

Nursing 468
Psychiatric and Mental
Health Nursing
Wednesday and Friday
1030-1220

School of Nursing
GEORGE MASON UNIVERSITY

Spring 2008
Wednesday 1030-1320
Room TBA

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GEORGE MASON UNIVERSITY
College of Health and Human Services
School of Nursing

Course Number: NURS 468

Course Title: Psychiatric and Mental Health Nursing (2:0:0)

Placement: Senior year

Pre-requisites: Psychology, Developmental Psychology, Health Assessment

Course Description: This course focuses on the nursing care, pathophysiological and psychological, social-cultural, and risk reduction implications of health problems in the area of mental health/psychiatric nursing.

Course objectives: Upon successful completion of this course, the student will have the following abilities in regard to clients with mental illness:

1. Utilize critical thinking skills to apply the nursing process to care of clients with mental health problems throughout the lifespan
2. Describe relevant assessment skills
3. Compare therapeutic and non-therapeutic communication interventions for individual and groups.
4. Evaluate disease prevention strategies for clients with mental illness including components of mental health.
5. Identify illness and disease management strategies and principles for clients with mental illness.
6. Describe and recognize human diversity and global differences in mental illness.
7. Explore ethical and legal issues that are common with these populations
8. Identify the impact of the health care system and policy issues surrounding the care of clients in these populations.
9. Utilize multiple information sources and health care technologies to gather information and data in these clinical areas.
10. Identify the role of the provider of care in mental health.
11. Identify the role of manager of care in mental health nursing
12. Explore professional values in regard to mental health issues.

Required Text Books

Kelter, N. L., Schwecke, L.H., & Bostrom, C. E. (2007). Psychiatric nursing (5th ed.). Elsevier Mosby: St. Louis, MO

Recommended:

Townsend, M. (2004). Nursing diagnoses in psychiatric nursing: Care plans and psychotropic Medications (6th ed.). F.A. Davis: Philadelphia

- ***Reading assignments are noted on the calendar at the end of the syllabus and should be completed prior to class.***
- ***Students will be responsible for reading the handouts given in class.***

Teaching/Learning Methods:

- Lecture
- Selected exemplar videos
- Supplemental handouts from instructor
- Assessment Technologies Institute (ATI) Review Manual, DVD and online assessments

Grading criteria

Exams:

Exam #1	Psych/mental health content 45 points
Exam #2	Psych/mental health content 50 points
ATI	Proctored Assessment 5 points

A total average of 73% is necessary to pass the course, which included Exam I, Exam II, and ATI points

Grade scale:

A+	- 99-100%
A	- 94-98
A-	- 90-93
B+	- 87-89
B	-83-86
B-	-80-82
C+	-77-79
C	-73-76
Below a 73 is considered a course failure	
C-	-70-72
D	-60-69
F	-0-59

Attendance is expected for all class periods.

Multiple Choice Examinations: Two scheduled multiple-choice examinations will reflect content from the assigned readings, handouts, and class discussions. Pink scantron sheets and number 2 pencils are required for the multiple-choice examinations. A randomly assigned number will be provided to every student with the first examination. This assigned number will be used throughout the course allowing for the posting of grades. Protecting your number ensures confidentiality and it is therefore ***incumbent upon you*** to remember your number and not to release your number to another student or ask another student for their number. This is an honor code violation. Numbers will not be changed during the semester.

Rescheduled Examinations: Examinations are to be taken as scheduled. Permission to reschedule an examination will be limited to extreme emergencies **ONLY**, or with prior approval of the **course coordinator**. Notify both the instructor by **telephone and email prior** to the test time. Point of contact information is on the first page of this syllabus. **Failure to complete an examination as scheduled and without prior approval of the course coordinator will result in forfeiture of the available points.**

Class Participation: Class will once a week and follow the university attendance policy available at <http://www.gmu.edu/catalog/acadpol.html#registration>, or in the catalog. "Students are expected to attend the class periods of the courses for which they register and are not relieved of the obligation to fulfill course assignments, including those that can only be fulfilled in class". Role will be either taken by the instructor verbally or with a roster. Sign your name on the class roster located in the classroom. Rosters will be collected at the beginning of each class. Topic outlines will be available for each class.

