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

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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
Ralph R. Willis Career and Technical Center
Practical Nursing Program
Mental Health Syllabus

Placement: Semester 2
Course Hours: 81
Theory Hours: 39
Clinical Hours: 42

WVEIS:

TEXTBOOKS:

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.

Revised: 03/06/2019 MP
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
8. Clinical Lab Practice/ Clinical Setting
9. Evaluations

Student Responsibilities:
1. Read assigned chapter.
2. Refer to and follow student monthly calendar for exam dates.
3. Attend lectures and demonstrations.
4. 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.
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)

II. Diagnosis of Anxiety Disorders

III. Treatment of Anxiety Disorders

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

V. 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.
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.
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.
Chapter 46  Care of Patients with Substance Abuse Disorders
4 hours
Testing 1 hr.
Clinical Practice 3 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
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 3 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).
Chapter 47  Care of Patients with Cognitive Disorders
4 hours
Testing 1 hr.
Clinical Practice 3 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 (Alzehemed)
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 3 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.
Chapter 48  Care of Patients with Thought and Personality Disorders
3 hours
Testing 1 hr.
Clinical Practice 3 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.
Clinical Practice 3 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.
Chapter 33  The Child with and Emotional or Behavioral Condition
4 Hours
Testing 1 hr.
Clinical Practice 2 hrs.

Lesson Content:
I. Key Terms

II. The Nurse’s Role

III. Types and Settings of Treatment

IV. Origins of Emotional and Behavioral Conditions

V. Organic Behavioral Disorders
   A. Childhood Autism
   B. Obsessive-Compulsive Disorders in Children

VI. Environmental or Biochemical Behavioral Disorders
   A. Depression
   B. Suicide
   C. Substance Abuse
   D. Alcohol
   E. Cocaine
   F. Gateway Substances
   G. Marijuana
   H. Opiates
   I. Prevention and Nursing Goals
   J. Children of Alcoholics

VII. Attention Deficit Hyperactivity Disorder

VIII. Anorexia Nervosa

IX. Bulimia

X. Minimizing The Impact of Behavioral Disorders in Children
   A. Effect of The Illness On Growth and Development
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.
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.
Final
2 Hours

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