



School of Health, Education & Human Services

NURS 2503

Mental Health Nursing

Spring 2022

3 Credits



Course Outline

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COURSE DESCRIPTION

Learners are provided an introduction to the assessment, treatments, and nursing interventions for patients with psychiatric and mental health issues. Basic mental health concepts, therapeutic relationships, and assessment strategies are applied within the context of the nursing process, and legal and ethical practices.

COURSE REQUIREMENTS

Prerequisite(s): ENGL 100; ELCC 125; ANAT 1101; NURS 1101; NURS 1202; NURS 1301; NURS 1504; NURS 1102; NURS 1103; NURS 1201; NURS 1203; NURS 1401

Co-requisite(s): None

EQUIVALENCY OR TRANSFERABILITY

See Bow Valley College transferability information @ <https://bowvalleycollege.ca/student-resources/academic-services/transfer-credits>.

LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

- Describe the ethical, legal, and professional standards of mental health nursing
- Identify effective therapeutic communication skills for the care of patients with mental health issues/psychosocial needs
- Describe major psychiatric and mental health concepts and theories and the various treatment modalities
- Utilize the nursing process and the Conceptual Framework to assess patients with mental health issues, and plan, implement and evaluate care.
- Demonstrate a high degree of self-awareness in evaluating your own mental health and its impact on therapeutic relationships

- Recognize safety risk factors and use interventions to ensure safety of patients and others

COURSE FORMAT

Delivery format

This course will include a total of 45 hours of in-person and on-line learning, videoconference classes, and exams. A combination of synchronous (f2f and web-conferencing via Zoom) and asynchronous (web-based via Moodle) learning activities are provided. Learning activities may include but are not limited to facilitator-led learning, projects, and on-line exercises.

EVALUATION

Learning Activities	30 %
Exam 1	35 %
Exam 2	35 %
Total	100%

Important: For details on each assignment and exam, please see your Course Offering Information.

An overall minimum final mark for this course must be 64%, letter grade C, grade point value of 2.0 to pass this course. Please consult with your program area or contact your program chair for further details.

A minimum Grade Point Average of 2.0 is required for graduation.

GRADING SYMBOLS

GRADE	PERCENTAGE	GRADE POINT	DESCRIPTION
A+	95-100	4.0	Exceptional: superior knowledge of subject matter
A	90-94	4.0	Excellent: outstanding knowledge of subject matter
A-	85-89	3.67	
B+	80-84	3.33	
B	75-79	3.0	Very Good: knowledge of subject matter generally mastered
B-	70-74	2.67	
C+	67-69	2.33	
C	64-66	2.0	Satisfactory/Acceptable: knowledge of subject matter adequately mastered
C-	60-63	1.67	

D+	57-59	1.33	
D	50-56	1.0	Minimal Pass
F	Less than 50	0.0	Fail: an unsatisfactory performance

TEXTBOOKS & LEARNING MATERIALS

Pollard, C. L., Jakubec, S. L., & Jordan Halter, M. (2019). *Vancouver's Canadian psychiatric mental health nursing: A clinical approach* (2nd ed.). Elsevier Canada.

It is highly recommended that all students have access to a computer or other device and Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple Mac/macOS-based PC
Operating System	Windows 10	macOS X
Web Browser	Firefox, Edge, or Google Chrome	Firefox, Edge, or Google Chrome
RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

COURSE WITHDRAWAL INFORMATION

Students may officially withdraw from a course or program without academic penalty up until two-thirds of the course contact hours have been completed. Specific withdrawal dates vary, and students should become familiar with the withdrawal dates of their program. See withdrawal information at www.yukonu.ca/admissions/money-matters

Refer to the YukonU website for important dates: www.yukonu.ca/admissions/important-dates

Refunds may be available. See the Refund policy and procedures at www.yukonu.ca/admissions/money-matters

ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures (updated bi-annually) for further details about academic standing, and student rights and responsibilities: www.yukonu.ca/policies/academic-regulations

ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website at www.yukonu.ca/policies/academic-regulations)

It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): LearningAssistanceCentre@yukonu.ca.

TOPIC OUTLINE

Mental Health Nursing: An Overview

Psychiatric Mental Health Nursing in Acute Care and Community Settings

Cultural, Legal and Ethical Implications

Nursing Process in Mental Health Nursing

Therapeutic Relationships and Therapeutic Communications

Psychopharmacology

Responses to Stress and Psychological Needs of Patients with Medical Conditions

Trauma Interventions

Mood Disorders

Anxiety, Obsessive Compulsive and Related Disorders

Somatic Symptoms and Dissociative Disorders

Eating Disorders and Disorders of Children and Adolescents

Schizophrenia Spectrum and Other Psychotic Disorders

Personality Disorders

Substance Use and Addictive Disorders

Cognitive Disorders and Psychosocial Needs of Older Adults

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