universal concepts needed in the care of patients experiencing a mental health alteration. An understanding of the health care needs of patients experiencing common mental health alterations is then built upon this foundation. The course concludes with mental health issues, as well as care needs, that frequently challenge the elderly.

Course Objectives

At the end of this course the student will:

1. Participate in the management of the therapeutic environment.
2. Utilize therapeutic communication skills at a beginning level.
3. Discuss the role of the practical nurse in psychopharmacology.
4. Utilize developed care plans to provide care for patients experiencing a variety of common mental health alterations.
5. Provide practical nursing care for the patient experiencing a mental health alteration commonly found in the elderly.

Clinical Practicum:

Completed in Acute and Long-Term Care.

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Methods of Teaching:

1. Lecture, discussion, role playing emphasizing critical thinking
2. Videos
3. PowerPoint
4. Computer-assisted instruction- VCE – Case Studies
5. Demonstration
6. Individual and Group Conference
7. Written Exams
9. Clinical Lab Practice/ Clinical Setting
10. Evaluations

Student Responsibilities:

1. Read assigned chapter.
2. Refer to and follow student monthly calendar for exam dates.
3. Attend lectures and demonstrations.
3. Complete activities as assigned.
5. Participate in class/lab activities.
6. Discuss critical thinking activities associated with the lesson.
7. Refer and follow the policies as outlined and discussed in the Student Handbook.
8. Pass exams with a grade of 80% or higher.

Methods of Evaluation

1. The following letter grade system is utilized for theory:
A 93 - 100
B 86 - 92
C 80 - 85
F 79 - 0
2. The following grading calculation is utilized for theory:
Exams 60% Quizzes 10% Final 30%
3. Evaluation Tools:
 - a. Oral Presentations
 - b. Written Exams
 - c. Laboratory Skills
 - d. Homework Assignments
 - e. Computer Exams
 - f. Clinical Skills
4. Make-up Exam:
A student who misses an exam must be prepared to take the exam upon immediate return or as directed by instructor. Students will automatically have 5% deducted.
5. Quizzes:
Students who are absent during a quiz will receive a Zero. Quizzes are NOT made up.
6. See student monthly calendar for schedule of exam dates.
7. See Student Handbook for clinical grading guidelines.

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Chapter 45 -1 Care of Patients with Anxiety Disorders, Mood, and Eating Disorders
2 hours
Testing 1 hr.

Lesson Content:

- I. Key Terms

- II. Anxiety and Anxiety Disorders
 - A. Generalized Anxiety Disorder
 - B. Phobic Disorder
 - C. Obsessive –Compulsive Disorder (OCD)
 - D. Post-Traumatic Disorder (PTSD)

- III. Diagnosis of Anxiety Disorders

- IV. Treatment of Anxiety Disorders

- V. Medication Used to Treat Anxiety - Antianxiety Drugs
 - A. Benzodiazepines
 - B. Nonbenzodiazepine

- VI. Nursing Management

Lesson Objectives:

Upon completing this chapter the student will:

- 1. Discuss the significance of anxiety in the general adult population.
- 2. Compare and contrast normal anxiety and anxiety disorders.
- 3. Describe the signs and symptoms and treatments for anxiety disorders.
- 4. Discuss assessment, nursing diagnoses, and nursing interventions for patients with anxiety disorders.

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Chapter 45-2 Care of Patients with Anxiety Disorders, Mood, and Eating Disorders
2 hours

Lesson Content:

- I. Key Terms

- II. Mood Disorders
 - A. Bipolar Disorder
 - a. Treatment
 - b. Nursing Management
 - B. Medications Used to Treat Bipolar Disorder
 - a. Antimanic
 - C. Major Depressive Disorder
 - a. Nursing Management
 - D. Medications Used to Treat Depression – Antidepressant Drugs
 - a. Tricyclics
 - b. MAO Inhibitors
 - c. Selective Serotonin Reuptake Inhibitors
 - d. Atypical Antidepressants
 - E. Nursing Management
 - F. Suicidal Patients
 - a. Nursing Management

Lesson Objectives:

Upon completing this chapter the student will:

1. Discuss the variances of normal mood and discuss mood alterations that become debilitating.
2. Discuss assessment, nursing diagnoses, and nursing interventions for patients with bipolar and major depressive disorder.
3. Summarize factors that are essential when assessing a suicidal patient.
4. Identify at least six interventions for the nursing diagnosis Risk for self-directed violence related to suicidal ideations.

