

NR 75.2B Course Outline as of Fall 2020**CATALOG INFORMATION**

Dept and Nbr: NR 75.2B Title: PSYCH NRSG

Full Title: Psychiatric Nursing

Last Reviewed: 2/3/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	4.50	Lecture Scheduled	4.50	9	Lecture Scheduled	40.50
Minimum	4.50	Lab Scheduled	0	8	Lab Scheduled	0
		Contact DHR	13.50		Contact DHR	121.50
		Contact Total	18.00		Contact Total	162.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 81.00

Total Student Learning Hours: 243.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 42 - One Repeat if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:

Concepts and nursing practice in the care of psychiatric, trauma-affected, and substance use disordered patients. The emphasis is on the care of patients in both the inpatient and outpatient settings for management of chronic illnesses relevant to both adolescents and adults. Knowledge and skills acquired in lecture & discussion and in simulation and skills laboratories are applied in psychiatric inpatient and outpatient care settings.

Prerequisites/Corequisites:

Course Completion of NR 75.2A OR NR 75.1A

Recommended Preparation:**Limits on Enrollment:**

Admission to Program.

The healthcare facilities in which students are clinically placed require that the students must comply with all of the following before they are allowed onsite: Currency on all immunizations including annual flu shots; currency on annual tuberculosis clearance; a negative background check, a negative urine drug screen, and possession of a current American Heart Association Certified Healthcare Provider CPR/BLS card.

Schedule of Classes Information:

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Transfer Credit: CSU;

Repeatability: One Repeat if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2020	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Apply the nursing process to provide for safe nursing care for clients diagnosed with psychiatric illnesses.
2. Devise, implement, and evaluate teaching & care plans that are individualized to meet patient needs and abilities in order to participate in the varied care processes.
3. Apply evidence-based psychiatric theoretical concepts to clinical practice.
4. Collaborate with patients, families, and members of the interdisciplinary care team to prioritize patient care need and promote optimal wellness.

Objectives:

At the conclusion of this course, the student should be able to:

1. Analyze a patient's medical record in 15 minutes or less, at a level sufficient to begin providing safe and appropriate care.
2. Identify patients' care needs based on the pathophysiology of their admitting diagnoses and comorbid conditions.

3. Prioritize care needs and develop plans, collaborate with patients and families.
4. Set measurable goals for patients' health outcomes, and evaluate their attainment, collaborate with patients and families.
5. Create and implement teaching plans that are congruent with patients' motivation levels, cognitive and physical abilities and goals.
6. Describe the pathophysiology and behavioral patterns of selected psychiatric illnesses and substance abuse disorders that interfere with patients' ability to meet their own needs.
7. Use problem solving and facilitative communication skills to conduct interviews with mentally ill patients.
8. Describe community resources that may be utilized to meet patients' needs.
9. Describe use of psychotropic agents for psychopathology
10. Perform selected nursing skills competently and appropriately, consistent with theoretical knowledge base, agency policy, state law and cultural considerations.
11. Discuss standard of care for patients with selected illnesses, including pharmacological therapies.
12. Describe the evidence for selected aspects of standard of care, within and across diagnostic categories.
13. Document patient care using paper or electronic health records, consistent with care standards and agency policy.
14. Communicate therapeutically with acutely ill medical-surgical patients, with attention to developmental, cultural and spiritual needs.
15. Adapt communication strategies to meet needs and abilities of patients with mental illnesses.
16. Collaborate with members of the health care team to optimize patient care and to improve care outcomes.

Topics and Scope:

I. Theory

A. Nursing care of the psychiatric patient

1. The role of the nurse in the psychiatric setting
2. Personality disorders
3. Suicidal and self-injurious behaviors*
4. Mood and affectual disorders
5. Thought and delusional disorders
6. Substance use disorders and addiction
7. Eating disorders
8. Anxiety and somatoform disorders
9. Psychiatric disorders of childhood and adolescence
10. Victim of abuse and violence
11. Safety considerations for patient experiencing psychiatric trauma*

B. Communication and collaboration

1. Collaboration with acute care patients and interdisciplinary care team
2. Strategies for communicating with patients with mental illness
3. Developmental, cultural, gender-identity, and spiritual needs
4. LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex) care*
5. Forensic nursing*

