PN 205, Nursing Foundation VII: Mental Health Nursing

3 credits, 45 hours lecture

Course Description

This nursing course explores legal and ethical considerations and social stigmas related to mental health disorders. The learner examines evidence-informed mental health nursing practice for clients and their families as they adjust to changes in functioning associated with mental health issues and related treatments. The learner builds previous knowledge and related theory in adapting the nursing approach to the care and health promotion of mental health clients and their families using the metaparadigm of nursing and the nursing process. Trends and issues in mental health nursing will also be explored.

Prerequisite: Successful completion of all first year courses

Co-requisite:

Instructors

Name: Fatima Legrou
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Name: Krista Petten
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Office Hours

Please inquire with individual instructor

Hours of Instruction

See timetable

Required Resources

Austin, W., Kunyk, D., Peternelj-Taylor, C., and Boyd, M. (2019). Psychiatric & Mental Health Nursing for Canadian Practice (5th ed.) Philadelphia, P.A.: Wolters Kluwer.

Practical Nurse Collaborative Curriculum. (2019). *Nursing Foundations VII: Mental health nursing: Course materials.*

Resources to Supplement Text Readings on Moodle

Course Outcomes

Upon successful completion of this course, the learner will meet the following outcomes:

1. Describe the role of the practical nurse and interdisciplinary health-care team in the mental-health setting.
2. Integrate the nursing metaparadigm, nursing theory, and related knowledge into mental health nursing.
3. Describe various mental disorders and applicable treatment modalities and nursing care.
4. Identify strategies to promote the safety of the caregiver and the client in psychiatric and mental-health care settings.
5. Apply nursing process to the mental health client.
6. Apply the principles of communication and the therapeutic nurse/client relationship to mental health nursing.
7. Explore the concept of cultural competence in the mental-health care setting.
8. Apply principles of teaching and learning and health promotion to the mental health client and family.
9. Identify the legal and ethical principles in the care of the mental health client.
10. Apply knowledge of documenting, reporting, and recording of pertinent client information to mental health nursing.
11. Relate research and evidence-based care to mental health nursing.
12. Utilize reflective practice for professional growth and competence.

Evaluation

To receive credit in Nursing Foundations VII: Mental Health Nursing (PN 205), the learner must complete all course requirements, which includes one assignment, a professional portfolio, a midterm exam, and a final exam.

Course credit will **not** be given if only parts of the course have been completed.

DISTRIBUTION OF MARKS			
THEORY			**Date**
Midterm Exam Multiple Choice	Demonstrate knowledge of course content (Units 1–5) (50 questions)	**25%**	**October 1, 2021**

Assignment 1	Research to Practice Report	25%	**October, 15, 2021**
Assignment 2	Building Your Professional Portfolio	10%	**October 29, 2021**
Final Exam cumulative; multiple choice	Demonstrate knowledge of all course content (100 questions)	40%	**October 29, 2021**
	Total	**100%**	

PASSING LEVEL AND GRADING SCALE

This is a theory course. You must complete all assignments and examinations to receive a final grade. You will not be allowed to rewrite assignments or exams to raise their grade.

To receive credit for Nursing Foundations VII (PN 205), a learner must achieve each of the following:

A minimum overall grade of 1.7 (C–) or 60%

Refer to the Practical Nurse Program Handbook for information regarding grading scale, extensions, and other program standard practices.

Important Additional Information

Note to all Learners: It is the learner's responsibility to retain course outlines for possible future use in support of applications for transfer credit to other educational institutions.

COURSE ASSESSMENTS

Assessment of mastery of the content of Nursing Foundations VII: Mental Health Nursing will be determined through a midterm exam, a research to practice assignment which includes a movie viewing and analysis of, building your professional portfolio, and a final cumulative exam.

Midterm Exam

This exam contributes **25%** toward the course grade. It covers course information from Unit 1 through Unit 5. Multiple-choice questions done online through Moodle. 50 questions, one attempt, 75 minute time limit.

Assignment 1:   Research to Practice Report

This assignment contributes **25%** of your final grade. You are asked to view a movie of your choice from the list of movies included with this assignment guide and to assume that the character in the movie presenting a mental illness is your client. Next, you are to find a research article applicable to your client and relate the research article to your client and to your future nursing practice. Upon completion of this movie analysis, you are to share your work with your fellow classmates.