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Chapter 45-3 Care of Patients with Anxiety Disorders, Mood, and Eating Disorders
2 hours

Lesson Content:

- I. Key Terms

- II. Eating Disorders
 - A. Anorexia Nervosa
 - B. Bulimia Nervosa

- III. Treatment of Eating Disorders

- IV. Nursing Management

- V. Community Care

Lesson Objectives:

Upon completing this chapter the student will:

- 1. Consider the impact of family, peer, and media pressure on patients with eating disorders.
- 2. Discuss assessment, nursing diagnoses, and nursing interventions for patients with eating disorders.

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Chapter 46 **Care of Patients with Substance Abuse Disorders**

4 hours

Testing 1 hr.

Clinical Practice 4 hrs.

Lesson Content:

- I. Key Terms

- II. Substance and Alcohol Abuse
 - A. Signs and Symptoms
 - C. Effects of Substance Abuse on Family and Friends

- III. Disorders Associated With Substance Abuse
 - A. Alcohol Abuse
 - B. Symptoms of Intoxication and Withdrawal
 - a. Treatment

- IV. Abuse of Other Central Nervous System Depressants
 - A. Treatment

- V. Abuse of Opiates
 - A. Treatment

- VI. Abuse of Stimulants
 - A. Treatment

- VII. Abuse of Nicotine
 - A. Treatment

- VIII. Abuse of Cannabis

- IX. Abuse of Hallucinogens and Inhalants
 - A. Treatment

- X. Nursing Management

- XI. Medications Used to Treat Substance Abuse
 - A. Medications Used to Treat Acute Alcohol Withdrawal
 - a. Benzodiazepines
 - b. Antiseizure
 - c. Vitamins
 - d. Medications Used to Discourage Relapse
 - B. Medications Used to Treat Heroin Abuse or Discourage Relapse
 - C. Medications Used to Treat Heroin Overdose

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D. Medications Used to Treat Nicotine Addiction

Lesson Objectives:

Upon completing this chapter the student will:

1. Summarize the significance of substance use disorders in the general adult population.
2. List the diagnostic criteria included in the medical diagnosis of substance abuse disorder.
3. Identify the physical, behavioral, and psychological indicators of substance use disorder.
4. Discuss the significance of denial and rationalization in substance use disorder.
5. Analyze the effects of substance use disorders on family and friends.
6. Discuss symptoms and complications of withdrawal from alcohol.
7. Identify at least six nursing interventions appropriate for a patient with a substance use disorder.

Clinical Practice 4 hr.

1. Visit a 12-step group and identify the advantages and disadvantages of the program for substance abuse patients.
2. Contribute to a teaching plan for a community presentation on smoking cessation.
3. Review a care plan with at least three nursing diagnoses and five nursing interventions per diagnosis for a patient who is at risk for alcohol withdrawal.
4. Devise a care plan with at least three nursing diagnoses and five nursing interventions per diagnosis for a patient who is taking central nervous system stimulants (e.g., cocaine).

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Chapter 47 **Care of Patients with Cognitive Disorders**

4 hours

Testing 1 hr.

Clinical Practice 4 hrs.

Lesson Content:

- I. Key Terms

- II. Overview of Cognitive Disorders

- III. Delirium

- IV. Substance-Induced Delirium

- V. Dementia

- VI. Alzheimer's Disease
 - A. Signs and Symptoms
 - B. Diagnosis
 - C. Treatment
 - D. Nursing Management

- VII. Vascular Dementia

- VIII. AIDS Dementia Complex
 - A. Nursing Management

- IX. Community Care

- X. Medications Used to Treat Cognitive Disorders
 - A. Donepezil (Aricept)
 - B. Galantamine (Razadyne)
 - C. Memantine (Namenda)
 - D. Rivastigmine (Exelon)
 - E. Tacrine (Cognex)
 - F. Nefiracetam (Transion)
 - G. CX516 (Ampalex)
 - H. Tramiprosate (Alzhemed)

