

EL CAMINO COLLEGE
COURSE OUTLINE OF RECORD

I. COURSE DESCRIPTION

Course Title and Number: Nursing 154

Descriptive Title: Intermediate Nursing Process and Mental Health

Discipline: Nursing Division: Health Sciences and Athletics

Hours Lecture: 2 Hours Laboratory: 6 Course Units: 4

Weeks: 18 X 9 6 Other

Grading Method: Letter X CR/NCR Both No Grade

Associate Degree Credit X Non-Degree Credit Non-Credit

Transfer CSU: No Yes X Effective Date: Prior to 7/92

Transfer UC: No X Yes UC Approval Date:

Pending:

Prerequisite, Corequisite, Recommended Preparation, Enrollment Limitation (Specify): Prerequisite: Nursing 150, Nursing 151, and Nursing 152 with a minimum grade of C in prerequisite.

Catalog Description:

In this course, students will utilize the nursing process in caring for clients with varying degrees of mental health problems. Psychopharmacological therapies will be examined. Students will apply techniques of therapeutic communication, administer medications, and assume a leadership role in the clinical setting. In addition, students will utilize and maintain legal and ethical standards specific to mental health clients.

Originator: M. Preach, S. Zareski Submittal Date: April 1988

BOARD APPROVAL DATE: 1/23/89

Reviewed and/or Revised by: S. Zareski, K. Hellwig Date: October 1992

K. Morgan, S. Zareski Date: December 1996

K. Hellwig, S. Zareski Date: March 2005

II. COURSE OBJECTIVES AND METHODS OF EVALUATION

- A. Course Objectives (List the major objectives stated as student outcomes in behaviorally measurable terms.)
1. Define and discuss mental health and mental illness.
 2. Examine the correlation of adaptive and maladaptive behaviors on the mental health and mental illness continuum.
 3. Examine the influential factors of neurophysiology, neurochemistry, genetics, and endocrinology on psychiatric illnesses.
 4. Discuss the implications of neurophysiological theories and concepts on the practice of psychiatric and mental health nursing.
 5. Utilize and maintain legal and ethical standards specific to mental health clients.
 6. Utilize the nursing process in safe administration of drugs.
 7. Apply the nursing process in the care of a client within the psychiatric or mental health setting, and utilize the techniques of a therapeutic nurse client relationship.
 8. Examine the dynamics of therapeutic communication within groups.
 9. Describe indications, actions, contraindications, precautions, side effects and adverse reactions, and nursing implications for a variety of drugs.
 10. Compare and contrast different treatment modalities used for clients with psychiatric and mental health problems.
 11. Compare and contrast the nursing care of clients with various psychiatric and mental health problems.

B. Methods of Evaluation - Associate Degree Credit Course

Students in this course will be graded, at minimum, in at least one of the following four categories. Please check the appropriate responses. The course

must have a minimum of one response in category 1, 2, or 3.

1. Substantial writing assignments, including:

- | | |
|--|--|
| <input type="checkbox"/> essay exam(s) | <input type="checkbox"/> reading report(s) |
| <input checked="" type="checkbox"/> written homework | <input type="checkbox"/> laboratory report(s) |
| <input checked="" type="checkbox"/> term or other paper(s) | <input checked="" type="checkbox"/> other (Anecdotal, clinical papers) |

Substantial writing assignments are inappropriate for this degree applicable course because:

- | |
|---|
| <input type="checkbox"/> The course is primarily computational in nature |
| <input type="checkbox"/> The course primarily involves skill demonstrations or problem solving. |

2. Computational or non-computational problem-solving demonstrations, including:

- | | |
|--|--|
| <input checked="" type="checkbox"/> exam | <input type="checkbox"/> homework problems |
| <input type="checkbox"/> laboratory reports(s) | <input type="checkbox"/> field work |
| <input checked="" type="checkbox"/> quizzes | <input type="checkbox"/> other (specify) |

3. Skill demonstrations, including:

- | | |
|--|--|
| <input checked="" type="checkbox"/> class performance(s) | <input type="checkbox"/> field work |
| <input checked="" type="checkbox"/> performance exam(s) | <input type="checkbox"/> other (specify) |

4. Objective examinations, including:

- | | |
|---|---|
| <input checked="" type="checkbox"/> multiple choice | <input checked="" type="checkbox"/> true/false |
| <input checked="" type="checkbox"/> completion | <input checked="" type="checkbox"/> other (specify) |
| <input checked="" type="checkbox"/> matching items | short answer |

C. Methods of Evaluation - Non-Degree Credit Course

Students will be graded, at minimum, in at least one of the following four categories. Please check the appropriate responses. The course must have a minimum of one response in category 1, 2, or 3.

