



Course Syllabus

One: Basic Information

Faculty	
Name of the Faculty	Faculty of Nursing
Department	Nursing
Semester	Second Semester
Year	2020/2021
Course	
Course Title	Psychiatric & Mental Health Nursing (Theory).
Course No.	0801471
Credit Hours	3
Prerequisite	0801224
Instructor	
Name	Dr. Ahmad Rayan
Office No.	268D
Extension	1777
Email	Arayan@zu.edu.jo
Office Hours*	11:00-12:00 Sundays, Tuesdays, & Thursdays
Class Time	10:00-11:00, Sundays, Tuesdays, & Thursdays

* All office hours are held virtually via (MS Teams).

Two: Course Description

In this course, students are introduced to basic concepts of Psychiatric and Mental Health Nursing. The course provides students with the knowledge base to apply selected theories, concepts and research in the nursing care of mental disorders in clients throughout the life span and in a variety of settings. Continuing themes of therapeutic communication, socio- cultural dimensions, pharmacology, teaching, client advocacy, and ethical standards are explored. Traditional psychotherapeutic and integrative health therapies are addressed to help students to apply nursing process effectively, and to demonstrate mental health nursing care to clients with various mental disorders.

Course Objectives:

1. Compare selected theories, conceptual frameworks, and researches related to human behavior and the etiology, prevention, and management of selected psychiatric disorders and behavioral issues.

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2. Utilizes individualized therapeutic interaction techniques in communicating with diverse patient populations (including patient's significant others) across the life span.
3. Correlate etiology associated with alterations of neurological functioning, genetic patterns & alterations of neurotransmission specific to mental health disorders.
4. Accurately employ the nursing process in providing comprehensive mental health nursing care to individual patients and patient systems in supportive-educative, partially and wholly compensatory nursing systems.
5. Describe the role of the psychiatric nurse in the prevention and treatment of mental health and behavioral disorders.
6. Apply mental health nursing principles and mental health promotion concepts consistent with legal, professional and ethical standards in identifying self - care requisites and the potential for self - care by the patient/patient system
7. Accurately define the concepts of anxiety, depression, psychosis, somatoform disorders, personality disorder, and schizophrenia.
8. Describe early signs, causes, classifications and treatments of depression, psychosis, somatoform disorders, personality disorder , and schizophrenia.
9. Differentiate between types of psychiatric disorders.
10. Demonstrate the ability to plan a therapeutic nursing care for clients with personality disorders effectively.
11. Formulate specific evidence-based treatment plans for selected psychiatric disorders.

Four: Intended Learning Outcomes**A. Knowledge and understanding**

1. Accurately define the most commonly used medical terminologies related to psychiatric and mental health nursing.
2. Demonstrate the ability to obtain present and past mental illness history from psychiatric patients in consistent with the general symptomatology of psychiatric disorders.
3. Differentiate between different causes, types, and treatments of psychiatric disorders.
4. Discuss the nurse's role in educating clients and families about current neurobiologic theories and medication management for psychiatric disorders.
5. Integrate the theoretical knowledge (evidence) into management of psychiatric patient(s) care.
6. Clearly identify nursing diagnoses and interventions for clients with different psychiatric disorders.

B. Intellectual Skills

1. Compare theoretical and methodological concepts of psychiatric mental health nursing when caring for clients with a variety of psychiatric disorders
2. Demonstrating critical thinking in clinical decision- making when planning and delivering client care.

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3. Discuss trends, problems & goals related to delivery of mental health care treatment of mental illness
4. Integrate the abstract data regarding mental status exam of psychiatric patients to develop nursing care plans for each individual patient.

C. Professional Skills

1. Apply psychiatric-mental health concepts, theories and appropriate therapeutic interventions to clients demonstrating a variety of psychiatric behaviors and disorders.
2. Demonstrate client advocacy by recognizing and insuring client and colleague's legal rights are safeguarded.
3. Assess professional behavior and high ethical standards as defined by current ethical guidelines.
4. Using therapeutic communication skills to be used when interviewing mentally ill patient.
5. Analyze the assessment data to formulate nursing diagnosis.
6. Demonstrate the ability to professionally communicate with the multi-disciplinary health care team and reflects an accurate application of mental health nursing principles specific to the referenced patient/patient system.
7. Demonstrate accountability, responsibility, professionalism, and increased level of independence when working with the clients and other health team members.
8. Apply therapeutic communication skills, collaborate, and cooperate to establish effective professional relationship with colleagues and instructor.

D – Transferable Skills

1. Demonstrate the ability to apply therapeutic communication techniques previously learned in laps to different health care settings.
2. Integrate knowledge and experiences previously learned in adult courses in providing effective physical care for psychiatric patients.
3. Identify metal health needs and support strategies in different cases of mental illness.
4. Manage psychomotor skill competencies with clients with variety of behavioral and emotional disorders.
5. Employ critical thinking strategies when working with patients suffering from acute & chronic mental illnesses.



