

Virginia Western Community College

PNE 158

MENTAL HEALTH AND PSYCHIATRIC NURSING

Prerequisites

Acceptance to the Practical Nursing Program

VWCC Discipline Specific Course Description

Recognizes emotional need of patients. Provides knowledge of the role that emotions play. Enables students to understand their own behavior as well as patient behavior.

Semester Credits: 1

Lecture Hours: 1

Required Materials

Laptop Computer, WiFi access, Elsevier- Third Semester Package

<https://www.viriniawestern.edu/online/computer-access/>

Required Textbook

Morrison-Valfre, Foundations of Mental Health Care, 8th Edition, ISBN: 978-0-323-81029-6

Reference Materials

Giddens, Concepts for Nursing Practice, 4th Edition, ISBN: 978-0-323-80982-5

Willihnganz, Michelle & Clayton, Bruce D. (2021) Clayton's Basic Pharmacology for Nurses, (19th Ed.), Elsevier, St.

Louis, ISBN: 9780323041492

Williams, Patricia, (2022) Fundamentals Concepts and Skills for Nursing (6th Ed.), Elsevier, St. Louis, ISBN:

9780323873642

VWCC AND DISCIPLINE SPECIFIC OUTCOMES

1. **Patient centered care:** Develop an understanding of the basic concepts of mental health nursing across the lifespan by incorporating the nursing process in the delivery of patient centered care.
2. **Critical thinking:** Differentiate between the varying aspects of selected psychological disorders, psychopharmacology for those disorders, and

- various treatment settings for those disorders.
3. **Teamwork:** Examine the aspects of the interdisciplinary team in mental health care by group discussion of a mental health care team meeting.
 4. **Safety:** Formulate a relationship between the concepts of therapeutic communication and its impact on patient safety.
 5. **Evidenced-based practice:** Incorporate evidenced-based practice with symptom management of selected mental illnesses.
 6. **Culture:** Support the relationships between legal aspects, ethical issues and cultural factors on the mentally ill population.
 7. **Patient centered care:** Value the benefits of a therapeutic relationship and its effect on patient centered care.
 8. **Informatics:** Formulate a plan of care while discussing the use of electronic health records and verbal communication with a selected case study patient.
 9. **Safety:** Identify the signs and interventions for child, elder, domestic, and sexual abuse.

VWCC AND DISCIPLINE SPECIFIC TOPICAL DESCRIPTIONS

Course Outline

Unit 1: Mental Health Care: Past and Present

❖ Chapter 1 The History of Mental Health Care

- ☐ Early Years
- ☐ Nineteenth-Century United States
- ☐ Twentieth Century
- ☐ Twenty-First Century

❖ Chapter 2 Current Mental Health Care Systems

- ☐ Mental Health Care in Canada, Norway, Britain, Australia, and the United States
- ☐ Care Settings
- ☐ Delivery of Community Mental Health Services
- ☐ Multidisciplinary Mental Health Care Team
- ☐ Client Populations
- ☐ Impact of Mental Illness

❖ Chapter 3 Ethical and Legal Issues

- ☐ Values and Morals
- ☐ Rights
- ☐ Ethics
- ☐ Laws and the Legal System
- ☐ Laws and Mental Health Care
- ☐ Care Providers' Responsibilities

❖ Chapter 4 Sociocultural Issues

- ☐ Nature of Culture
- ☐ Influences of Culture
- ☐ Cultural Assessment
- ☐ Culture and Mental Health Care

❖ **Chapter 5 Theories and Therapies**

- ☐ Historical Theories
- ☐ Developmental Theories and Therapies
- ☐ Behavioral Theories and Therapies
- ☐ Humanistic Theories and Therapies
- ☐ Systems Theories
- ☐ Cognitive Theories and Therapies
- ☐ Sociocultural Theories
- ☐ Biobehavioral Theories
- ☐ Psychobiology
- ☐ Nursing Theories
- ☐ Psychotherapies
- ☐ Somatic Therapies
- ☐ Future Developments

