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# NRSG 254.01: Complex Care - Mental Health Nursing

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**The University of Montana-Missoula**  
**Missoula College**  
**Associate of Science Nursing Program**  
**NRSG 254-Complex Care - Mental Health Nursing**  
**COURSE SYLLABUS**  
**Fall, 2013**

The Mission and Philosophy of the University of Montana-Missoula, Missoula College Associate of Science Degree Nursing Program (UM-MC ASN) is to pursue academic excellence to promote the preparation of students to become competent and caring professionals for entry-level positions to help meet the health care needs of the local community, region, state, nation and the world. The UM-MS ASN accomplishes this mission by prompting the development of the student through professional behaviors, effective communication, holistic assessment of the client using sound clinical decision making, critical judgment, collaborative management and caring interventions. The ASN student will develop effective teaching and learning skills enhancing the potential of optimal outcomes for clients in the healthcare setting. This is further accomplished through collaborative partnerships within the healthcare community, interpersonal relationships and exposure to culturally diverse populations.

**COURSE NUMBER AND TITLE:** NRSG 254 Complex Care-Mental Health Nursing.

**DATE REVISED:** 8/3/13

**SEMESTER CREDITS:** 2

**CONTACT HOURS PER SEMESTER:**

Lecture Hours: 16 (Thursdays, 10:10 A.M. -some hours may be on line, independent study and some will be at Warm Springs).

Clinical Hours: 48 (includes clinical lab, acute and long term in-patient care, community and crisis)

Clinical Sites:

ALEPHp.c., Missoula; Western Montana Mental Health Center- West House, Hamilton; Montana State Hospital, Warm Springs: and student selected community support groups.

**PREREQUISITES:** Admission into the Associate of Science Registered Nursing program for University of Montana-Missoula, Missoula College; obtaining and maintaining a current, unencumbered LPN license.

**FACULTY CONTACT AND INFORMATION:** Janet Derrington, MSN, APRN

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OFFICE LOCATION: Nursing Faculty Building

OFFICE HOURS: By Appointment

**RELATIONSHIP TO THE PROGRAM:**

This course is intended for the Licensed Practical Nurse who wishes to continue his/her education toward an Associate of Science in Nursing. This course will include complexity of clients consistent in for the Registered Nurse caring for clients in unpredictable circumstances in Psychiatric, Mental-Health.

**COURSE DESCRIPTION:** This course presents principles and practices related to the holistic nursing care of individuals and families across the lifespan. The course focuses on the continued development of the nursing process to address psychosocial needs. Concepts include the helping relationship, specific mental health illnesses, crisis intervention, and specific nursing therapies related to treatment.

QSEN (Quality and Safety Education for Nurses) is being integrated throughout the curriculum. This was initiated in Fall 2012 with safety and will continue until all competencies have been integrated. QSEN has evolved from the landmark IOM report "To Err is Human" published in 2000.\* The six QSEN competencies are: safety, patient-centered care, teamwork & collaboration, evidenced-based practice, quality improvement, and informatics. There are a total of 162 KSAs (knowledge, skills, and attitudes) associated with these six competencies that will be introduced with the competencies. There will be QSEN assignments that will be due throughout the semester. Due dates are posted.

**EXPECTED STUDENT PERFORMANCE OUTCOMES:**

Upon completion of this course, the student will be expected to:

**1. PROFESSIONAL BEHAVIORS**

- Prepare and complete clinical documentation for the Psychiatric-Mental Health client demonstrating completeness and recognition of complexity of client circumstances.
- Demonstrate professional behaviors and health care practices consistent with nursing care of clients and families across the life span with emphasis on the psychosocial needs.

**2. COMMUNICATION**

- Employ the principles of therapeutic communication in order to establish a therapeutic interpersonal relationship with patients and families.

- Demonstrate effective communication methods to ensure relevant, complete and accurate reporting methods to members of the interdisciplinary mental health team.
- Timely completion and accurate entry into medical record with awareness and compliance to facility policy regarding confidentiality, HIPPA, and faculty approval.
- Apply the nursing process to enhance therapeutic communication.

### 3. ASSESSMENT

- Demonstrate an accurate, comprehensive physical, psychosocial, and functional nursing assessment of Psychiatric-Mental Health clients with demonstrated ability to evaluate outcomes and respond within the scope of the ASN.
- Apply the nursing process as a dynamic tool to assist in meeting the psychosocial needs of patients and families.

### 4. CLINICAL DECISION MAKING

- Demonstrate safe nursing care within the guidelines of the Student Nurse Handbook and clinical facility policy and procedures.
- Demonstrate and provide evidence-based or best practice to support clinical decision-making in the role of the ASN.

### 5. CARING INTERVENTIONS

- Demonstrate and provide caring, protective and dignified care to psychiatric clients across the lifespan with respect to values, customs and habits.
- Integrate nursing care within the framework of legal, ethical and regulatory requirements.
- Demonstrate support to client and significant support person(s) during specific mental illnesses and life altering events such as drug dependency and end of life issues.
- Function as advocate for client and family members as related to mental health issues.

### 6. TEACHING AND LEARNING

- Demonstrate knowledge of specific mental illnesses, medications and nursing treatments.
- Apply knowledge of mental illnesses and recommended treatments in the provision of a physically and psychologically safe environment for patients and families.
- Demonstrate knowledge of the variety of mental health settings and practice areas available to assist clients in meeting their needs for psychosocial health.
- Demonstrate teaching methods appropriate to the diverse needs and culture of the client, family and community.

