

**Common Course Outline**  
**NURN 217**  
**Mental Health Nursing Concepts**  
**3 Credits**

**The Community College of Baltimore County**

**Description**

**NURN 217 - Mental Health Nursing Concepts** examines the nursing care of patients, families and groups to meet the emotional, behavioral, and social demands of life. Emphasis is placed on the concepts of affective continuum, cognition, nutrition, personal interaction and psychosocial integrity through didactic and clinical experiences.

**3 credits:** 2 credits theory (30 clock hours) and 1 credit clinical (45 clock hours)

**Pre-requisite:** NURN 160 (with a grade of C or higher)

**Overall Course Objectives**

Upon successful completion of this course students will be able to:

1. practice nursing care that promotes and maintains safety for patients with mental health disorders;
2. demonstrate knowledge of milieu management and treatment in the least restrictive environment;
3. adapt professional practice responsibilities and standards within a therapeutic environment when caring for patients with mental health disorders;
4. apply the nursing process to patients with disorders in affect, behavior, cognition, and nutrition;
5. apply knowledge of mental health nursing assessment to conduct a mental status assessment;
6. develop a plan of care for patients with disturbances in their affect, behavior, cognition and nutritional status;
7. apply evidenced-based practice in the development of a plan of care for patients with mental health disorders;
8. summarize the essential pharmacologic interventions necessary for the care of patients with problems of affect, behavior, cognition and nutrition;
9. complete a comprehensive self-evaluation emphasizing effective communication techniques and caring behaviors;
10. demonstrate health promotion and teaching activities that contribute to the mental health of patients, families and groups; and
11. discuss mental health issues that have significant impact on patients, families, society and the nursing profession.

**Major Topics**

- I. Biophysical Concepts
  - A. Cognition
    1. Neurodevelopmental Disorders
      - a. Attention Deficit Hyperactivity Disorder

- b. Autism Spectrum
    - 2. Neurocognitive Disorders
      - a. Delirium
      - b. Dementia
    - 3. Psychotic Disorders
      - a. Schizoaffective Disorder
      - b. Schizophrenia
  - B. Nutrition
    - 1. Anorexia Nervosa
    - 2. Binge Eating Disorder
    - 3. Bulimia Nervosa
- II. Professional Practice Concept
  - A. Admission status
  - B. Client rights
  - C. Discharge criteria
- III. Psychosocial Concepts
  - A. Psychosocial Integrity
    - 1. Nursing Process
      - a. Assessment Components
      - b. Mental Status
    - 2. Effective Approaches
      - a. Milieu Safety
      - b. Therapeutic Strategies
    - 3. Psychobiology
      - a. Neurotransmission
      - b. Pharmacology
  - B. Affective Continuum
    - 1. Anxiety Disorders
      - a. Agoraphobia
      - b. Generalized Anxiety Disorder
      - c. Social Anxiety Disorder
      - d. Separation Anxiety Disorder
      - e. Panic Disorder
      - f. Specific Phobias
    - 2. Bipolar Disorders
    - 3. Major Depressive Disorder
    - 4. Obsessive Compulsive and Related Disorders
      - a. Hoarding Disorder
      - b. Obsessive Compulsive Disorder
    - 5. Suicide
    - 6. Trauma and Stressor Related Disorders
      - a. Acute Stress Disorder
      - b. Post-Traumatic Stress Disorder
    - 7. Dissociative Disorders
  - C. Personal Interactions
    - 1. Abuse
    - 2. Substance Use
    - 3. Personality Disorders

## **Course Requirements**

An overall grade of 75.00%, C, or higher is required for satisfactory completion of the course.

### **Grading/exams:**

Grading will be determined by the course faculty members but will include the following:

A minimum of two theory examinations. The exam average must equal 75.00% or higher to pass the course.

Successful completion of a proctored standardized test.

**Writing:** A minimum of one writing assignment. Students are required to utilize appropriate academic resources.

### **Clinical Requirements:**

Attendance at all assigned clinical and laboratory experiences.

Satisfactory completion of all clinical assignments.

Satisfactory performance in the clinical experience.