

## PN 1031 - Introductory Mental Health Nursing (1 Credit)

### Course Description

Introductory Mental Health Nursing provides an introduction to mental health nursing which will require you to examine human dynamics and adaptive/maladaptive responses to internal and external stressors. While in this course you will be provided a summary of foundational psychological theory, an overview of current psychotherapeutic treatment modalities, and common mental health disorders. The professional standards of QSEN provide the context for this course to direct learning and provide meaningful purpose as you prepare to care compassionately for this vulnerable population. Upon completion of this course you will be able to identify the professional role of LPNs in providing compassionate care for those with selected psychiatric disorders.

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### Course Objectives

- Examine the legal, ethical, and historical aspects of mental health nursing (EPSLO # 1, 2, 3, 4, 5).
  - Define the essential components of the nurse-client relationship in mental health nursing (EPSLO # 1, 2, 3, 4, 5).
  - Explain the nursing process in the care of the client with mental health alterations (EPSLO # 1, 2, 3, 4, 5).
  - Discuss screening tools for mental health alterations (EPSLO # 1, 2, 3, 4, 5).
  - Define characteristics of various mental health alterations (EPSLO # 1, 2, 3, 4, 5).
  - Relate the aspects of National Patient Safety Goals (NPSG) to the mental health client (EPSLO # 1, 2, 3, 4, 5).
  - Identify mental health concerns on a life continuum, including children, adolescents, and adult populations (EPSLO # 1, 2, 3, 4, 5).
  - Explain the dynamics of anger, violence, and crisis as it applies to mental health (EPSLO # 1, 2, 3, 4, 5).
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### Course Outline

- Introduction to Mental Health and Mental Illness
  - Mental Health Care
  - Fundamental Nursing Roles in Mental Health Nursing
  - Specific Psychiatric Disorders
  - Age-Specific Disorder and Issues
  - Introductory Mental Health Nursing Final
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### Textbook & Reading Materials

Docucare, Lippincott Williams & Wilkins, ISBN: 9781451185171

NCLEX-Passpoint, Lippincott Williams & Wilkins, ISBN: 9781496309327

## Classroom Hours

Start: 10-10-2025

End: 12-12-2025

Friday

9:00 AM - 1:00 PM

For a full list of course hours visit: [Course Schedule](#)

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## Instructor Contact Information

Preston Dye — pdye@stech.edu

Office Hours: By appointment

Email is the preferred method of communication; you will receive a response within 24 hours during regular business hours.

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## Canvas Information

Canvas is the where course content, grades, and communication will reside for this course.

- [stech.instructure.com](http://stech.instructure.com)
  - For Canvas passwords or any other computer-related technical support contact Student Services.
  - For regular Hours and Weekdays call (435) 586 - 2899.
  - For after Hours & Weekends call (435) 865 - 3929 (Leave a message if no response).
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## Course Policies

See Student Policy and Orientation Manual

## Additional Information

InformaCast Statement: Southwest Tech uses InformaCast to ensure the safety and well-being of our students. In times of emergency, such as weather closures and delays, this app allows us to promptly deliver notifications directly to your mobile devices. To stay informed and receive real-time updates, we encourage all students to sign up for notifications. Your safety is our priority, and staying connected ensures a swift response to any unforeseen circumstances. More information and directions for signing up are available at: <https://stech.edu/emergency-notifications/>

Internet Acceptable Use Policy: The student is expected to review and follow the Southwest Technical College Internet Safety Policy at: <https://stech.edu/students/policies/>

Student Code of Conduct Policy: The student is expected to review and follow the Southwest Technical College Student Code of Conduct Policy at: <https://stech.edu/students/policies/>

Accommodations: Students with medical, psychological, learning, or other disabilities desiring accommodations or services under ADA, must contact the Student Services Office. Student Services determines eligibility for and authorizes the provision of these accommodations and services. Students must voluntarily disclose that they have a disability, request an accommodation, and provide documentation of their disability. Students with disabilities may apply for accommodations, based on an eligible disability, through the Student Services office located at 757 W. 800 S., Cedar City, UT 84720, and by phone at (435) 586-2899. No diagnostic services are currently available through Southwest Technical College.

Safety and Building Maintenance: The College has developed and follows a variety of plans to ensure the safe and effective operation of its facilities and programs. The following plans are available online:

1) Facilities Operations and Maintenance Plan; 2) Technical Infrastructure Plan; and 3) Health and Safety Plan.

Withdrawals and Refunds: Please refer to the Southwest Technical College Refund Policy at: <https://stech.edu/students/policies/>

Any high school or adult student, who declares a technical training objective is eligible for admission at Southwest Technical College (Southwest Tech). Program-specific admissions requirements may exist and will be listed on the Southwest Tech website. A high school diploma or equivalent is not required for admission but is mandatory for students seeking Title IV Federal Financial Aid.

Non-Discriminatory Policy: Southwest Technical College affirms its commitment to promote the goals of fairness and equity in all aspects of the educational enterprise, and bases its policies on the idea of global human dignity.

Southwest Tech is committed to a policy of nondiscrimination. No otherwise qualified person may be excluded from participation in or be subjected to discrimination in any course, program or activity because of race, age, color, religion, sex, pregnancy, national origin or disability. Southwest Technical College does not discriminate on the basis of sex in the education programs or activities that it operates, as required by Title IX and 34 CFR part 106. The requirement not to discriminate in education programs or activities extends to admission and employment. Inquiries about Title IX and its regulations to STECH may be referred to the Title IX Coordinator, to the Department of Education, and/or to the Office for Civil rights.

If you believe you have experienced discrimination or harassment on our campus, please contact the Title IX Coordinator, Cory Estes: [cestes@stech.edu](mailto:cestes@stech.edu), (435) 865-3938.

For special accommodations, please contact the ADA Coordinator, Cyndie Tracy: [ctracy@stech.edu](mailto:ctracy@stech.edu), (435) 865-3944.

Southwest Technical College

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