NRSG 437: Psychiatric Nursing
Credits: 6 (3 lecture, 3 clinical laboratory)
Semesters Offered: F, Sp
Prerequisites: NRSG 341, NRSG 377, NRSG 346, NRSG 348, NRSG 352

Course Description: The focus of this course is nursing care of clients with acute and chronic psychiatric disorders, including psychopathology associated with major mental illness. Community based experiences provide opportunity for continued development of therapeutic skills. Social, cultural, spiritual, and environmental issues influencing mental health are explored.

Course Objectives: The student will:

1. Utilize evidence based nursing practice in planning and managing the care of clients across the lifespan with psychological, emotional and/or biophysical disorders. (TO 1, 2, 10)
2. Assess the functioning of selected groups using theories of group dynamics. (TO 1)
3. Utilize knowledge of the dynamics of families, groups, and communities as they relate to mental wellness and mental illness in the care of selected clients. (TO 2)
4. Examine the effect of behaviors, values, attitudes, and feelings on the nurse-patient relationship. (TO 4, 5, 7)
5. Demonstrate skill in functioning as a responsible member of a mental health care team. (TO 4, 7)
6. Discuss the significant legal processes that affect the rights of mentally ill clients.
7. Discuss the social, cultural, spiritual, and environmental issues which influence the present health care delivery system for the mentally ill. (TO 7)
8. Demonstrate professional behavior. (TO 4, 5, 11)
9. Communicate effectively with clients, families, and professionals. (TO 9)
10. Demonstrate behaviors that are congruent with the ANA Code of Ethics, Scope and Standards of Practice, and Social Policy Statements in all class related interactions. (TO 2, 3, 6, 8, 13)

Recommended Content and Concepts:

1. Mental Health and Illness: Acute and Chronic; Preventive Concepts; Complimentary Therapies
2. Theories: developmental, psychodynamic, psychobiological, social-interpersonal, behavioral, group process
3. Nature of Mental Illness: medical diagnoses and treatment, including psychopharmacological, DSM IV, psychiatric team members
4. Psychiatric Nursing Practice: Conceptual models such as milieu, psycho-educational,
DSMIV-TR, psychiatric interdisciplinary team members, culture of psychiatric nursing, and evidenced based nursing practice to include Standards of Care of Psychiatric Nursing.

5. Psychiatric Disorders: thought disorders, affective disorders, anxiety disorders, personality disorders, addictive disorders, cognitive disorders. For each of the above: definitions, theories of causation, incidence, symptomology, the nursing process, family, group and community dynamics; disorders across the life span including the aging adult.

6. Societal Issues: legal/ethical, barriers/commitment, least restrictive environment, patient rights, advocacy, political action for mental health, community based services, access issues to treatment, barriers to treatment, economic issues, cultural issues, spirituality.

7. Integrating Concepts: holism, cultural, multidisciplinary team, independent role of the nurse, adaptation, perception (patient’s, family’s, nurse’s, etc.), teaching/learning, empowerment, change, acuity, chronicity, community based care, and pharmacological and non-pharmacological concepts.

Suggested Student Learning Activities:

- Therapeutic nurse-patient relationship with both acutely ill and chronically ill patient
- Group work (co-lead, participate)
- Nursing care planning, documentation
- Process recordings
- Participate in milieu treatment
- Patient restraint (observation)
- Assessment interview
- Group and team conference - multidisciplinary
- Lecture, discussion, role playing
- Community organization/education activity
- Reflective journaling

Approved by UAAC: April 19, 2012
Approved by Faculty: May 3, 2012