

CAPITAL HEALTH SCHOOL OF NURSING
NSG 133 – MENTAL HEALTH NURSING 2025- CONTENT OUTLINE

Subject to Revision: 4/1/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMAT	STUDENT ACTIVITIES
<p>LESSON OBJECTIVES <i>The student will:</i></p> <ol style="list-style-type: none"> 1. Compare and contrast mental health and mental illness disorders. 2. Describe and discuss the roles of the mental health team. 3. Describe the implications the theoretical models have for psychiatric nursing. 4. Compare & contrast traditional cultural issues that define mental health perspectives. 5. Identify the rights of the mentally ill & how these rights apply in practice. 	1	<p>UNIT I - INTRODUCTION TO MENTAL HEALTH NURSING</p> <ol style="list-style-type: none"> A. Foundations of Mental Health Nursing <ol style="list-style-type: none"> 1. Mental health/illness continuum <ol style="list-style-type: none"> a. Stress / adaptation - effect on mental health b. Crisis 2. DSM-5 3. Psych-mental health nursing 4. Roles of the mental health team 5. Conflict management 6. Environmental Safety B. Theoretical Perspectives C. Cultural and spiritual concepts <ol style="list-style-type: none"> 1. Cross-cultural perspectives of mental health D. Ethical and legal issues 	Lecture / Discussion/ Active Learning	<p><i>ATI Assignments, Saunders NCLEX (9th. ed.) and LaCharity Prioritization, Delegation, & Management questions</i></p> <p><u>Required:</u> Townsend, Chap. 1 Chap. 2 Chap. 5 Chap. 12 Chap. 13</p> <p>Environmental Safety Survey – completed on clinical</p>
<p>LESSON OBJECTIVES <i>The student will:</i></p> <ol style="list-style-type: none"> 1. Identify factors to consider in assessing individuals with mental disorders. 	2	<p>UNIT II - DYNAMICS OF NURSING PRACTICE</p> <ol style="list-style-type: none"> A. Nursing Assessment-Mental Health Disorders <ol style="list-style-type: none"> 1. Specific Interventions 2. Health promotion/client education 	Lecture / Discussion Active Learning	<p><u>Required:</u> Townsend, Chap. 8</p>

<p>LESSON OBJECTIVES <i>The student will:</i></p> <ol style="list-style-type: none"> 1. Identify the various therapies that may be included within the therapeutic community program and the healthcare workers that make up the interdisciplinary treatment team. 2. Differentiate among nonassertive, assertive, aggressive, and passive-aggressive behaviors. 	<p>4</p>	<p>UNIT III - THERAPEUTIC MODALITIES</p> <ol style="list-style-type: none"> A. Therapeutic groups B. Intervention with Families C. Milieu therapy – The therapeutic community D. Assertiveness Training E. Promoting Self-esteem F. Behavior therapy G. Cognitive therapy 	<p>Lecture / Discussion Active Learning</p>	<p><u>Required:</u> Townsend, Chap. 9 Chap. 10 Chap. 11 Chap. 12 Chap. 13 Chap. 14 Chap. 15 Chap. 17 Chap. 18</p> <p>Group Study - completed on clinical</p>
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<p>LESSON OBJECTIVES</p> <p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Discuss the biological and psychosocial theories of the etiology of schizophrenia. 2. Distinguish between positive and negative symptoms. 3. Develop appropriate interventions for: <ol style="list-style-type: none"> a. Altered perceptions b. Disintegrated thoughts c. Altered affect d. Disintegration of motivation e. Social isolation f. Aggressive/uncontrolled behavior g. Regressive behavior 4. Identify the pharmacological agents used to treat psychosis. 	3	<p>UNIT IV - MENTAL / EMOTIONAL DISORDERS</p> <p>A. Schizophrenic Disorders</p> <ol style="list-style-type: none"> 1. Overview <ol style="list-style-type: none"> a. Etiology b. Epidemiology 2. Clinical description - major behaviors <ol style="list-style-type: none"> a. Categories of symptoms - positive and negative b. Perceptions c. Thought processes - loose associations d. Thought content e. Affect f. Motivation and behavior g. Body image - ego boundaries 3. Diagnostic categories 4. Nursing Assessment <ol style="list-style-type: none"> a. Specific Interventions b. Health promotions/client education c. Collaborative discharge planning 5. Cultural considerations 6. Treatment modalities <ol style="list-style-type: none"> a. Psychopharmacology <ol style="list-style-type: none"> 1) Overview 2) Mechanism of action 3) side effects 4) Severe side effects 5) Nursing measures 6) Client teaching/education b. Other treatment modalities 7. Care of clients in the community 8. Professional practice issues 	<p>Lecture / Discussion Active Learning</p>	<p><u>Required:</u> Townsend, Chap. 24</p>
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<p>LESSON OBJECTIVES</p> <p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Compare and contrast the clinical features and characteristics of anxiety disorders. 2. Identify the pharmacological agents used to treat anxiety. <ol style="list-style-type: none"> a. Purpose and Mechanism of action b. Side effects and adverse reactions c. Nursing measures required 	2	<p>B. Anxiety-Related Disorders</p> <ol style="list-style-type: none"> 1. Anxiety <ol style="list-style-type: none"> a. Overview b. Epidemiology c. Clinical descriptions <ol style="list-style-type: none"> 1) Anxiety disorders 2) Panic/panic disorders 3) Phobia 4) Post-traumatic stress 5) Obsessive-compulsive disorder (OCD) 2. Somatoform disorders 3. Dissociative disorders 4. Care of the client 5. Cultural considerations 6. Pharmacotherapy <ol style="list-style-type: none"> a. Overview b. Pharmacokinetics c. Mechanism of action d. Side effects e. Nursing measures f. Client teaching/education 7. Collaborative discharge planning 8. Client teaching/health promotion 9. Care of clients in the community 10. Professional practice issues 	<p>Lecture / Discussion</p> <p>Active Learning</p>	<p><u>Required:</u></p> <p>Townsend</p> <p>Chap. 27</p> <p>Chap. 29</p>

