



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Health Professions (HP)

COURSE: NUR 1210: Mental Health Nursing

Effective Date: Spring 2025

Submitted Date: Nov-24

Credit Hours: 4

IAI Number (if applicable): N/A

Complete all that apply or mark "None" where appropriate:

Prerequisite(s): ALH 1002, BIO 1007, BIO 1009, NUR 1200, NUR 1100

Enrollment by assessment or other measure? Yes No

If yes, please describe:

Corequisite(s): None.

Pre- or Corequisite(s): ALH 1000, BIO 1008, PSY 1000, NUR 1211

Consent of Instructor: Yes No

Delivery Method: <input checked="" type="checkbox"/> Lecture	2 Contact Hours (1 contact = 1 credit hour)
<input type="checkbox"/> Seminar	0 Contact Hours (1 contact = 1 credit hour)
<input checked="" type="checkbox"/> Lab	1.5 Contact Hours (2-3 contact = 1 credit hour)
<input checked="" type="checkbox"/> Clinical	4.5 Contact Hours (3 contact = 1 credit hour)
<input type="checkbox"/> Practicum	0 Contact Hours (2-4 contact = 1 credit hour)
<input type="checkbox"/> Internship	0 Contact Hours (5-10 contact = 1 credit hour)

Offered: Fall Spring Summer

CATALOG DESCRIPTION:

The focus of this course is the nursing care of patients with mental health problems throughout the life cycle. The student is provided the opportunity to utilize critical thinking, the nursing process, nursing skills, and theoretical knowledge in a variety of health care settings.

ACCREDITATION STATEMENTS AND COURSE NOTES:

The Nursing Program at Illinois Valley Community College is accredited by the Accreditation Commission for Education in Nursing (ACEN). Any nursing student or pre-nursing student must attain a C in this course for it to be applied as credit in the IVCC's nursing program.

COURSE TOPICS AND CONTENT REQUIREMENTS:

- I. Introductory Concepts/Theories of Behavior
- II. Therapeutic Communication
- III. Building the Nurse-Client Relationship
- IV. Legal and Ethical Issues
- V. Suicide
- VI. Substance Abuse
- VII. Anxiety/OCD
- VIII. Mood Disorders
- IX. Borderline Personality Disorders
- X. Thought Disorders
- XI. Neurocognitive Disorders
- XII. Anger, Hostility, Violence, Abuse & Sexual Violence
- XIII. Mental Health Issues in Children and Adolescents
- XIV. Eating Disorders

INSTRUCTIONAL METHODS:

- Lecture
- Discussion
- In-Class Activities
- Simulation
- Podcasts
- Quizzes & Exams
- Written Assignments
- Role Playing
- Demonstrations/Return Demonstrations
- Computer Programs
- Multimedia Aids
- Guest Experts
- Lab Practice and Competency Evaluation
- Case Studies
- Alternative learning Experiences

EVALUATION OF STUDENT ACHIEVEMENT:

The Nursing Program grading scale as outlined in the Nursing Handbook:

A= 93-100

B= 86-92

C= 80-85

D= 70-79

F= Below 70

A grade of 80.00% (with no rounding) or above is required to pass the theory portion of the course.

The clinical portion of the course is a pass/fail. In order to pass a nursing course with a clinical component, a passing grade must be obtained both in the clinical and theory components.

Methods of Evaluation:

1. Unit Exams
2. Sherpath Assignments
3. Comprehensive Standardized Exams
4. EAQ Unit Mastery Quizzes
5. Clinical Assignments and Performance (P/F)
6. Lab Proficiency (P/F)

INSTRUCTIONAL MATERIALS:

Textbooks

1. The following textbooks are available in the Student Evolve Account:
2. Fosbre, C. D. (2023). Varcaris' Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care (5th ed). United States: Elsevier Health Sciences.
3. Hubert, R. J., & VanMeter, K. (2021). Gould's Pathophysiology for the Health Professions (7th ed). Elsevier
4. Ignatavicius, D.D. (2023). Developing Clinical Judgment for Professional Nursing and
5. the Next Generation NCLEX-RN® Examination.
6. Lilley, L.L, Rainforth-Collins, S., & Snyder, J. (2023) Pharmacology and the Nursing
7. Process (10th ed). Elsevier
8. Makic, M.B.F & Martinez, Kratz, M. (2023). Ackley and Ladwig's Nursing Diagnosis
9. Handbook: An Evidence-Based Guide to Planning Care (13th ed). Elsevier
- 10.

