



## Course Syllabus

### One: Basic Information

Faculty	
Name of the Faculty	Faculty of Nursing
Department	Nursing
Semester	Second
Year	2020/2021
Course	
Course Title	Psychiatric & Mental Health Nursing (Clinical)
Course No.	0801472
Credit Hours	3
Prerequisite	0801471, 0801332 or concurrent
Instructor	
Name	Malek Traifi
Office No.	256D
Extension	1448
Email	Tarifi 11684@yahoo.com, mkhalil@zu.edu.jo
Office Hours*	10-12 , Sunday, Tuesday, & Thursday
Class Time	Monday, 8-8

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

### Two: Course Description

This course is designed to apply the theoretical perspectives of mental health nursing in practice settings. It is concurrent with the theory course of Psychiatric and Mental Health Nursing. Advanced concepts of communication, use of self, group, and milieu are used to define nurses' roles with clients and agencies where mental health is practiced.

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In addition, the course focuses on helping students to acquire skills in communicating with mentally ill patients, use therapeutic methods in interacting, interviewing, and assessing the patient and also work with psychiatric team in different treatment modalities. It prepares the students to work with acute and chronic cases, also inpatient and outpatient setting. Moreover, it will provide nursing students with the opportunity to implement the theoretical background in the practice setting, and in simulation situations designed by the course facilitator in labs.

**Course Objectives:****Aims of the course:**

By the end of this course each student will be able to;

1. Demonstrates psychiatric-mental health nursing assessment of patients utilizing accepted mental health (including the mental status exam) and physical assessment techniques.
2. Utilizes individualized therapeutic interaction techniques in communicating with diverse patient populations (including patient's significant others) across the life span.
3. Describes the related dosages, therapeutic effects, side effects, toxic effects & related nursing actions of psychotropic medication classifications; antipsychotics, antidepressants, anxiolytics, mood stabilizers in relation to populations across the age continuum.
4. Demonstrates medication teaching to patients and designated significant others in accordance with the current Nursing Standards of Practice.
5. Assume responsibility to actively participate with individuals, groups, families and health-care team members in accordance with the legal and ethical standards of the nursing profession.
6. Discusses and describes based upon the nursing process how mental health promotion and mental health nursing interventions are fundamental to the therapeutic resolution of physiologically based self-care deficits.
7. Correlates etiology associated with alterations of neurological functioning, genetic patterns & alterations of neurotransmission specific to DSM IV-TR classified mental health disorders.



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8. Explain legal and ethical principles that guide the psychiatric nurse behavior.
9. Accurately employs 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.
10. Discusses and describes based upon the nursing process how mental health promotion and mental health nursing interventions are fundamental to the therapeutic resolution of physiologically based self-care deficits.
11. Clearly identify the behavioral manifestations related to each psychiatric disturbance as manifested by patients.
12. Differentiate among various types of substances abused.
13. Describe the dynamics physical effects, behavioral changes, medical consequences, social and family problems, and specific characteristics of abuse and dependency.
14. Effectively utilize relaxation techniques to manage stress in patients demonstrating uncontrolled stress.
15. Differentiate between social, intimate and therapeutic relationship.
16. -Demonstrate the ability to plan a therapeutic nursing care effectively.
17. Create a social support network and counseling model of helping.
18. Explain the role of the nurse in preventive and therapeutic measures.
19. Practices nursing care for psychiatric patients in accordance with national & local policies & procedural guidelines.
20. Practices nursing for the psychiatric client within an ethical and legal framework in a manner that preserves patients autonomy, dignity, & rights
21. Accurately determine the priority needs of psychiatric patients.
22. -Discuss patient and their family's physical, social and spiritual responses to psychiatric illness.
23. Demonstrate responsibility for continued personal and professional role development.
24. Use established guidelines to develop and implement teaching plans for psychiatric patients and their families.



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**Four: Intended Learning Outcomes**

After completion of this course, the student will be able to:

**A. Knowledge and understanding**

1. Accurately define the most commonly used medical terminologies related to psychiatric and mental health nursing.
2. Obtain present and past mental illness history from psychiatric patients using structured interview, files of patients, and from family members.
3. Differentiate between types of medications that are used to treat psychiatric patients.
4. Demonstrate the ability to 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 client responses that indicate treatment effectiveness.