1. Reading and writing assignments, including:

- | | |
|---|---|
| <input type="checkbox"/> essay exam(s) | <input type="checkbox"/> reading report(s) |
| <input type="checkbox"/> written homework | <input type="checkbox"/> laboratory report(s) |
| <input type="checkbox"/> term or other paper(s) | <input type="checkbox"/> other (specify) |

2. Computational or non-computational problem-solving demonstrations, including:

- | | |
|--|--|
| <input type="checkbox"/> exam | <input type="checkbox"/> homework problems |
| <input type="checkbox"/> laboratory reports(s) | <input type="checkbox"/> field work |
| <input type="checkbox"/> quizzes | <input type="checkbox"/> other (specify) |

3. Skill demonstrations, including:

- | | |
|---|--|
| <input type="checkbox"/> class performance(s) | <input type="checkbox"/> field work |
| <input type="checkbox"/> performance exam(s) | <input type="checkbox"/> other (specify) |

4. Objective examinations, including:

- | | |
|--|--|
| <input type="checkbox"/> multiple choice | <input type="checkbox"/> true/false |
| <input type="checkbox"/> completion | <input type="checkbox"/> other (specify) |
| <input type="checkbox"/> matching items | |

D. Methods of Evaluation - Non-Credit Course

Indicate methods used for determining whether stated objectives have been met.

III. OUTLINE OF SUBJECT MATTER

The outline of topics should be detailed enough to enable an instructor to determine the major areas of knowledge and activities that should be covered so that the course may have consistency from instructor to instructor and semester to semester.

Approximate Time (Allotted in Hours)	Major Topics
8 hours lecture 24 hours lab	Theory Orientation Role of the nurse in the psychiatric and mental health milieu Legal and ethical issues Lanterman-Petris-Short Act Treatment modalities Historical perspectives Nursing diagnoses Therapeutic communication skills Anxiety Adaptive and maladaptive Psychopharmacology Anti-anxiety agents, alternative and complementary therapies, sedatives, hypnotics, vitamins and mineral supplements Communication, nurse-client relationship, roles, medications
6 hours lecture 16 hours lab	Anxiety and schizophrenic disorders Psychopharmacology Anti-psychotic agents, Anti-parkinsonian agents Behavioral management issues, medications, safety, nursing care plans, group and adjunctive therapy
4 hours lecture 16 hours lab	Affective disorders Psychopharmacology Anti-depressants, mood stabilizers, Central nervous system stimulants Safety, medications, nursing management, nursing care plans, group and adjunctive therapies
4 hours lecture 12 hours lab	Crisis intervention Suicide prevention Safety, nursing management, nursing care plans, group and adjunctive therapies

4 hours lecture
16 hours lab

Maladaptive behavior patterns
Dysfunctional anxiety disorders
Personality disorders
Eating disorders
Substance abuse
Psychopharmacology
Anti-anxiety agents, anti-depressants, agents for chemical dependency
Maladaptive behaviors, substance abuse, medications, nursing management, nursing care plans, group and adjunctive therapies

4 hours lecture
12 hours lab

Special populations
Toddler through school age
Adolescents
Elders
Depression, dementia, delirium
Homeless-Chronically Mentally Ill
Safety, behavioral management, nursing care plans, medications, group and adjunctive therapies

4 hours lecture
12 hours lab

Dynamics of group communication
Group dynamics and process, team Management

2 hours lecture

Review
Examination

IV. READING AND WRITING ASSIGNMENTS OR, IF MORE APPROPRIATE, ASSIGNMENTS REQUIRING COMPUTATION, PROBLEM-SOLVING, OR SKILL DEMONSTRATION
Three hours of work per week, including class time, are required for each unit of credit.

A. Provide a representative example of an assignment.

Based on readings in the textbook, pharmacological resources and nursing journals, identify the medications used to treat a client with a schizoaffective disorder. In a two- to three-page paper, compare and contrast the various medications used to treat this disorder. Discuss the drugs' side effects, potential adverse reactions, and the implications for nursing care.