11. Mosby's Dictionary of Medicine, Nursing, & Health Professions 11th Edition (2022).
12. Pagana, K.D., Pagana, T.T, & Pagana, T.N. (2023). Mosby's Manual of Diagnostic and
13. Laboratory Tests (16th ed.).
14. Silvestri, L.A. & Silvestri, A.E. (2024). Clinical Judgment and Test Taking Strategies,
15. (8th ed.). Elsevier
16. Silvestri, L.A., Silvestri, A.E., & Ignatavicius, D.D. (2023). Strategies for Student
17. Success on the Next Generation NCLEX® (NGN) Test Items.
18. Skidmore-Roth, L. (2024) Nursing Drug Reference (37th ed). Elsevier

Resources

- Total Package Solution from Evolve-Elsevier:
 - Sherpath & EAQ for Varcarolis' Essentials of Psychiatric Mental Health Nursing
 - Sherpath & EAQ for Lilley Pharmacology
 - EAQ for NCLEX-RN
 - Elsevier Essential Skills
 - HESI RN Case Studies
 - Shadow Health Simulation
 - HESI Testing
- IVCC NUR 1210 Course Packet
- Current IVCC Nursing Handbook

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

- 1) Communication – to communicate effectively.
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion.
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally.
- 4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

1. Nursing Judgement- Demonstrates nursing judgement using the nursing process framework in order to address basic concepts related to selected health conditions.
 - 1.1. Differentiate between nursing diagnoses and DSM-V diagnoses
 - 1.2. Interact effectively with clients experiencing mood disorders, anxiety disorders, thought disorders, personality disorders, substance related disorders, eating disorders and cognitive impairment.
 - 1.3. Use the nursing process as a framework to address basic concepts of selected mental health conditions.
 - 1.4. Identify legal/ethical behavior and practices within professional standards.
 - 1.5. Describe the various types of admissions and commitments to a mental health facility.
 - 1.6. Describe the specific confidentiality issues encountered in mental health nursing.
 - 1.7. Describe the rights of the client in a psychiatric setting.
 - 1.8. Discuss the legal and ethical issues related to seclusion and restraint.
2. Communication – Applies therapeutic communication techniques to establish/ maintain nurse-client relationships in various settings.
 - 2.1. Describe and identify therapeutic and non-therapeutic communication techniques.
 - 2.2. Demonstrate effective communication techniques while interacting with clients/peers/staff.
 - 2.3. Establish/maintain a nurse-client relationship in a variety of mental health settings.
 - 2.4. Describe the goals of therapeutic communication.
 - 2.5. Describe and implement the phases of the nurse-client relationship.
3. Therapeutic Nursing – Identify and implement basic therapeutic and evidence-based nursing interventions in providing holistic care to clients/aggregates with selected mental health conditions.
 - 3.1. Utilize knowledge regarding bio-psychosocial adaptation to promote, maintain student and restore the health of clients with a mental health condition.
 - 3.2. List nursing interventions appropriate to use with clients experiencing common problems symptomatic of mental disorders.

- 3.3. Identify the actions, uses, side effects, and nursing implications for psychotropic medications administered to people with mental health problems.
 - 3.4. Relate psychological theories to the practice of mental health nursing.
 - 3.5. Examine the ways values, attitudes, beliefs, and behaviors are related to mental illness.
4. Quality & Safety – Identify and apply quality improvement and safety initiatives in the acute care setting.
 - 4.1. Describe the signs, symptoms and behaviors associated with the three phases of anger and aggression.
 - 4.2. Describe appropriate nursing interventions for the client exhibiting anger and aggression.
 - 4.3. Assist in the maintenance of a safe milieu on the acute care inpatient units and outpatient settings.
 - 4.4. Provide education to clients, families to promote prevention and early intervention of abuse and violence.
5. Care Management – Demonstrate the ability to provide the prescribed plan of nursing care to clients/aggregates in collaboration with other members of the health care team
 - 5.1. Describe defense mechanisms used by clients.
 - 5.2. Describe de-escalation techniques for clients displaying anger and aggression.
 - 5.3. Identify the roles and functions of the members of the mental health care team.
 - 5.4. Observe therapeutic group meetings in the acute care setting.
6. Community – Describe the biopsychosocial responses of culturally diverse clients across the lifespan.
 - 6.1. Identify the community resources available for the client with mental health needs.
 - 6.2. Discuss the economic factors which have affected the provision of care through various treatment modalities in mental health.
 - 6.3. Participate in a variety of alternative learning experiences based in our community.

- 6.4. Describe the influence of individual, interpersonal and cultural factors (age, growth and development, race or ethnic background, sexual orientation and gender expression, spirituality, education, economic status, occupation, self-efficacy, sense of belonging, hardiness, social network, family support) on a client's response to illness.
7. Professionalism - Assimilate attributes of professional behavior.
 - 7.1. Develop self-reflection of performance through weekly clinical reflections.
 - 7.2. Recognize professional behaviors among health care professionals.
 - 7.3. Discuss boundaries in therapeutic relationships.