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<p>LESSON OBJECTIVES</p> <p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Discuss the biological and psychosocial theories on the etiology of depression and mania. 2. Compare and contrast the behaviors associated with depression and mania. 3. Identify important components of a suicide assessment. 4. Identify the pharmacologic agents used to treat depression and mania. 5. Discuss nursing interventions used for different levels of crisis. 6. Develop a plan of care for a client receiving ECT. 	4	<p>E. Mood Disorders</p> <ol style="list-style-type: none"> 1. Overview <ol style="list-style-type: none"> a. Definitions b. Etiology c. Epidemiology 2. Diagnostic categories <ol style="list-style-type: none"> a. Depression b. Bipolar 3. Clinical description - major behaviors of mood disorders <ol style="list-style-type: none"> a. Affect b. Physiological and motor activity c. Thoughts d. Perceptions 4. Nursing Assessment <ol style="list-style-type: none"> a. Specific Interventions b. Health promotion/client education 5. Effects of client behavior on the nurse 6. Cultural considerations 7. Suicide <ol style="list-style-type: none"> a. Overview b. Assessment c. Interventions d. Survivors 8. Loss, Death & Grief 9. Treatment modalities <ol style="list-style-type: none"> a. Psychopharmacology <ol style="list-style-type: none"> 1) Antidepressant 2) Antimanic b. Mechanism of action c. Side effects d. Nursing measures e. Health promotion/client education 	<p>Lecture / Discussion</p> <p>Active Learning</p>	<p><u>Required:</u></p> <p>Townsend</p> <p>Chap. 25</p> <p>Chap. 26</p> <p>Chap. 36</p>

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<p>LESSON OBJECTIVES <i>The student will:</i></p> <ol style="list-style-type: none"> 1. Compare and contrast behavioral and psychological symptoms of anorexia and bulimia disorders. 2. Identify the physical symptoms and medical complications. 	1	<ol style="list-style-type: none"> 10. Other treatment modalities <ol style="list-style-type: none"> a. ECT b. Crisis Interventions c. Others 11. Collaborative discharge planning 12. Client teaching/health promotion 13. Care of clients in the community 14. Professional practice issues <p>F. Eating Disorders</p> <ol style="list-style-type: none"> 1. Overview <ol style="list-style-type: none"> a. Etiology b. Epidemiology 2. Clinical description - major behaviors <ol style="list-style-type: none"> a. Anorexia b. Bulimia 3. Physical symptoms and medical complications 4. Nursing Assessment <ol style="list-style-type: none"> a. Specific Interventions b. Health promotion/client education c. Collaborative discharge planning <ol style="list-style-type: none"> 1) Body image disturbance 2) Limit setting 3) Secondary gain 4) Nutrition & physical needs 5) Self-esteem 6) Expression of thoughts & feelings 7) Anxiety 5. Cultural considerations 6. Therapies 7. Collaborative discharge planning 8. Care of clients in the community 	<p>Lecture / Discussion Active Learning treatment modalities for clients with substance abuse disorders.</p>	<p><u>Required:</u> Townsend Chap. 30</p>

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<p>LESSON OBJECTIVES</p> <p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Distinguish between: <ol style="list-style-type: none"> a. Intellectual Disability b. Autism Spectrum Disorders c. ADD / ADHD d. Conduct disorders 2. Explain the relationship between childhood/adolescent disorders and adult mental disorders. 	2	<p>G. Management of the client with Childhood or Adolescent Disorders</p> <ol style="list-style-type: none"> 1. Historical perspective 2. Diagnostic categories <ol style="list-style-type: none"> a. Intellectual Disability b. Autism Spectrum Disorders <ol style="list-style-type: none"> 1) Autism 2) Rhett's disorder 3) Asperger's disorder c. ADD / ADHD d. Conduct disorder e. Oppositional Defiant Disorder f. Tourette's disorders g. Anxiety disorders h. Adolescent suicide 3. Care of the client 4. Cultural considerations 5. Pharmacotherapy 6. Treatment modalities 7. Collaborative discharge planning 8. Health promotion/client education 9. Professional practice issues 	<p>Lecture / Discussion</p> <p>Active Learning</p>	<p><u>Required:</u></p> <p>Townsend</p> <p>Chap. 32</p>

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<p>LESSON OBJECTIVES</p> <p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Differentiate between delirium and dementia. 2. Discuss how information gathered during the history can identify delirium or dementia. 3. Identify normal cognitive changes that accompany aging. 	2	<p>H. Management of the client with Neurocognitive Disorders</p> <ol style="list-style-type: none"> 1. Assessment <ol style="list-style-type: none"> a. Aging and cognitive changes 2. Delirium 3. Dementia <ol style="list-style-type: none"> a. Stages b. Types 4. Nursing Assessment 5. Planning care for the client with a cognitive disorder 6. Implementation <ol style="list-style-type: none"> a. Therapies b. Safety c. Memory and recognition d. Health promotion and maintenance e. Nutritional concerns 7. Cultural issues 8. Care of clients in the community 	<p>Lecture / Discussion Active Learning</p>	<p><u>Required:</u> Townsend Chap. 22</p>