Assessment Technologies Institute (ATI):

The criteria for getting up to 5 points for the Proctored Assessment will be explained on the GMU School of Nursing website.

Students with Disabilities:

If you are a student with a disability and you need academic accommodations, please see me, and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through DRC.

Honor Code

Please familiarize yourself with the Honor System and Code, as stated in the George Mason University Undergraduate Catalog. The Honor code will be strictly enforced. For an overview of the Honor Code, see <http://www.gmu.edu/facstaff/handbook/aD.html>

Schedule of Classes and for First Seven Weeks
Spring 2008

Date	Class #	Topic	Reading Assignments Keltner 5th ed. 2007	Exams and ATI dates
W 1/23	1	<ul style="list-style-type: none"> • Introduction to Psychiatric and Mental Health Nursing • Nurse-Patient Communication 	Unit I Chapters 1-6 Unit II Chapter 7	
W 1/30	2	<ul style="list-style-type: none"> • Therapeutic Nurse Patient Relationships • Diagnostic and Statistical Manual of Mental Disorders 4th Edition DSM-IV-TR • Milieu Management • Behavior Therapies 	Unit II Chapters 8-15 Appendix pages 680-689 Unit IV Chapters 23-25 Chapter 39	
W 2/6	3	<ul style="list-style-type: none"> • Introduction to Psychopathology • Schizophrenia and other psychoses • Review of medications 	Chapter 27 Chapter 28 Chapters 16,17&18	ATI practice assessment due
W 2/13	4	<ul style="list-style-type: none"> • Depression and Suicide • Bipolar Disorder • Somatic Therapies • Review of Medications 	Chapter 29 Chapter 30 Chapter 39 Chapter 19&20	Exam I
W 2/20	5	<ul style="list-style-type: none"> • Anxiety-Related Disorders • Personality Disorders • Substance- Related Disorders • Review of medications 	Chapter 31 Chapter 33 Chapter 35 Chapter 21	ATI practice assessment due
W 2/27	6	<ul style="list-style-type: none"> • Child and Adolescent Psychiatric Nursing • Eating Disorders • Mental Disorders in Older Adults • Cognitive Disorders • Review of medications 	Chapter 42 Chapter 37 Chapter 43 Chapter 32 Chapter 22	ATI proctored assessment due
W 3/5	7			Exam II

**Schedule of Classes and for Second Seven Weeks
Spring 2008**

Date	Class #	Topic	Reading Assignments Keltner 5th ed. 2007	Exams and LSR dates
W 3/19	1	<ul style="list-style-type: none"> • Introduction to Psychiatric and Mental Health Nursing • Nurse-Patient Communication 	Unit I Chapters 1,3,4,5,6 Unit II Chapter 7 Therapeutic Communication	
W 3/26	2	<ul style="list-style-type: none"> • Therapeutic Nurse Patient Relationships • Diagnostic and Statistical Manual of Mental Disorders 4th Edition DSM-IV-TR • Milieu Management • Behavior Therapies 	Unit II Chapters 8-15 Appendix pages 680-689 DSM-IV Unit IV Chapters 23-25 Chapter 39	
W 4/2	3	<ul style="list-style-type: none"> • Introduction to Psychopathology • Schizophrenia and other psychoses • Review of Medications 	Chapter 27 Chapter 28 Chapters 16,17,&18	ATI practice assessment due
W 4/9	4	<ul style="list-style-type: none"> • Depression and Suicide • Bipolar Disorder • Somatic Therapies • Review of Medications 	Chapter 29 Chapter 30 Chapter 39 Chapter 19&20	Exam I
W 4/16	5	<ul style="list-style-type: none"> • Anxiety-Related Disorders • Personality Disorders • Review of Medications 	Chapter 31 Chapter 33 Chapter 21	ATI practice assessment due
W 4/23	6	<ul style="list-style-type: none"> • Substance- Related Disorders • Child and Adolescent Psychiatric Nursing • Eating Disorders 	Chapter 35 Chapter 42 Chapter37	
W 4/30	7	<ul style="list-style-type: none"> • Mental Disorders in Older Adults • Cognitive Disorders • Review of Medications 	Chapter 43 Chapter 32 Chapter 22	ATI proctored assessment due
W 5/7	8			Exam II