B. Two hours work outside of class are required for each hour of lecture or equivalent. Each student in this course will be required to perform the following outside of regular class time:

- Study
- Answer questions
- Skill practice
- Required reading
- Problem solving activity or exercise
- Written work (essays/compositions/report/analysis/research)
- Journal (reaction and evaluation of class, done on a continuing basis throughout the semester)
- Observation of or participation in an activity related to course content (e.g. play, museum, concert, debate, meeting)
- Course is lab only - minimum required hours satisfied by scheduled lab time
- Other (specify)

V. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS

Cite a minimum of two specific assignments that demonstrate college-level critical thinking. (Required for degree applicable courses only.)

1. After interacting with a schizophrenic client, complete a Nurse-Client Relationship Analysis with the goal of exploring the feelings and behaviors of the client. After reviewing the textbook information and lectures on schizophrenic behavior, analyze and document interactions between you and the client, including verbal and nonverbal responses. Your analysis should consider the client's psychopathology, the psychodynamics of your interactions with the client, the psychopharmacology involved, and the use of facilitators, blocks and defense mechanisms. Examine to what extent the stated goals were achieved as well as the impact of your behavior(s) in achieving these goals.
2. Formulate and execute a nursing care plan for a client with a major depressive disorder. Assess each of the client's basic needs, select appropriate nursing diagnoses, and plan achievable goals and effective nursing interventions. After implementation, determine if the client's goals have been met. Finally, analyze both the client's and your behavior(s) that facilitated goal achievement.

VI. PLANNED INSTRUCTIONAL ACTIVITIES
(e.g., lecture, media, field trips)

Lecture/Discussion
Clinical laboratory at selected hospitals/sites
Group work
Multimedia
Case studies

VII. APPROPRIATE TEXTS AND MATERIALS

For degree applicable courses the adopted texts and/or educational materials have been certified to be primarily college level:

YES X NO _____

- A. Required Texts (title, author, publisher, date)
If multiple selection is offered, only representative texts need be listed.*

Psychiatric/Mental Health Nursing, 4th Ed., Townsend, M., Philadelphia, PA., F.A. Davis Co., (2003)

Nursing Diagnoses in Psychiatric Nursing, 6th Ed., Townsend, M., Philadelphia, PA., F.A. Davis Co., (2004)

- B. Required Supplementary Readings

- C. Other Required Materials

Nursing 154 Course Syllabus

*A complete list of required and recommended materials is maintained in the Division Office.

A. PREREQUISITE _____ COREQUISITE

1. Indicate Type:

_____ Standard Sequential _____ Health and Safety
_____ Computational/
 Communication Skills _____ Non-Course

2. Standard Requisite:

Identify three UC/CSU campuses that offer the equivalent pre/corequisite course with the equivalent target course and list the number and title of each.

University Name: _____ Catalog Year _____

Equivalent Target Course: _____

Equivalent Requisite Course: _____

University Name: _____ Catalog Year _____

Equivalent Target Course: _____

Equivalent Requisite Course: _____

University Name: _____ Catalog Year _____

Equivalent Target Course: _____

Equivalent Requisite Course: _____

3. Entrance Skills/Knowledge:

List the **required** skills and/or knowledge without which a student would be **highly unlikely to receive a grade of A, B, C, or Credit** (or for Health and Safety, would **endanger self or others**) in the Target Course.

- a. Identify the legal and ethical responsibilities of a nurse.
- b. Employ the techniques of therapeutic communication to enhance the nurse client relationship.
- c. Assess the nurse's role in providing care throughout the lifespan.
- d. Utilize the nursing process in meeting the basic needs of the client
- e. Demonstrate use of the nursing process in formulating nursing care plans.
- f. Examine client related and drug related factors that influence the effects of drugs on body systems.
- g. Discuss principles of therapy with major drug groups in relation to drug selections, dosage, route, and use in selected populations.

(Add additional Skills/Knowledge as needed.)

B. ENROLLMENT LIMITATIONS

1. Indicate the category which describes the Enrollment Limitation for this course.

Band/Orchestra
 Theater
 Speech
 Chorus
 Journalism
 Dance
 Intercollegiate Athletics
 Honors Course
 Blocks of Courses
 Other (Specify)

2. List Degree and/or Certificate requirements that are met by this course:
3. List all El Camino College courses that also satisfy the requirements listed in Section B.2.: