Course Information
Division: Health Sciences
Contact Hours: 2
Theory: 30
Total Credits: 2

Prerequisites: Admission to Practical Nursing Program
Co-requisite: PNUR 121 (unless course already passed)
               HLTSC 120, BIOL 158 (Must be successfully completed prior to or concurrently)

Course Description
This blended format course introduces the concepts of mental health and mental illness and the principles of therapeutic communication skills and nursing interventions. It is designed to assist the students in utilizing the nursing process to provide therapeutic nursing care and to meet the mental health needs of clients with various psychiatric and behavioral disorders, and maladaptive behaviors. The course discusses the application of the stress adaptation theory in assisting clients to develop health coping mechanisms in managing the thoughts, emotions and behaviors of various disorders and stressful events. Various treatment modalities and psychotherapeutic medications are discussed. Students will study in the classroom, participate in online discussions and other activities, and apply the principles and concepts to the general client population in all settings.

This course is a required core course for students pursuing a(n) Certificate in Practical Nursing

Program Outcomes Addressed by this Course:
Upon successful completion of this course, students should be able to meet the program outcomes listed below:

A. Apply the nursing process in the delivery of nursing care to clients and the management of care of groups of clients in applicable structured health care settings.

B. Demonstrate the provision of competent nursing care to clients and to the management of care of groups of clients in applicable structured health care settings.

C. Demonstrate professional and caring relationships in the provision of nursing care to clients and to the supervision of staff in the care of groups of clients in applicable structured health care settings.

D. Apply the stress adaptation theory and the use of healthy coping mechanisms in the care of clients and the management of the work environment in the care of clients in applicable structured health care settings.

E. Demonstrate effective communication skills with clients, families, staff, and peers in the various structured health care settings.

F. Display respect and sensitivity to the cultural diversity of clients, families, staff, and peers with varied lifestyles, beliefs, races, and cultures.

G. Demonstrate professionalism through compliance with the ethical and legal standards of the nursing profession in the care of clients and the management of staff in applicable structured health care settings.
Course Outcomes

In order to evidence success in this course, the students will be able to:

1. Identify the nursing process in assisting clients with psychiatric disorders and maladaptive behaviors to meet mental health care needs.
   **Applies to Program Outcome:**
   - A. Apply the nursing process in the delivery of nursing care to clients and the management of care of groups of clients in applicable structured health care settings.

2. Discuss the use of therapeutic nursing interventions and the provision of competent nursing care to meet the mental health needs of clients with psychiatric disorders and maladaptive behaviors.
   **Applies to Program Outcome:**
   - B. Demonstrate the provision of competent nursing care to clients and to the management of care of groups of clients in applicable structured health care settings.

3. Distinguish professional and caring nurse-client relationships in assisting clients with psychiatric disorders and maladaptive behaviors to meet mental health needs.
   **Applies to Program Outcome:**
   - C. Demonstrate professional and caring relationships in the provision of nursing care to clients and to the supervision of staff in the care of groups of clients in applicable structured health care settings.

4. Define the stress-adaptation theory in assisting clients with psychiatric disorders and maladaptive behaviors to utilize health coping mechanisms to manage behaviors and mental health needs.
   **Applies to Program Outcome:**
   - D. Apply the stress adaptation theory and the use of healthy coping mechanisms in the care of clients and the management of the work environment in the care of clients in applicable structured health care settings.

5. Identify therapeutic communication skills in interaction with clients and the families of clients with psychiatric disorders and maladaptive behaviors.
   **Applies to Program Outcome:**
   - E. Demonstrate effective communication skills with clients, families, staff, and peers in the various structured health care settings.

6. Recognize the importance of respect and sensitivity to the diversity of clients and the families of clients with psychiatric disorders and maladaptive disorders.
   **Applies to Program Outcome:**
   - F. Display respect and sensitivity to the cultural diversity of clients, families, staff, and peers with varied lifestyles, beliefs, races, and cultures.

7. Discuss professionalism and compliance with the ethical and legal standards of the nursing profession in the care of clients with psychiatric disorders and maladaptive behaviors.
Applies to Program Outcome:
   G. Demonstrate professionalism through compliance with the ethical and legal standards of the nursing profession in the care of clients and the management of staff in applicable structured health care settings.