Assessment Technologies Institute®, LLC (ATI)

You're well on your way to your nursing education...But it is simply a fact that you will encounter some challenges along the way. It's a lot of content to absorb in a relatively short period of time, and the stakes are high. You've invested a lot in laying the groundwork for a successful nursing career, and this is the time when you will make it happen. Rest assured that ATI is here to help YOU reach your goals!

ATI gives you a wide variety of study tools not only for preparing you for the NCLEX[®], but also for helping you build that nursing knowledge base you are going to need throughout your nursing career. Would you rather see information on a screen than read it in a book? We've got iPod[®] videos, DVDs, and interactive online programs to help you every step of the way! You can check your progress and follow a personalized study plan designed just for you.

Online Practice Assessments

How are you doing? Find out with ATI's assessment tools. With **ATI's Online Practice Assessments**, a dynamic battery of assessments that complement the Content Mastery Series[®] proctored assessments and review modules, you can evaluate your progress again and again – as many times as it takes for you to master the various content areas. The interactive style of these tests provides immediate feedback for every answer you choose, whether correct or incorrect. The feedback or rationales for each response are “mini lessons” that help you better understand what you already know and help teach you what you don't know or aren't quite sure about. It literally helps you put the “educated” into your “educated guesses”!

You can access the online practice assessments from any Internet connection, so you can test yourself again and again, from wherever you might be. After completing an online practice assessment, you will have the opportunity to view an individual performance profile that provides a detailed outline of how you did on your practice test. This is a powerful resource for you; it helps you use your study time in a highly effective way. You'll see exactly what we mean once you start using these dynamic study tools!

Review Modules

There is nothing quite like a book... and we've got the books for you! The **Content Mastery Review Modules** are THE comprehensive nursing review resource that will assist you through every step of your nursing program. Whether it's medical-surgical, nursing care of children, mental health, fundamentals, maternal newborn, pharmacology, community health, leadership/management, or nutrition, you will have it all at your fingertips anytime and anyplace.

This substantial series of books is organized and customized to complement your nursing curriculum, whether you are an RN or a PN student. Complete with key points, diagnostic and therapeutic procedures, nursing assessments, nursing interventions, complications, and application exercises, this book series provides a solid framework for your nursing review plan. You can take a review module with you everywhere you go – and feel secure in knowing that anytime you have a few spare moments, you can brush up on some nursing essentials.

ATI-PLAN[®] DVD Series

Are you a visual learner? Does seeing it mean remembering it? If so, you'll appreciate the **ATI-PLAN[®] DVD Series**. Maybe you haven't yet seen an intravenous-line insertion and hope you'll get to see it before you actually have to do it! Well, you'll see it here – again and again, as many times as you'd like!

Even if you don't think of yourself as a visual learner, you'll enjoy the rich detail presented right before your eyes in this newly revised DVD series. It's the perfect complement to your classroom instruction and works especially well as an end-of-course review. ATI's DVDs cover all the major nursing general and specialty areas, and you can view them on a television, a portable DVD player, or a computer.

These fully navigational DVDs include demonstrations, graphics, and auditory explanations to reinforce essential nursing information. You can use the navigational buttons to find topics of interest quickly as you review. It's just one more way ATI helps you navigate your NCLEX[®] preparation!

