

**COURSE SYLLABUS**  
Southeast Missouri State University

Department of Nursing

Course No. NS 384

Title of Course Professional Practice: Mental Health Nursing

Revision \_\_\_\_\_

New   X  

- I. Catalog Description and Credit Hours of Course:  
Preparation to meet the mental health care needs of clients experiencing emotional and spiritual problems. Includes care of special populations in psychiatry. (3) (Two hours theory, one hour clinical)
- II. Prerequisite (s): Junior standing in the Nursing Major
- III. Objectives of the Course:
- A. Recognize and respond therapeutically to persons experiencing mental health problems.
  - B. Explain the interrelationship between body, mind and spirit within the context of diverse cultures and the influence it has on mental health.
  - C. Identify and explain ways to form a partnership with mental health clients that creates opportunities for health and healing.
  - D. Explore the nursing roles of therapeutic communicator, educator, client advocate and multidisciplinary team collaborator within the context of rural mental health care.
  - E. Base therapeutic interactions on a growing sense of self-awareness developed through journaling.
  - F. Identify mental health resources available to mental health clients in the rural setting.
- IV. Expectations of Students:
- A. Participate in an open Alcoholics Anonymous or Al-anon meeting to explore a readily available resource that addresses the mental health needs of alcoholics and their family members; analyze the experience in your journal.
  - B. Utilize critical thinking in planning, implementing and evaluating nursing responses to persons experiencing mental health problems by writing two acceptable mini-nursing care plans for a person experiencing mental health problems (include rationale and identify appropriate community referrals).
  - C. Videotape a two-minute session interviewing another student who is role-playing a person experiencing a mental health problem. Analyze the tape by writing a process recording of it; present highlights of analysis to classmates when showing videotape.
  - D. Write a critique of a research article that is applicable to mental health nursing and share highlights with your classmates.
  - E. Pass course examinations and “pop quizzes” (students must meet this objective during the first eight weeks in order to be allowed to initiate clinical experience during the second eight weeks of the course).

F. Fulfillment of requirements identified in *BSN Student Handbook*.

V. Course Content:

- A. Anxiety Responses (Anxiety Disorders) (2 hours)
- B. Expression of Mood (3 hours)
  - 1. Mood Disorders
  - 2. Suicide
- C. Self Destructive Responses (6 hours)
  - 1. Eating Disorders
  - 2. Addictions
- D. Neurobiological Responses (6 hours)
  - 1. Schizophrenia
  - 2. Other Psychoses
  - 3. Select Cognitive Impairments
- E. Social Responses (12 hours)
  - 1. Personality Disorders
  - 2. Post-Traumatic Stress Disorder and Problematic Anger
  - 3. Sexual Disorders
  - 4. Workplace and Domestic Violence

Three hours allotted for examinations; remaining hours for clinical application.

VI. Texts and Other Required Materials or Equipment:

- A. Stuart, G. & Laraia, M. (Eds.), (1998). , Principles and Practice of Psychiatric Nursing, 6<sup>th</sup> Edition, St. Louis: Mosby.
- B. Videotapes:
  - A. *Elephant Riders*: video of interview with bipolar manic schizophrenic client. Made by Sisney (Dr. Kornegay) in 1983.
  - B. *Hollie's Story*: video of Director of Nursing telling her story of addiction and recovery. Taped by Dr. Kornegay in 1994.

VII. Basis for Student Evaluation:

A. First eight weeks:	
1. Exams	50%
2. Quizzes	10
C. Second eight weeks:	
1. Videotape and Process Recording	10
2. Care Plans	15
3. Research Article Critique	2.5
4. AA Experience Analysis	2.5
5. Weekly Journaling (Last 8 weeks)	<u>10</u>
	TOTAL
	100%

NOTE:

During the first eight weeks classes will met twice a week with no clinical being held. During the second eight weeks, after the theory portion of the class is successfully completed, students will participate in four clinical hours per week and be further evaluated based on factors outlined in VII C.