Assignment 2:   Building Your Professional Portfolio

You are expected to maintain and enhance the Professional Portfolio you started in Nursing Foundations I. This should be progressive throughout each Nursing Foundations course. At the end of each Nursing Foundations course you will submit evidence of having maintained and enhanced your Professional Portfolio to your instructor.

This assignment is **10%** of your final grade.

Final Exam

This exam contributes **40%** toward the theory course grade. It covers all course information from Unit 1 through Unit 12. Multiple-choice questions done online through Moodle. 100 questions, one attempt, 150 minute time limit.

DUE Date: October 15, 2021

For this assignment you are asked to view a movie of your choice from the list of movies included here, to assume that the character in the movie presenting a mental illness is your client, to find a research article applicable to your client, and to relate the research article to your client and to your future nursing practice.

*See Appendix A for Marking Guide

Instructions

1. Select and view a movie from the following list. Your instructor may suggest alternative movies.

    A Beautiful Mind. (2001). Starring Russell Crowe – Character John Nash (Character is diagnosed with schizophrenia.)

    - *Mr. Jones.* (1993). Starring Richard Gere – Character Mr. Jones (Character is diagnosed with bipolar disorder.)

    - *28 Days.* (2000). Starring Sandra Bullock – Character Gwen Cummings (Character has a substance-related disorder.)

    - *The Soloist.* (2009). Starring Jamie Foxx and Robert Downey Jr. – Character Nathanial Ayers. (Character is homeless with schizophrenia.)

    - *The Beaver.* (2011). Starring Mel Gibson and Jodi Foster – Character Walter Black (Character is depressed.)

2. Search for research articles that address your client's psychiatric diagnosis (one source is the CINAHL database).

3. Select one research article that is generally not more than five years old—that is of interest to you and that targets your client.

4. Obtain approval from your instructor of the article selected. Email the article to your instructor a minimum of two weeks prior to the due date for approval.

5. Prepare a report to be submitted to your instructor. It should be **three to four (3-4) pages**, typewritten or word-processed, using APA format, and should address the following:

    - Name of the movie from which your client was selected.

    - Description of the character's appearance and behaviour (objective data) and comparison of observations with the criteria from the DSM5.

    - Do the assessment data of the character support or negate the mental health diagnoses?

    - Name of journal, year, author(s), and title.

    - What is the purpose of the research?

    - What was learned as a result of the study?

    - How is this study related to your client?

    - How did the study impact your view of your client?

    - What are the implications for nursing practice?

    - How will the results impact your future nursing practice?

6. Reference your article using APA formatting.
7. Share your research report with your fellow classmates (in class or posted into course website as directed by your instructor).

Submit the marking guide with your assignment.

ASSIGNMENT 2: BUILDING YOUR PROFESSIONAL PORTFOLIO

DUE Date: October 29, 2021

*See Appendix B for Marking Guide

You are **expected** to maintain and enhance the Professional Portfolio you started in Nursing Foundations I. This should be progressive throughout each Nursing Foundations course.

The purpose of a cumulative Professional Portfolio is to develop documentation you can use to secure employment in a health-care setting as a practical nurse graduate.

At the end of each Nursing Foundations course you will submit to your instructor evidence of having maintained and enhanced your Professional Portfolio.

Submission may be electronically through websites available in the College or in hard copy using the form below.

Do not submit the entire Professional Portfolio unless requested to do so by your instructor.

The **report** does **not** replace work on the Professional Portfolio but is an indication that you met expectations.

This assignment is worth **10%** towards the final grade for this course.

Categories to continue to build as applicable to the learning of each Nursing Foundations course are:

A. <u>Personal:</u>
- o   Personal goals
- o   Personal interests
- o   Education
- o   Experiences
- o   Achievements

B. <u>Professional:</u>
- o   Philosophy of practical nursing
- o   Resume and cover letter
- o   Appraisals and evaluations
- o   Reflective practice
- o   Leadership
- o   Scholarly papers
- o   Nursing care plans
- o   Client teaching plans

o   Professional goals

o   CPRNE study plan

o   Continuing competency achievement

Continuing Competency Achievement

Continuing competency achievement is an essential aspect of the Professional Portfolio. Review the competencies from the Course Outline or from the Competency Profile on the CLPNA website at www.clpna.com that apply to this course. Choose the most significant competency you learned in this course. Reflect on the following questions: What did you do to achieve this competency? Why is this competency meaningful or significant? How will you use this learning in your nursing practice? Other experience that may enhance learning in the course
Any other comments that may be pertinent to the course.