Medication List Study List

Name of Medication Generic/Trade Names Class (i.e. SSRI)	Patient dose/Normal dose range/Include if it can be given IM	Uses	Major Side Effects and Issues with drug	Nursing Interventions	What are important points to educate patient on? Include labs if indicated.
Valium					
Ativan					
Buspar					
Clozapine					
Zyprexa					
Risperdal					
Haldol					
Prolixin					
Cogentin					

Name of Medication/ Class (i.e. SSRI)	Patient dose/Normal dose range/Include if it can be given IM	Uses	Major Side Effects and Issues with drug	Nursing Interventions	What are important points to educate patient on? Include labs if indicated.
Zoloft					
Effexor					
Wellbutrin					
Amitriptyline/Elavil					
Clomipramine/ Anafranil)					
Parnate					
Lithium					
Depakote					
Lamictal					
Pregabalin					

Name of Medication/ Class (i.e. SSRI)	Patient dose/Normal dose range/Include if it can be given IM	Uses	Major Side Effects and Issues with drug	Nursing Interventions	What are important points to educate patient on? Include labs if indicated.
Klonopin					
Ritalin					
Ambien					
Antabuse					
Campral					
Revia/ Naltrexone					
Methadone					
Donepezil/Aricept					

Matrix for Stress and Anxiety Disorders

Nursing 468

Name _____

Date _____

DSM IV Diagnosis/ Description	Possible Nursing Diagnosis	Theories of Causation	Medications	Nursing Interventions
Panic Disorder				
Obsessive- Compulsive Disorder				
Phobic Disorders				
Posttraumatic Stress Disorder				
Generalized Anxiety Disorder				
Dissociative Disorders				

Matrix for Depressive Disorders
Nursing 468

Name _____

Date _____

DSM IV Diagnosis	Possible Nursing Diagnosis	Theories of Causation	Medications	Nursing Interventions
Major Depressive Disorder				
Dysthymic Disorder				
Bipolar Disorder with Mania and Depressive Features				
Suicide and Depression				

Matrix for Geropsychiatry and Cognitive Disorders

Nursing 468

Name _____

Date _____

DSM IV Diagnosis or Diagnosis	Possible Nursing Diagnosis	Theories of Causation	Medications	Nursing Interventions
Depression and Pseudodementia in the Elderly				
Suicide in the Elderly				
Dementia				
Delirium				
Alzheimer's Disease				

Matrix for Thought Disorders

Nursing 468

Name _____

Date _____

DSM IV Diagnosis	Possible Nursing Diagnosis	Theories of Causation	Medications	Nursing Interventions
Schizophrenia Paranoid Type Catatonic Type				
Schizoaffective Disorder				
Delusional Disorder				
Brief Psychotic Disorder				

Matrix for Substance Abuse Disorders

Nursing 468

Name _____

Date _____

DSM IV Diagnosis	Signs and Symptoms	Treatment	Medications used in withdrawal or to prevent relapse	Nursing Interventions
Alcohol Dependence				
Sedative, Hypnotic, or Anxiolytic Dependence (Benzodiazepines)				
Hallucinogen Dependence				
Opioid Dependence				
Cannabis Dependence				
Amphetamine Dependence				
Cocaine Dependence				

Matrix for Childhood and Adolescent Psychiatric Disorders

Nursing 468

Name _____

Date _____

DSM IV Diagnosis	Possible Nursing Diagnosis	Theories of Causation	Medications	Nursing Interventions
Mental Retardation				
Autism				
Attention Deficit and Disruptive Behavior Disorders				
Conduct Disorder				
Anorexia Nervosa and Bulimia				

GEORGE MASON UNIVERSITY
College of Nursing and Health Science

Systematic Evaluation: Part A

This evaluation is for _____ **NURS 468** **SEC:** _____ **Fall 2007**
Name: _____ **Date:** _____

Comment on the class thus far regarding:

Content

Methods of presentation of information.

Comment on written materials provided for this class:
Syllabus.

Guidelines for the requirements.

Any other specific areas? Identify and comment.

Describe how you feel about the process and content of the class sessions thus far.

Use the back of the sheet if necessary.
Thank you for your comments.