

Common Course Outline

NURN 113
Mental Health Issues and Client Care
3 Semester Hours

The Community College of Baltimore County

Description: Presents essential principles, concepts and skills needed for promotion of mental health and care of mentally ill client systems across the lifespan. Content includes growth and development, stress and behavior, and common forms of mental illness. Opportunities to apply theoretical knowledge and perform nursing skills are provided through faculty guided learning experiences in acute and/or community-based psychiatric health care settings that introduce the student to care of mentally ill client systems. The Neuman System Model is the framework for the study of client care. **Prerequisites:** Successful completion of NURN 103, NURN 110, ENGL 101, and BIOL 110 with a grade of "C" or better.

Overall Course Objectives: Upon completion of this course, the student will demonstrate satisfactory knowledge of fundamental nursing principles and concepts that apply to mental health and the care of mentally ill clients. The student will be able to:

1. Apply legal and ethical standards for practical nursing practice when promoting mental health and providing care for mentally ill client systems;
2. Prioritize basic nursing care for mentally ill client systems experiencing common recurring stressors from the internal and external environment;
3. Provide basic nursing care for mentally ill client systems with common recurring health problems using principles and concepts from the Neuman System Model and the nursing process;
4. Participate in a team relationship with licensed professional health care providers to promote effective mental health care for client systems;
5. Use critical thinking skills to assist in planning holistic care for mentally ill client systems during primary, secondary, and/or tertiary levels of prevention;
6. Compare the effects of physiological, psychological, socio-cultural, developmental and spiritual variables on client system health;
7. Analyze the significance of cultural and ethnic factors when interacting with and planning care for mentally ill client systems;
8. Examine how one's own behavior, attitude, and values influence levels of stress experienced by mentally ill client systems and others;
9. Establish therapeutic relationships with mentally ill client systems;
10. Utilize available community resources to assist client systems to achieve optimum mental health;
11. Create an educational plan that is congruent with the goals of licensed professional members of the mental health team and assists mentally ill client

- systems to strengthen normal and flexible lines of defense to attain, maintain and/or retain system stability;
12. Implement established protocols to protect client systems and others from environmental hazards;
 13. Utilize technology to enhance the effectiveness and efficiency of nursing care for mentally ill client systems;
 14. Employ effective oral and written communication skills to report on and accurately document client behavior and responses to nursing care;
 15. Demonstrate professional health care workforce behaviors;
 16. Discuss the roles and interrelationships among members of the mental health treatment team; and
 17. Participate in promoting mental health in acute and long-term health care settings and in the community.

Major Topics:

- I. Wellness, Health Promotion, and Illness Prevention
- II. Human Development Across the Lifespan
- III. Stages of the Life Cycle
- IV. Stress, Adaptation, and Anxiety
- V. Management of Personal Stress
- VI. Mental Health-Mental Illness Continuum
- VII. Legal Issues and Treatment Ethics
- VIII. Therapeutic Nurse-Client Relationship
- IX. Developing and Managing a Therapeutic Environment
- X. Models for Working with Individuals and Groups
- XI. Brain Anatomy/Physiology Review
- XII. Diagnostic Studies
- XIII. Nursing Care of the Mentally Ill Client
- XIV. Nursing Care for Clients with Special Needs

Course Requirements: The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully in a career and as a citizen. To accomplish this goal, the Practical Nursing Program maintains high academic standards and expects students to be partners in the learning process and accept responsibility for their individual growth.

Writing: The individual faculty member will determine specific writing assignments.

Grading theory: Grading procedures will be determined by the individual faculty member but will include interim and comprehensive final examinations in the lecture portion of the course.

Note: An average of 70% on exams is required prior to the addition of any other graded assignments.

Grading clinical: Clinical performance will be graded as satisfactory or unsatisfactory.

Note: Students must achieve a satisfactory performance level in clinical and theory for satisfactory completion of the course.

Individual faculty members may include additional course outcomes, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

Other Course Information: This course is required for the 42-46-credit certificate in Practical Nursing. Satisfactory completion of this course is required to progress to the next sequential level in the nursing program.

Methodologies used to teach and learn in this course include: lectures, individual and cooperative group learning projects, skill demonstrations, computerized self-study, and videos.

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes, and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.