

# COMMON COURSE OUTLINE

NURN 214

Principles of Psychiatric Nursing Care

4 Credit Hours

## The Community College of Baltimore County

**Course Credits**                      **4 Credits**  
   **2 credit hours of Class 2 days per week**  
   **2 credit hours of Clinical 2 days per week**

**Course Pre-Requisites**            **PSYC 103, SOCL 101 ; prerequisite or co-requisite BIOL 230**  
   **(with a grade of C or higher).**

### Course Description

Principles of Psychiatric Nursing Care

Examines basic concepts in the dynamics and treatment of psychiatric disorders and the nurses' role in providing care across the health continuum; covers history and trends of psychiatric care, treatment modalities, interviewing skills, and the psychopathology and nursing care of the major mental illnesses. Enables students to use critical thinking to develop strategies of intervention based upon the nursing process. Provides clinical laboratory experience in various health care systems to give students opportunity to apply theoretical knowledge.

Prerequisites: PSYC 103, NURN 101, 210 Concurrent: BIOL 230, SOCL 101

2 credit hours of theory, 2 credits of clinical.

### Overall Course Objectives:

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

1. Evaluate client needs and placement on the health-illness continuum by applying concepts of personality development and psychiatric theoretical frameworks. (Health-Continuum-Arm)
2. Analyze the impact of ethical, scientific, social, and legislative decisions on the treatment of the mentally ill and on the delivery of psychiatric nursing services.( Health Care Systems-Arm)
3. Apply the nursing process as a systematic problem solving method to provide effective care to clients with psychiatric illnesses.(Nursing Process- Arm)
4. Practice in a psychiatric setting, utilizing ethical, legal and regulatory codes and standards of practice to guide the delivery of care to clients with psychiatric illnesses. (Professionalism-Arm)
5. Relate critical thinking, theoretical knowledge and the nursing process to the development and implementation of a plan of care for a patient with complex psychiatric problems. (Critical Thinking-Arm)

6. Analyze therapeutic communication skills in providing care to clients with psychosocial problems or a psychiatric diagnosis. ( Communication-Arm)
7. Describe the psychiatric nurses' role within the ethical and legal framework of the nursing profession. (Ethical/ Legal Aspects- Thread)
8. Collaborate with the client in developing a plan to teach medication management, stress management, healthy living and improved coping skills which will promote enhanced mental health. (Health Promotion, Maintenance and Restoration-Thread)
9. Recognize the constantly changing state of psychological and physiological well being and identify behaviors associated with the most common emotional and psychological responses to physical illness. (Human Needs, Life Cycle, Stress/Stressors-Thread.)
10. Utilize resources efficiently to manage psychiatric clients in healthcare settings.(Management/ Delegation- Thread)
11. Demonstrate satisfactory performance of skills commonly utilized in a psychiatric setting. (Skills-Arm)
12. Adapt care for psychiatric clients from diverse backgrounds taking into consideration the clients values, customs, cultural norms and beliefs about health and illness. (Socio-Economic Cultural Factors-Thread)
13. Employ current technology to increase efficiency in the acquisition of knowledge and the management of nursing care. (Technology-Thread)
14. Collaborate with the psychiatric interdisciplinary treatment team in planning care for clients with psychiatric illnesses. (Teaching-Learning- Thread)
15. Examine the changing ideas, assumptions and beliefs about mental illness and choose interventions for psychiatric clients based on scientific knowledge. (Trends- Thread)

## **Major Topics**

- I. Foundations of Psychiatric Nursing
  - A. History and Trends
  - B. Legal and Ethical
  - C. Nurse-Client Relationship
  - D. Cultural Issues
  - E. Theories, Stress and Crisis
  - F. Communication
  - G. Milieu Therapy/Group Therapy
  - H. Psychiatric Assessment
  - I. Introduction to Psychobiology
- II. Psychopathology and Nursing Care
  - A. Mood Disorders
  - B. Psychotic Disorders
  - C. Anxiety Disorders

- D. Substance Abuse
- E. Eating Disorders
- F. Cognitive Disorders
- G. Personality Disorders

### III. Special Topics

- A. Violence and Victims
- B. Psycho-social Issues of Physical Illnesses
- C. Community Health and Case Management

## **Course Requirements**

Grading procedures will be determined by the individual faculty member and specific assignments and procedures for evaluating student performance will be described in detail in the individual class syllabus but will include a minimum of the following:

### A. Theory Requirements

1. Three exams, the third of which will include a comprehensive component. Make-up exams may be essay exams.
2. Formal writing assignment that demonstrates critical thinking/analysis components.
3. A communication project demonstrating the use of therapeutic communication, critical thinking, analysis and self-awareness.
4. Satisfactory completion of all written assignments.