❖ **Chapter 6 Complementary and Alternative Therapies**

- ☐ Allopathic Medicine, Complementary Medicine, Alternative Medicine, Integrative Medicine, Holistic Care, CAM therapies

❖ **Chapter 7 Psychotherapeutic Drug Therapy**

- ☐ How Psychotherapeutic Drug Therapy Works
- ☐ Classifications of Psychotherapeutic Drugs
- ☐ Client Care Guidelines
- ☐ Special Considerations

Unit 2: The Caregiver's Therapeutic Skills

❖ **Chapter 8 Principles and Skills of Mental Health Care**

- ☐ Principles of Mental Health Care
- ☐ Skills for Mental Health Care
- ☐ Principles and Practices for Caregivers

❖ **Chapter 9 Mental Health Assessment Skills**

- ☐ Mental Health Treatment Plan
- ☐ About Assessment
- ☐ The Health History
- ☐ Physical Assessment
- ☐ Mental Status Assessment

❖ **Chapter 10 Therapeutic Communication**

- ☐ Characteristics of Communication
- ☐ Theories of Communication
- ☐ Levels of Communication
- ☐ Intercultural Communication
- ☐ Therapeutic Communication Skills
- ☐ Nontherapeutic Communication

- ☐ Problems with Communication

❖ **Chapter 11 The Therapeutic Relationship**

- ☐ Dynamics of the Therapeutic Relationship
- ☐ Characteristics of the Therapeutic Relationship
- ☐ Phases of the Therapeutic Relationship
- ☐ Roles of the Caregiver
- ☐ Problems Encountered in the Therapeutic Relationship

❖ **Chapter 12 The Therapeutic Environment**

- ☐ Use of the Inpatient Setting
- ☐ Goals of a Therapeutic Environment
- ☐ The Therapeutic Environment and Client Needs
- ☐ Variables of the Therapeutic Environment

Unit 3: Mental Health Problems Throughout the Life Cycle

❖ **Chapter 13 Problems of Childhood**

- ☐ Normal Childhood Development
- ☐ Environmental Problems
- ☐ Problems with Parent-Child Interaction
- ☐ Emotional Problems
- ☐ Behavioral Problems
- ☐ Problems with Eating and Elimination
- ☐ Developmental Problems
- ☐ Pervasive Developmental Disorders
- ☐ Schizophrenia
- ☐ Therapeutic Actions

❖ **Chapter 14 Problems of Adolescence**

- ☐ Adolescent Growth and Development
- ☐ Common Problems of Adolescence
- ☐ Mental Health Problems of Adolescence
- ☐ Therapeutic Interventions

❖ **Chapter 15 Problems of Adulthood**

- ☐ Adult Growth and Development
- ☐ Common Problems of Adulthood
- ☐ Mental Health Problems of Adults

❖ **Chapter 16 Problems of Late Adulthood**

- ☐ Overview of Aging
- ☐ Common Problems of Older Adults
- ☐ Mental Health Problems of Older Adults
- ☐ Therapeutic Interventions

❖ **Chapter 17 Cognitive Impairment, Alzheimer's Disease, and Dementia**

- ☐ Confusion Has Many Faces
- ☐ Clients with Delirium
- ☐ Dementia
- ☐ Alzheimer's Disease
- ☐ Therapeutic Interventions

Unit 4: Clients with Psychological Problems

❖ **Chapter 18 Managing Anxiety**

- ☐ Continuum of Anxiety Responses
- ☐ Theories Relating to Anxiety
- ☐ Anxiety Throughout the Life Cycle
- ☐ Anxiety Disorders
- ☐ Therapeutic Interventions

❖ **Chapter 19 Illness and Hospitalization**

- ☐ The Nature of Illness
- ☐ The Hospitalization Experience
- ☐ Therapeutic Interventions

