

**JEFFERSON COLLEGE**

**COURSE SYLLABUS**

**PNE 148**

**MENTAL HEALTH**

2 Credit Hours

Prepared by:

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Curriculum Committee Approval Date: November, 2019

Amy McDaniel, M.S.N. Ed., R.N. Director of Nursing  
Kenneth Wilson, Associate Dean - School of Science and Health  
Dr. Chris DeGeare, Dean of Instruction

## **PNE 148 MENTAL HEALTH**

### **I. CATALOG DESCRIPTION**

- A. Prerequisite: Admission to Bi-Level Nursing Program.
- B. 2 Credit Hours
- C. Mental Health addresses basic human needs, growth and development, and their relationship to mental health. Reactions to stress, anxiety, physical, psychological trauma, and coping mechanisms are examined. Knowledge and understanding of human relationships utilized when providing holistic patient care are explored. (S, Su).
- D. Fulfills Practical Nursing certificate requirement.

### **II. EXPECTED LEARNING OUTCOMES/CORRESPONDING ASSESSMENT MEASURES**

Discuss the role of the Licensed Practical Nurse (LPN) related to mental health nursing while incorporating issues of integrity, nursing responsibility, and ethical/legal practices.	Exams, Case Studies, & Assignments
Recognize strategies that destigmatize mental illness utilizing Quality and Safety Education for Nurses (QSEN) competencies for mental health clients.	Exams, Case Studies, & Assignments
Discuss the components of the communication process and demonstrate verbal and non-verbal therapeutic communication techniques, including communication with the multidisciplinary health care team.	Exams, Case Studies, & Assignments
Apply the nursing process related to mental health nursing utilizing evidence based practices.	Exams, Case Studies, & Assignments
Recognize and demonstrate appropriate delegation to Unlicensed Assistive Personnel (UAP) when coordinating care of the mental health client.	Exams, Case Studies, & Assignments
Implement a safe, caring, holistic nursing approach to meet healthcare needs of patients with mental disorder or needs.	Exams, Case Studies, & Assignments

### **III. OUTLINE OF TOPICS**

- A. Intro to Mental Health and Illness
- B. Mental Health Care Delivery and Treatment of Illness
- C. The Nurse Client Relationship and Communication

- D. Anxiety and Mood Disorders
- E. Psychotic and Personality Disorders
- F. Somatic and Dissociative Disorders
- G. Substance-Related Disorders
- H. Eating, Sexual, and Aging Disorders

#### IV. METHOD(S) OF INSTRUCTION

- A. Lecture/PowerPoint™
- B. Reading Assignments
- C. Study Guides
- D. Audio Visual Aids
- E. Printed Handout Material
- F. In-Class Activities

#### V. TEXTBOOK

Morrison-Valfre, M. *Foundations of Mental Health Care*. (Current Edition). St. Louis: Elsevier.

#### VI. REQUIRED STUDENT MATERIALS

- A. Paper
- B. Pen
- C. Access to computer and internet (available on campus)

#### VII. SUPPLEMENTAL REFERENCES

- A. Nursing Database
- B. Journals
- C. CDs, DVDs as required

## VIII. METHOD OF EVALUATION

A.	Unit Exams	80%
B.	Comprehensive Final Exam	10%
C.	Assignments	5%
D.	Standardized Exams	5%

## IX. ADA AA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (TC101; phone 636-481-3169).

## X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook (see College website, <http://www.jeffco.edu>).

## XI. ATTENDANCE STATEMENT

Regular and punctual attendance is expected of all students. Any one of these four options may result in the student being removed from the class and an administrative withdrawal being processed: (1) Student fails to begin class; (2) Student ceases participation for at least two consecutive weeks; (3) Student misses 15 percent or more of the coursework; and/or (4) Student misses 15 percent or more of the course as defined by the instructor. Students earn their financial aid by regularly attending and actively participating in their coursework. If a student does not actively participate, he/she may have to return financial aid funds. Consult the College Catalog or a Student Financial Services representative for more details.

## XII. OUTSIDE OF CLASS ACADEMICALLY RELATED ACTIVITIES

The U.S. Department of Education mandates that students be made aware of expectations regarding coursework to be completed outside the classroom. Students are expected to spend substantial time outside of class meetings engaging in academically related activities such as reading, studying, and completing assignments. Specifically, time spent on academically related activities outside of class combined with time spent in class meetings is expected to be a minimum of 37.5 hours over the duration of the term for each