MOHAWK VALLEY COMMUNITY COLLEGE, UTICA-ROME, NY

COURSE OUTLINE

1. COURSE DESCRIPTION:

**NU103 Nursing 2B (Mental Health and Psychiatric Nursing Throughout the Life Cycle)**

C-2, P-6, Cr-4

This course addresses the foundations of mental health and psychiatric nursing. It examines threats to the basic psychological needs of security, love and belonging, self-esteem, and self-actualization throughout the life cycle. The nursing process, Maslow’s Hierarchy of Needs theory, and critical thinking are integrated to meet the needs of the client experiencing a disruption in mental health. Interpersonal relationships between the nurse and client are emphasized as a therapeutic modality. Clinical practicum is provided in mental health and psychiatric settings.

**Prerequisites:** NU101 Nursing 1 with a minimum grade of 75 or advanced standing; NU111 Nursing Pharmacotherapeutics 1 with a minimum grade of 75 or advanced standing

**Corequisites:** BI217 Human Anatomy & Physiology 2.

**Mandatory Corequisite**:NU102 Nursing 2A (Family-Centered Nursing during the Pregnancy Cycle)

1. STUDENT LEARNING OUTCOMES

**Upon completion of this course the student will be able to:**

1. Demonstrate principles of teamwork and collaboration as part of the interdisciplinary treatment team when interacting with clients, families, members of the health care team, peers, and faculty/staff in the psychiatric/mental health setting.
2. Discuss the mechanisms related to stress and adaptation involved in maintaining psychological homeostasis related to the client’s individual situation, life cycle development, personal relationships, and spiritual and cultural preferences.
3. Apply ethical, legal, and professional standards in nursing practice.
4. Prepare a nursing ATI template for the client experiencing disturbances in cognition and mental health.
5. Illustrate the principles of teaching/learning in relation to the promotion of psychological/mental health.
6. Demonstrate increased self-awareness and self-acceptance as a result of the use of effective and therapeutic communication techniques and nurse-client relationship.
7. Describe the pharmacotherapeutic effects and nursing implications of commonly prescribed psychotropic medications.
8. Promote an environment of safe and quality care for clients in the clinical mental health setting.
9. Identify the use of nursing science, evidence-based practice, and information technology to inform nursing practice.
10. MAJOR TOPICS:
11. Basic Mental Health Nursing Concepts, including Legal and Ethical Issues
12. Traditional Nonpharmacological Therapies, including group and family therapies, brain stimulation therapies.
13. Disorders, including anxiety, depression, substance abuse, somatic symptoms, and related disorders and more.
14. Medications for Disorders
15. Specific Populations, including clients who are dying and/or grieving.
16. Psychiatric emergencies such as suicide, anger management, sexual assault and more.