### B. Clinical Requirements

1. Satisfactory performance during the hospital and community clinical experiences.
2. Satisfactory completion of written clinical assignments.
3. Group Project/Presentation that demonstrates collaboration, utilization of journals and the Internet, research about community agencies and oral communication/teaching skills.

### Grading Criteria

1. Earn an exam average of 72% or more in order to receive at least a “C” grade, the minimum passing grade, in clinical nursing courses. Totals for the written assignments will be added into the final grade calculation only after the student has achieved a 72% or higher exam average.

Percentages are distributed as follows:

<b><u>Course Requirements</u></b>	<b><u>Allocated Percentage of Grade</u></b>
Three Exams	75%
Psychopharmacology Quiz	5%
Written Project	10%
Communication Project	10%

2. Pass the clinical component of the course by:
  - a. attending all scheduled clinical sessions,
  - b. meeting all critical clinical behavioral objectives on the Clinical Evaluation Tool.
  - c. Submitting a **PORTFOLIO OF CLINICAL LEARNING (PCL)**: At least six journal entries which demonstrate critical thinking, application of theoretical concepts in the clinical area and use of the nursing process in delivering care to adult psychiatric clients.

**Other Course Information:**

This course is a required course in the Nursing Program. It is taken either in the second half of the second semester or the first half of the third semester.

This course is taught using methods that include: lecture, individual and group learning projects, computerized and self-study environments.

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

Attendance: Per College Policy, all students are expected to attend class, lab, and clinical experiences regularly and punctually to derive maximum benefit from instruction and to contribute to the learning process in each educational experience.

NURN 214  
Principles of Psychiatric Nursing Care

CLINICAL OUTCOMES

Upon successful completion of the course, the student will demonstrate accomplishment in:

Professionalism	Demonstrates professional practice by adhering to professional values when implementing care. Acts within the legal/ethical guidelines of the nurse/client relationship. (P. EL.)
Assessment	Performs accurate, ongoing assessment of adult psychiatric clients including mental status.(NP, HC, S/S)
Planning	Integrates theory to plan comprehensive care for adult psychiatric clients. Establishes priorities for care based upon physical and psychosocial stressors. (CT, NP, HN, LC)
Implementation/Skills	Utilizes appropriate techniques to intervene with the individual adult psychiatric client and groups in the therapeutic milieu. (NP, S/S, S, HN )
Communication	Applies principles of therapeutic communication in the nurse-client relationship and with the multi-disciplinary treatment team. (CT, HN, SEC, H/P/M/R, TL )
Patient Teaching	Demonstrates ability to educate psychiatric clients and groups about basic mental health issues that will improve quality of life and medication compliance.(CT, HN, SEC, TL )
Medications	Verbalizes accurate information about psychotropic medications, their effectiveness, side effects, teaching needs and the issues of client's compliance.(CT, NP, S, HN )
Documentation	Records accurate, objective, relevant data. Documents verbal and non-verbal behavior and the use of the nursing process with an adult psychiatric client.(CT, HC, C)
Organization/ Time Management	Recognizes and maintains structure in the therapeutic milieu while providing care in a timely organized manner. (CT, NP, HN)
Evaluation/ Problem Solving	Evaluates own nursing interventions and the delivery and effectiveness of care provided by the multidisciplinary treatment team. Utilizes all available resources. (CT, HC, NP )
Management/	Recognizes the roles within the multi-disciplinary treatment team

Delegation

and the influences of various management styles. Interacts with team members in a collegial manner. (CT, CT, S )