Note: See Competency Profile for LPNs, 5ᵗʰ ed. 2020 N: Mental Health & Addiction.

*You will be expected to finalize your Professional Portfolio and to create a Continuing Competency Program Learning Plan/Binder upon completion of **Nursing Foundations VIII.***

Report on Progress of Professional Portfolio

DESCRIPTION OF ONE SIGNIFICANT LEARNING EXPERIENCE IN THIS COURSE	•
WHAT I LEARNED	•
WHY IT WAS MEANINGFUL/ SIGNIFICANT	•
HOW I WILL APPLY THIS LEARNING IN NURSING PRACTICE	•
ADDITIONAL COMMENTS	•

Student Name: _____

Course: _____

Date: _____

Instructor: _____

CODE OF ETHICS

The following CLPNA competencies are learned during the Nursing Foundations VI course:

A: Nursing Knowledge

B: Nursing Process

C: Safety

D: Communication and Interpersonal Skills

E: Nursing Practice

M: Mental Health Nursing

W: Professionalism

X: Licensed Practical Nurse Role

All students must practice in a manner that is consistent with:
- The CLPNA Code of Ethics and Standards of Practice (2008).

Refer to www.clpna.com for references

Grading System

OVERVIEW OF 4.0 POINT ALPHA AND NUMERIC GRADING SYSTEM

Descriptor	Alpha Scale	4.0 Numeric Scale	Percentage
Excellent	A+	4.0	96-100
	A	4.0	90-95
	A-	3.7	85-89
Good	B+	3.3	80-84
	B	3.0	76-79
	B-	2.7	72-75
Satisfactory	C+	2.3	68-71
	C	2.0	64-67
	C-	1.7	60-63
Poor Minimum Pass	D+	1.3	55-59
	D	1.0	50-54
Failure	F	0	0-49

Proposed Schedule

See timetable for class schedule.

Topics

Each of the following units will be covered in the classroom:

Unit 1: Foundations of Mental Health Nursing

Unit 2: Nursing in Mental Health

Unit 3: Substance Related Disorders

Unit 4: Schizophrenia

Unit 5: Delusional Disorders

Unit 6: Mood Disorders

Unit 7: Anxiety, Somatoform and Dissociative Disorders

Unit 8: Personality Disorders

Unit 9: Eating Disorders

Unit 10: Older Adult Clients with Cognitive Disorders

Unit 11: Developmental / Childhood Spectrum Disorders

Unit 12: Crisis Intervention, Aggression, and Violence

Performance Requirements and Student Services

Student Responsibilities
It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar. The Keyano College credit calendar also has information about Student Rights and Code of Conduct. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

Student Attendance
Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own;
- The use of unauthorized aids in assignments or examinations (cheating);
- Collusion or the unauthorized collaboration with others in preparing work;
- The deliberate misrepresentation of qualifications;
- The willful distortion of results or data;
- Substitution in an examination by another person;
- Handing in the same unchanged work as submitted for another assignment; and
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work may not be graded until you show this signed certificate.

Specialized Supports

The Student Services department is committed to Keyano students and their academic success. There are a variety of student supports available at Keyano College. Due to the continuing situation with the Covid-19 pandemic, the offered support services will be implemented differently this semester by being provided mostly virtually. In-person service can be requested as needed. All Alberta Health Services guidelines will be followed for in-person appointments—wear a mask, maintain two meters of physical distance, use hand sanitizer, and stay home if you are unwell.

All student services are available during Keyano business hours: Monday to Friday, 8h30-16h30.

Accessibility Services: provides accommodations for students with disabilities. Students with documented disabilities, or who suspect a disability, can meet with a Learning Strategist to discuss their current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact us to request them for the

semester. Please note that requesting accommodations is a process and requires time to arrange. Contact us as soon as you know you may require accommodations. For accessibility services supports and to book a virtual appointment, please contact accessibility.services@keyano.ca.