C. Community resources and strategies for promoting wellness for the chronically ill patient

*These items are introduced in lecture, and the related skills are performed in the lab

II. Skills

A. Safety in care of psychiatric patients

- B. Care of LGBTQI+ patients
- C. Forensic nursing care of patients
- D. Simulation lab experience

III. Clinical

- A. Clinical application of psychiatric nursing practice in the acute psychiatric hospital and rehabilitation setting: Standard care and pharmacotherapy
- B. Psychiatric patient-centered communication and collaboration with care team respecting trauma history, cultural and spiritual needs

Assignment:

Lecture-Related Assignments:

1. Reading 70-100 pages per week
2. Recovery (12-Step or similar) paper 1-2 pages. Rubric graded Pass/Fail.
3. Unit and standardized exams: 4-5 per semester. Minimum cumulative score of 75% on four unit exams to continue in the nursing program.

Lab-Related Assignments:

1. Reading prior to nursing skills demonstration 15-50 pages per week
2. Completion of media review prior to each skills lab (1 -2 hours per lab)
3. Completion of skills lab quizzes 1 per skill (ungraded)
4. Demonstrate competency in 1 formal skill check-off within 3 attempts related to each skill lab topic: Pass/fail. Failure of skills competency results in dismissal from the nursing program.

Clinical-Related Assignments:

1. Completion of the safe medication dosage calculation exam with a score of 95% or better by the third attempt. This assignment is not graded for purposes of this course, but failure to pass this assignment with a grade of 95% or better on the third attempt will result in a failed grade and dismissal from the nursing program.
2. Clinical practice in psychiatric hospitals and community settings (two 8 hour days per week). Students must meet minimum problem-solving skills and performance standards to pass this course. Provide safe care to 1-2 patients. Rubric graded Pass/Fail. Achieving a pass in clinical practice is required to remain in the nursing program.
3. Preparation for clinical assignments by reviewing patient's charts during clinical day: Collecting report information at beginning of shift and additional information from chart and interdisciplinary team including: disease pathophysiology information assessment tool, medication and treatment progress- approximately 2-4 hours per week.
4. Completion of one-page SBAR (Situation Background Assessment Recommendation) tool, approximately 6-8 per semester.
5. Present patient situations for discussion in post clinical conferences. (approximately 1-hour presentation per student per semester).
6. Participation in analysis of patient care situations in group setting, approximately 6-8 per semester.
7. Written journals (approximately 8) describing experiences and reflection of patient interactions and observation of the clinical setting.
8. Written process recording, approximately 6 per semester, 1 page per recording, including therapeutic communication techniques used.
9. Preparation of nursing care plan (3 nursing diagnoses per plan). Includes data collection, data analysis, and development of plan for nursing care with specific interventions and evaluation of effectiveness. Rubric graded Pass/Fail, with remediation

for failure.

10. Preparation and participation in simulation lab scenarios (ungraded)

11. Case studies to mirror classroom and clinical discussion foci

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Recovery paper, nursing care plan, journals.

Writing
10 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Clinical patient care: pass/fail, case conferences and analyses, clinical assessment tools, process recording papers

Problem solving
15 - 30%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skills performance competencies, psychiatric patient assessment tools, report, and SBAR presentations.

Skill Demonstrations
10 - 15%

Exams: All forms of formal testing, other than skill performance exams.

Unit and standardized exams

Exams
40 - 60%

Other: Includes any assessment tools that do not logically fit into the above categories.

None

Other Category
0 - 0%

Representative Textbooks and Materials:

California regulations for RN practice: accessible via California Board of Registered Nursing Internet website

Davis's Drug Guide for Nurses. 16th ed. Vallerand, A.H. & Sanoski, C.A. F.A. Davis. 2018

Varcarolis' Foundations of Psychiatric Mental Health Nursing: A Clinical Approach. 8th ed. Halter, M. Saunders. 2018

Dimensional Analysis: Calculating Dosages Safely. 2nd ed. Horntvedt, T. F.A. Davis. 2019

Pharmacology: A Patient-Centered Nursing Process Approach. 9th ed. McCuiston, L.E. and Dimaggio, K. and Winton, M.B. Elsevier. 2017

Pearson Nursing Diagnosis Handbook. 11th ed. Wilkinson, J.M. Pearson. 2016