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Five: Course Calendar

Day	Credit Hours	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
21/2/21 Sunday 23/2/21 Tuesday 25/2/21 Thursday	3	A:1-4 B:1-3 C:1-4	Orientation and foundations of psychiatric mental health nursing	-Lecturing with - Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	- Exams Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
28/2/21 Sunday 2/3/21 Tuesday 4/3/21 Thursday	3	A:1-6 B:1-3 C:1-4	Mental Health and Mental Disorder Psychiatric Diagnoses Roles of the psychiatric mental health nurse	Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
7/3/21 Sunday 9/3/21 Tuesday 11/3/21 Thursday	3	A:1-6 B:1-3 C:1-4	General symptomatology of psychiatric disorders (I) and mental status exam - Disturbances of Consciousness	Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion.	Discussion Role –play Problem solving. Participations.	<ul style="list-style-type: none"> • MS Teams. • Moodle


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Day	Credit Hours	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
			<ul style="list-style-type: none"> - Disturbances of Attention - Disturbances in Emotions - Disturbances of Motor Behavior - Disturbances in form of Thought - 	-Learning by activities. -Connecting students with different sources of information -Role –play	Exams and quizzes	
14/3/21 Sunday 16/3/21 Tuesday 18/3/21 Thursday	3	A:1-6 B:1-3 C:1-4	General symptomatology of psychiatric disorders (II) and mental status exam <ul style="list-style-type: none"> - Disturbances in Content of Thought. - Disturbances in Speech - Disturbances in Perception - Disturbances in Memory 	Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
21/3/21 Sunday 23/3/21 Tuesday 25/3/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Schizophrenia and Psychotic disorders	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
28/3/21 Sunday	3	A:1-6 B:1-4	Major depression	-Lecturing with active	Discussion	<ul style="list-style-type: none"> • MS Teams.


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Day	Credit Hours	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
30/3/21 Tuesday 1/4/21 Thursday		C:1-8 D: 1-5		participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Role –play Problem solving. Participations. Exams and quizzes	• Moodle
4/4/21 Sunday 6/4/21 Tuesday 8/4/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Bipolar disorders	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	• MS Teams. • Moodle
11/4/21 Sunday 13/4/21 Tuesday 15/4/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Anxiety disorders	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with	Discussion Role –play Problem solving. Participations. Exams and quizzes	• MS Teams. • Moodle


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Day	Credit Hours	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
				different sources of information -Role –play		
18/4/21 Sunday 20/4/21 Tuesday 22/4/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Stress- related disorders	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
25/4/21 Sunday 27/4/21 Tuesday 29/4/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Personality disorders	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
2/5/21 Sunday 4/5/21 Tuesday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Somatoform disorders		Discussion Role –play Problem solving.	<ul style="list-style-type: none"> • MS Teams. • Moodle


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Day	Credit Hours	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
6/5/21 Thursday					Participations. Exams and quizzes	
9/5/21 Sunday 11/5/21 Tuesday 13/5/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Suicide	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
16/5/21 Sunday 18/5/21 Tuesday 20/5/21 Thursday	3	A:1-6 B:1-4 C:1-8 D: 1-5	Other psychiatric disorders: - Delirium and dementia - Eating Disorders - Autistic Disorder	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	<ul style="list-style-type: none"> • MS Teams. • Moodle
23/5/21 Sunday	3	ALL	Revision	-Lecturing with active participations.	Discussion Role –play	<ul style="list-style-type: none"> • MS Teams.


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Day	Credit Hours	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
25/5/21 Tuesday 27/5/21 Thursday				-Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Problem solving. Participations. Exams and quizzes	• Moodle
30/5/21 Sunday 1/6/21 Tuesday 3/6/21 Thursday	3	ALL	Revision	-Lecturing with active participations. -Problem solving. -Cooperative learning. -Discussion. -Learning by activities. -Connecting students with different sources of information -Role –play	Discussion Role –play Problem solving. Participations. Exams and quizzes	• MS Teams. • Moodle

Six; Evaluation Methods and Mark Distribution

Method	Grade	Date	Platform	Assignment
Midterm Exam	%35	Fixed by the Department	• Moodle	
Participation, Presentation, Attendance...etc	%15	During Semester	• MS Teams. Moodle	
Final Exam	%50	Fixed by the Department	Moodle	



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Seven: Texts, Readings, Materials

Textbooks:

- Elizabeth, M., & Varcarolis, D. (2020). Essentials of psychiatric mental health nursing: A Communication Approach to Evidence-based Care, 4e. ELSEVIER-HEALTH SCIENCE.

Supplementary Textbook/ Material(s):

- Townsend, M. (2014). Essentials of Psychiatric Mental Health Nursing. 6th edition Philadelphia, PA: F. A. Davis.
- Varcarolis E (2015): Foundations of psychiatric mental health nursing; a clinical approach, (7th ed.) Elsevier Saunders.
- Shea, S. C. (2016). *Psychiatric interviewing: the art of understanding: a practical guide for psychiatrists, psychologists, counselors, social workers, nurses, and other mental health professionals*. Elsevier Health Sciences.

Equipment: Internet Connection, Laptops, and Webcams

Eight: Course Policy and Responsibilities

- All the interactive sessions are held on MS Teams.
- All assignments and exams are held on the Moodle.
- The student shall abide by the time assigned to any assignment on the Moodle.
- The student is held responsible to attend the class on time.
- The student is responsible to look presentable during the virtual meetings.
- The student is entitled to interact and actively participate during the virtual class.
- All the University regulations are applicable in terms of class attendance, absence, and exams.
- The student should maintain a high level of academic integrity; plagiarism and cheating in exams are punishable in accordance with the University's laws and regulation.

Approval	Name	Date	Signature
Department Head	Department Head	Dr Ahmad Rayan	20/2/2021
Dean	Dean	Dr Ahmad Rayan	2021/2/20