- Create, implement, and evaluate a teaching plan.

#### 7. COLLABORATION

- Demonstrate knowledge of the registered nurse as a member of the interdisciplinary mental health team.
- Utilize and demonstrate effective use of reporting tools to ensure continuity of care. This includes the use of the DSM IV/V classification tool and complete report of client status to the interdisciplinary team.
- Function as a member of the interdisciplinary team.

#### 8. MANAGING CARE

- Provide culturally congruent client care, with regard to ethnicity, race and diversity, in the meeting of client's psychosocial needs.

### **COURSE POLICIES AND COURSE/CLINICAL EVALUATION**

1. Policies related to attendance, tardiness, class participation, missed examinations or assignments, academic dishonesty, grading, Grade Appeal Procedure, and support services are included in the Nursing Student Handbook.
2. Students are expected to make a proactive, consistent, active, and responsible effort to attend all clinical experiences as part of their professional behavior development.

#### **Attendance Policy**

Regular attendance is expected, and will be taken every class meeting. Lack of attendance will adversely affect final grades. If a student misses a class session then the student has the option of submitting a written synopsis covering the content and theme of that particular class. A student may miss up to two class periods, submitting written review of the class content, without penalty but the third and each absence thereafter will result in the loss of one full letter grade to the final course grade. Tests are to be taken on the day scheduled, or submitted by the announced due date. Late assignments will only be accepted if the student notifies the instructor before the due date. An assignment that is more than 24 hours late, regardless of prior notification, will have a 10% reduction to the final grade for that assignment. Less than 32 hours of clinical will result in failure of the clinical portion of the class.

#### **Academic Conduct**

All students must practice academic honesty. Academic misconduct, including plagiarism and classroom misconduct is subject to an academic penalty by the course instructor(s) and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The code is available for review on line at <http://www.umt.edu/SA/VPSA/index.cfm/page/1321>. Students are encouraged to view the student conduct code.

## **STUDENT PERFORMANCE ASSESSMENT METHODS AND GRADING PROCEDURES**

**\*\*\*\*All written assignments must be typed unless otherwise noted**

1. Literature Analysis
2. Research/ team building project
3. Mid-term Exam
4. Weekly assignments: (critical thinking questions)
5. Participation in classroom activities
6. Clinical Data Sheets (2)
7. Community support group summary (1)
8. Patient Education Pamphlet
9. Instructor/agency coordinator evaluation of clinical practice
10. ATI
11. Final Exam

### **Breakdown of Grade**

- Mid-term Exam – 250 pts.
- Weekly classroom assignments – 105 pts.
- Literature analysis summary-75 pts.
- Research and small group project – 190 pts.
- Final examination – 300 pts.
- Professionalism – 20 points
- ATI – 60 pts.
- 2 clinical data sheets, 1 community support group summary, patient education project and clinical practice evaluation - Exceptional–Satisfactory-Unsatisfactory

Total Points: 1000

### **Grading Scale**

90-100%-A

80-89%-B

70-79%-C

60-69%-D

Below 60 %-F

**Successful completion of this course requires a minimum of an 80% (B). Both the classroom and the clinical components of the course must be successfully completed in order to pass the class; therefore you must receive at least 80 points and an “Acceptable” clinical grade to pass the course.**

### **COURSE ASSESSMENT METHODS**

1. Advisory committee input relative to expectations of employers for entry-level skills.
2. Collaboration between classroom and clinical instructors to maintain clinical currency in theory classes.

3. Performance on NCLEX-PN by graduates.
4. Student course evaluations each semester.
5. NCLEX mock licensure exam results
6. Assessment of student clinical performance.

## **COURSE OUTLINE**

- Unit 1 Essential Theoretical Concepts for Practice
- Unit 2 Tools for Practice of the Art
- Unit 3 Caring for Patients with Psychobiological Disorders
- Unit 4 Care For Patients Experiencing Psychiatric Emergencies
- Unit 5 Age Related Mental Health Disorders

(Please see in-depth outline in Course Content and Calendar under Course Material in Moodle)

## **REQUIRED TEXT**

Varcarolis, E., Halter, M. (2013) Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care, Second Edition, St. Louis, MO, Saunders Elsevier.

## **OPTIONAL NOTEBOOK**

Pedersen, D. (2013) Psych Notes, Clinical Pocket Guide, 4<sup>th</sup> Edition, Philadelphia, PA, F.A. Davis Co.

## **SUGGESTED REFERENCE MATERIALS:**

- ePocrates web based drug guide [www.ePocrates.com](http://www.ePocrates.com)
- ANA, APNA, ISPMHN. Scope and Standards of Psychiatric-Mental Health Nursing Practice. Washington, DC American Nurses Publishing.
- Mosby's Medical, Nursing and Allied Health Dictionary (6<sup>th</sup> Ed) St. Louis. MO. Saunders Elsevier.
- American Psychiatric Association: [www.psych.org](http://www.psych.org)
- American Psychiatric Nurses Association: [www.apna.org](http://www.apna.org)
- National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov).
- National Institute of Nursing Research: [www.ninr.nih.gov](http://www.ninr.nih.gov)