❖ **Chapter 20 Loss and Grief**

- ☐ The Nature of Loss
- ☐ The Nature of Grief and Mourning
- ☐ The Dying Process
- ☐ Therapeutic Interventions

❖ **Chapter 21 Depression and Other Mood Disorders**

- ☐ Continuum of Emotional Responses
- ☐ Theories Relating to Emotions and their Disorders
- ☐ Emotions Throughout the Life Cycle
- ☐ Mood Disorders
- ☐ Therapeutic Interventions

❖ **Chapter 22 Physical Problems, Psychological Sources**

- ☐ Role of Emotions in Health
- ☐ Anxiety and Stress
- ☐ Common Psychophysical Problems
- ☐ Somatic Symptom and Related Disorders
- ☐ Implications for Care Providers

❖ **Chapter 23 Eating and Sleeping Disorders**

- ☐ Eating Disorders
- ☐ Sleep-Wake Disorders

❖ **Chapter 24 Dissociative Disorders**

- ☐ CONTINUUM OF SELF-CONCEPT RESPONSES
- ☐ SELF-CONCEPT THROUGHOUT THE LIFE CYCLE
- ☐ DISSOCIATIVE DISORDERS
- ☐ THERAPEUTIC INTERVENTIONS

Unit 5: Clients with Psychosocial Problems

❖ **Chapter 25 Anger and Aggression**

- ☐ ANGER AND AGGRESSION IN SOCIETY
- ☐ THEORIES OF ANGER AND AGGRESSION
- ☐ THE CYCLE OF ASSAULT
- ☐ ANGER-CONTROL DISORDERS
- ☐ GUIDELINES FOR INTERVENTION

❖ **Chapter 26 Outward-Focused Emotions: Violence**

- ☐ SOCIAL FACTORS AND VIOLENCE
- ☐ ABUSE, NEGLECT, AND EXPLOITATION WITHIN THE FAMILY
- ☐ ABUSE, NEGLECT, AND EXPLOITATION WITHIN THE COMMUNITY
- ☐ MENTAL HEALTH DISORDERS RELATING TO VIOLENCE
- ☐ THERAPEUTIC INTERVENTIONS

❖ **Chapter 27 Inward-Focused Emotions: Suicide**

- ☐ Continuum of Behavioral Responses
- ☐ Impact of Suicide on Society
- ☐ Dynamics of Suicide
- ☐ Theories About Suicide
- ☐ Suicide Throughout the Life Cycle
- ☐ Therapeutic Interventions

❖ **Chapter 28 Substance-Related Disorders**

- ☐ Vocabulary of Terms
- ☐ Role of Chemicals in Society
- ☐ Categories of Abused Substances
- ☐ Characteristics of Substance Use and Abuse
- ☐ Guidelines for Intervention

❖ **Chapter 29 Sexuality, Gender Identity, and Sexual Disorders**

- ☐ Client-Centered Terminology
- ☐ Influences on Sexuality and Gender Identity
- ☐ Self-Awareness, Sexuality, and Gender Identity
- ☐ Sexuality and Gender Identity Throughout the Life Cycle
- ☐ Sexual Disorders
- ☐ Therapeutic Interventions
- ☐ Psychosocial Assessment
- ☐ Nursing/Therapeutic Process

❖ **Chapter 30 Personality Disorders**

- ☐ Continuum of Social Responses
- ☐ Personality Throughout the Life Cycle
- ☐ Theories Relating to Personality Disorders
- ☐ Personality Disorders
- ☐ Therapeutic Interventions

❖ **Chapter 31 Schizophrenia and Other Psychoses**

- ☐ Continuum of Neurobiological Responses
- ☐ Psychoses Throughout the Life Cycle
- ☐ Theories Relating to Psychoses
- ☐ Psychotic Disorders
- ☐ Therapeutic Interventions

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)