Accessibility Services also provides individual and group learning strategy instruction for all students, as well as technology training and supports to enhance learning. Meet with a Learning Strategist to learn studying and test-taking strategies for online classes. Schedule an appointment with the Assistive Technology Specialist to explore technology tools for learning. Book an appointment today by emailing accessibility.services@keyano.ca

Wellness Services: offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. All individual appointments will continue virtually.

Wellness Services welcomes students to participate in any of the virtual group sessions offered throughout the academic year addressing topics including mindfulness and test anxiety.

Individual virtual appointments can be made by emailing wellness.services@keyano.ca.

Library Services: provides students with research and information supports as they engage in their studies. Library staff are available to support you both virtually and in person throughout the semester. For a detailed list of library supports and services, go to www.keyano.ca/library. For any inquiries, please email askthelibrary@keyano.ca.

Begin your research with the Library's FIND page. Search for sources using OneSearch, the Library's Catalogue, or by searching in a specific database selected from the A-Z Database List.

Individual support with the Information Librarian is available virtually. Appointments can be requested by using the Book A Librarian online form.

Research and Subject Guides are helpful resources when beginning your research or addressing other information needs. To view a subject or course specific guide, go to the Subject Guide webpage here.

To access additional research resources, including Citation Guides (APA, MLA, Chicago, or IEEE), go to the Research Help Library page.

The Loanable Technology collection is available to support students in their online learning pursuits. Items available for borrowing include mobile projectors, webcams, noise cancelling headphones, Chromebooks, and laptops. For an up-to-date list of technology available for borrowing, go to the Library's Loanable Technology webpage.

Skill Centre: Provides academic support services to students registered in credit programs at Keyano College in the form of tutoring, assignment/lab support, writing support groups, facilitated study groups, workshops, and study space. This service is free and is available for all Math, Sciences, Humanities and Trades courses offered at Keyano.

While most courses are being offered online, the Skill Centre will be offering mostly virtual services and in-person sessions as requested. Please email Skill@keyano.ca to get in contact with our Academic Content Specialists. The Skill Centre is located in CC-119 at the Clearwater Campus.

For the most up to date information on how to book a session, please view the Keyano Skill Centre homepage.

Academic Success Coaching: offers you support and access to resources for your academic success to help you to find the Keys to your Success. The Academic Success Coach will work with you to develop an academic success plan, develop your study and time management skills, and connect you with the right resources here at Keyano. Academic.success@keyano.ca is the best way to access resources during virtual service delivery. The Academic Success Coach is located in the Skill Centre in CC-119 at the Clearwater Campus.

E-Learning
Technology and internet will impact your online learning experience. It's important that you are able to watch an online video and other course materials, take online quizzes, and participant in a live class with your instructor and other students.

Keyano College operates in a Windows based environment and having the correct tools for online learning is important. Here's a list of recommended system requirements.

Internet Speed
Minimum Internet speeds of 5 Mbps.
Recommended Internet speeds of 25 Mbps (especially if you are sharing your internet at home). Check your internet speed with Fast.com.

System requirements:

Microsoft Windows	Apple
Minimum Requirements: A Windows 10 **computer/laptop** · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). <u>Microsoft Office</u> software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software	**Minimum Requirements:** A Macintosh (V10.14 and above) **computer/laptop** · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). <u>Microsoft Office</u> software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software.
Recommended Requirements · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download	**Recommended Requirements** · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office
Chromebooks are **not** recommended as they are not compatible with testing lockdown browsers. A Microsoft Surface or iPad or iPad Pro may be possible alternatives in some program areas.	

Specific Department Requirements:
Business and OA programs require Windows 10.
Other programs may utilize Windows based tools as well.

Computer Software
Students will be able to get access to Microsoft Office 365 for free using Keyano credentials
by <u>clicking here</u>.

Recording of Lectures and Intellectual Property
Students may only record a lecture if explicit permission is provided by the instructor or by
Accessibility Services. Even if students have permission to record a lecture or lecture

materials, students may not share, distribute, or publish any of the lectures or lecture materials, this includes any recordings, slides, instructor notes, etc. on any platform. Thus no student is allowed to share, distribute, publish or sell course related content (instructor, or students) without permission. It is important to recognize that the Canadian Copyright Act contains provisions for intellectual property. The <u>Academic Integrity Policy</u> provides additional information on Keyano College's expectations from students as members of the intellectual community.

ITS Helpdesk

If you are having issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.