**B. Intellectual Skills**

1. Compare and contrast 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.
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 interview mentally ill patient.
5. Analyze the assessment data to formulate nursing diagnosis.
6. Observe patient for side effect of medication.
7. Participate in different treatment modalities.

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8. Professionally communicates with the multi-disciplinary health care team and reflects an accurate application of mental health nursing principles specific to the referenced patient/patient system.
9. Demonstrate accountability, responsibility, professionalism, and increased level of independence when working with the clients and other health team members.
10. Apply therapeutic communication skills, collaborate, and cooperate to establish effective professional relationship with patients, health team members, college, and instructor.

**D – Transferable Skills**

1. Students will demonstrate the ability to apply therapeutic communication techniques previously learned in labs 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 mental 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.

**Five: Course Calendar**

Day	Credit Hour	Intended Learning Outcomes	Topic(s)	Teaching Procedure	Learning Activities	Learning Platform
(22-2-2021)	8 hrs.	4,8	<b>Monday 8 am – 4 pm</b> <b>All faculty members</b> <b>Introduction and orientation</b> <b>Review of course forms</b> <b>Clinical forms orientations</b> <b>Seminar distribution</b>  <b>Legal and ethical consideration for mentally ill patient.</b>	Lectures with active participations. Discussion.  Role play  Problem solving.	Quizzes and feedback of students	Nursing labs



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	4 hrs		<ul style="list-style-type: none"> <li>- Voluntary and involuntary admission to the psychiatric hospital.</li> <li>- Discharge of mentally ill patients</li> <li>- Patients Rights</li> <li>- Additional training</li> </ul>			
1/3/2021	8 hrs  4 hrs	1,2,5,6	<b>Nurse patient relationship.</b> -Definition of nurse patient relationship. -Type of relationship -Characteristics of therapeutic and social relationship. -Phases of nurse patient relationship. -Factor leading to effective of therapeutic relationship <b><u>Additional training 4 hrs</u></b>	Lectures with active participations. Discussion. Role play Problem solving.	Quizzes and feedback of students	Nursing labs
8/3/2021	8 hrs	15,16,17,18	<b>3-Communication.</b> -Definition of therapeutic communication. -Differences between verbal and non-verbal communication. -The dimensions of the communication process (structural component; sender, receiver, message itself, feedback, space, touch & environment. -Therapeutic communication techniques that can be used to facilitate a therapeutic relationship. - Non therapeutic communication techniques that limit communication. - Communication interventions that are indicated with clients presenting alterations in	Lectures with active participations. Discussion. Role play Problem solving.	Quizzes and feedback of students	



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	4 hrs		emotional responsiveness, alterations in reality testing and/or disturbed thought processing. <u>Additional training 4 hrs</u>			
15/3/2021	8 hrs	22,2 3,24	<b>4-Sitting limit.</b> -Definition of setting limit. - Purpose of limit setting. - Types of behavior needing limits - Types of limit. - Steps and techniques in limit setting	Lectures with active participatio ns. Discussion.  Role play  Problem solving.	Quizzes and feedback of students	
	4 hrs	3,7, 9	<b>5-clinical papers.</b> <u>Additional training 4 hrs</u>			
22/3/2021	8 hrs	19,2 0,21	<b>6- Psychopharmacology</b>  _ Indication _ Actions _ Contraindications _ Common side effects _ Nursing actions _ patient teaching  for the following classifications of drugs:  - Antipsychotic drugs. - Antidepressants drugs	Lectures with active participatio ns. Discussion.  Role play  Problem solving.	Quizzes and feedback of students	
29/3/2021	8 hrs.	10, 11, 12,	<b>- 7- Nursing care of substance abuse.</b>  -Definition of "substance abuse" and "substance dependency". -The behavioral, affective, cognitive and psychosocial characteristics of	Lectures with active participatio ns. Discussion.  Role play  Problem	Quizzes and feedback of students	Nursing labs