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Lesson Objectives:

Upon completing this chapter the student will:

1. Discuss the incidence and significance of cognitive disorders in the elderly population.
2. Compare and contrast the etiology and symptoms of delirium (acute cognitive disorder) and dementia (chronic cognitive disorder).
3. Describe the signs and symptoms of Alzheimer's disease in relation to the three stages: (1) preclinical Alzheimer's disease, (2) mild cognitive impairment (MCI) due to Alzheimer's disease, and (3) dementia due to Alzheimer's disease.
4. Choose appropriate nursing interventions for the care of patients with Alzheimer's disease.
5. Identify the assessment skills that are necessary to accurately monitor a cognitive disorder.
6. Identify nursing interventions that can be used to assist the family and friends of patients who have cognitive disorders.

Clinical Practice 4 hrs.

1. Devise a care plan with at least six interventions for a patient who is confused and disoriented.
2. Implement a teaching plan for a family member who is caring for an elderly parent with Alzheimer's disease in the family home.
3. Write Drug Cards on 8 drugs that are used to treat Cognitive Disorders.

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Chapter 48 Care of Patients with Thought and Personality Disorders

3 hours

Testing 1 hr.

Clinical Practice 4 hrs.

Lesson Content:

- I. Key Terms

- II. Overview of Thought Disorders
 - A. Neurotransmitters

- III. Schizophrenia
 - A. Etiology and Pathophysiology
 - B. Signs and Symptoms
 - C. Diagnosis
 - D. Treatment
 - F. Nursing Management

- IV. Nursing Implications for Antipsychotic Medications Used to Treat Thought Disorders

- V. Overview of Personality Disorders

- VI. Borderline Personality Disorder
 - A. Treatment
 - B. Nursing Management

- VII. Community Care

Lesson Objectives:

Upon completing this chapter the student will:

- 1. Discuss the incidence of thought disorders in the general population.
- 2. Describe the signs and symptoms of schizophrenia.
- 3. Identify at least four nursing diagnoses and the major nursing interventions that would be appropriate for a patient with a thought disorder.
- 4. Compare and contrast behaviors for each of the various personality disorders.
- 5. Choose at least four nursing diagnoses and the major nursing interventions that would be appropriate for a patient with borderline personality disorder.
- 6. Illustrate how the nurse can identify and modify personal feelings that can occur when caring for a patient with borderline personality disorder.
- 7. Analyze your personal feelings related to caring for patients with manipulative behaviors.

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Clinical Practice 4 hrs.

1. Watch the movie A Beautiful Mind and develop a teaching plan to help the wife understand the husband's bizarre and erratic behavior.
2. Develop a care plan with at least six nursing interventions for a patient who is paranoid and suspicious.
3. Write a care plan with at least six nursing interventions for a patient who is manipulative.

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Lesson Objectives:

Upon completing this chapter the student will:

1. Define each key term listed.
2. Differentiate among the following terms: psychiatrist, psychoanalyst, clinical psychologist, and counselor.
3. Discuss the impact of early childhood experience on a person's adult life.
4. Discuss the effect of childhood autism on growth and development.
5. Discuss behavioral therapy and how it is applied to obsessive compulsive disorders and depression in children.
6. List the symptoms of potential suicide in children and adolescents.
7. Discuss immediate and long-range plans for the suicidal patient.
8. List four behaviors that may indicate substance abuse.
9. Name two programs for members of families of alcoholics.
10. Discuss the problems facing children of alcoholics.
11. List four symptoms of attention deficit hyperactivity disorder.
12. Describe techniques of helping children with attention deficit hyperactivity disorder to adjust to the school setting.
13. Compare and contrast the characteristics of bulimia nervosa and anorexia nervosa.

Clinical Practice 2 hrs.

1. Write Drug Cards on 6 commonly abused drugs.

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Final
2 Hours

Students will take and pass the final exam with an 80% or better overall course grade.