

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number: NUR 204**

**Credit Hours: 6**

**Course Title: Mental Health Nursing**

**Course Description:**

Focuses on the use of nursing process to provide care to individuals and families with acute and chronic mental health needs. Includes math computational skills and basic computer instruction related to the delivery of nursing care. Provides supervised learning experiences in cooperating agencies. Prerequisite: NUR 111. Lecture 3 hours. Laboratory 9 hours. Total 12 hours per week.

**General Course Purpose:**

This is a second level course in the Nursing Program, along with N 112 and N 206. It is the "Technical Enhancement/Transition level and provides students with specialty experience in Psychiatric Nursing. Focuses on the use of nursing process to provide care to individuals and families with acute and chronic mental health needs. Includes math computational skills and basic computer instruction related to the delivery of nursing care.

**Course Prerequisites/Corequisites:**

**Prerequisite:** NUR 111

**Course Objectives:**

Upon successful completion of the course, the student will be able to:

- a. Apply values and principles from humanities and nursing theory to planning and delivery of care for patients who are mentally ill.
- b. Outline the process of growth and development in terms of adaptive and maladaptive behaviors/coping.
- c. Explain the concept of anxiety and defense mechanisms in terms of adaptive and maladaptive behaviors/coping.
- d. Assess, diagnose, plan, implement and evaluate individualized care for mentally ill patients demonstrating all major mental illnesses.
- e. Describe psychiatric mental health treatment and resources in the hospital and the community.
- f. Demonstrate the following skills:
  1. Establishment of therapeutic role
  2. Therapeutic communication
  3. Psychosocial assessment
  4. Implementation of nursing process in patient care
  5. Patient teaching
  6. Group facilitation
  7. Dosage computation of appropriate medications
  8. Use of computer in assigned tasks
- g. Demonstrate ability to accept feedback and alter behavior in accordance with plan for professional improvement.
- h. Adhere to clinical performance standards.

- i. Comply with standards of professional behavior (i.e., dress code, charting guidelines, etc.) of clinical agency.
- j. Complete all minimal level competencies, course objectives, and clinical outcomes for NUR 204.
- k. Complete the Psychiatric mental Health NLN.

**7. Major Topics to be Included:**

- a. Basic Psychiatric Concepts and Principles
- b. Foundations of Practice
- c. Care of Clients with various mental health issues:
  - 1. Alteration in Mood Disorders
  - 2. Alteration in Thought Process Disorders
  - 3. Anxiety and Anxiety Related Disorders
  - 4. Personality Disorders
- d. Mental Health Issues with Special Populations
  - 1. CMH and Crisis
  - 2. Victims of Violence
  - 3. Chemically Dependent Client
- e. Concepts of Leadership and Management
  - 1. Professional Communication
  - 2. Conflict resolution
  - 3. Leadership and Management

**Effective Date of Course Content Summary:** Feb. 10, 2009