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			<p>individuals who are chemically dependent to alcohol, stimulants, anxiolytics, sedatives and hallucinogens.</p> <ul style="list-style-type: none"> <li>- Causative theories specific to substance abuse and dependency.</li> <li>- The physical assessment findings and medical conditions that characterize patients who abuse alcohol.</li> <li>-The potential and related interventions for patients at risk for medical emergencies specific to their addictive life style.</li> <li>_ Application of nursing process in therapeutically intervening with patients presenting substance abuse and/or dependency.</li> </ul>	solving.		
5/4/2021	8 hrs		<p><b><u>Addiction center for the rehabilitation of addicts</u></b></p> <p><b>Visit 1</b></p> <ol style="list-style-type: none"> <li>1. Orientation to unit</li> <li>2. Meeting patient; assignment to patient.</li> </ol>	<p>Lectures with active participations.</p> <p>Discussion.</p> <p>Role play</p> <p>Problem solving.</p>	<p>Quizzes and feedback of students</p>	Nursing labs
	4 hrs		<p><b><u>Additional training 4 hrs</u></b></p>			
12/4/2021	8 hrs	Apply all	<p><b>Visit 2</b></p> <ol style="list-style-type: none"> <li>1. do therapeutic activity with your patient</li> <li>2. Case presentations</li> <li>3. Explore discharge policies</li> <li>4. Practice to write nursing note on your patient</li> </ol>	<p>Lectures with active participations.</p> <p>Discussion.</p> <p>Role play</p>	<p>Quizzes and feedback of students</p>	Nursing labs





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	4 hrs		Produce standardized care plans for patients (divide into three groups each group will report on all care plans and discuss with other groups ) -submit daily reports and nursing care plan  <b><u>Additional training 4 hrs</u></b>	Problem solving		
19/4/2021	8 hrs  4 hrs	10, 11, 12,	<b>Psychopharmacology</b>  _ Indication _ Actions _ Contraindications _ Common side effects _ Nursing actions _ patient teaching  for the following classifications of drugs:  - Ant manic drugs. - Ant anxiety drugs.	Lectures with active participations. Discussion.  Role play  Problem solving	Quizzes and feedback of students	Nursing labs
26/4/2021	8 hrs  4 hrs	13,14	<b>8-Stigma and Mental Illness</b>  -What is Stigma -Key Features of Stigma Research -Discrimination -Labeling -Stereotyping -Devaluing -Ignorance -Nursing Interventions <b><u>Additional training 4 hrs</u></b>	Lectures with active participations. Discussion.  Role play  Problem solving	Quizzes and feedback of students	Nursing labs
3/5/2021	8 hrs 4 hrs		Case presentation oral discussion	Lectures with active participations.	Quizzes and feedback of	Nursing labs



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			<u>Additional training 4 hrs</u>	Discussion. Role play Problem solving	students	
10/5/2021	8 hrs 4 hrs		Case presentation oral discussion <u>Additional training 4 hrs</u>	Lectures with active participations. Discussion. Role play Problem solving	Quizzes and feedback of students	Nursing labs
			Final Practicum Exam			

**Six: Evaluation Methods and Mark Distribution**

Methods of teaching varied according to the type of text, student and situation. Knowledge acquisition is acquired through a combination of formal lecture presentation, classroom problem solving sessions, guided laboratory work, on-line study and directed learning. This will be supported by self-study using other materials and the use of on-line resources. Students will be encouraged to use other information sources and documentation. The following techniques are usually used:

- 1- Lectures with active participations.
- 2- Problem solving.
- 3- Cooperative learning.
- 4- Discussion.
- 5- Training in practice setting.
- 6- Connecting students with different sources of information

Method	Grade	Date	Platform	Assignment
Seminar	%10	Fixed by the Department	Nursing labs	presentation
Recorded interview	%10	During Semester	Nursing labs	presentation
Care plan	%10	During Semester	Nursing labs	Document

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Care plan	5%	During Semester	Nursing labs	Discussion
Quiz	10%	During Semester	Nursing labs	Nursing labs
Management project	10%	During Semester	Nursing labs	Document and presentation
Case discussion	10%	During Semester	Nursing labs	Document and presentation
Final Exam	30%	Fixed by the Department	Nursing labs	Nursing labs

**Seven: Texts, Readings, Materials****Textbook:**

- Townsend, M. C., & Morgan, K. I. (2017). Psychiatric mental health nursing: Concepts of care in evidence-based practice. FA Davis.

**Supplementary Textbook/ Material(s):**

- 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.

**Internet websites**

<http://www.ispn-psych.org/>

Psychiatric Research.com

<http://evolve.elsevier.com>

Equipment: Internet Connection, Laptops, and Webcams

**Eight: Course Policy and Responsibilities**

- All the interactive sessions are held on MS Teams.



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- 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	Dr. Ahmad Rayan	20/2/2021	Dr. Ahmad Rayan
Dean	Dr. Ahmad Rayan	20/2/2021	Dr. Ahmad Rayan

