

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

#### NSG 44 - Psych/Mental Health Nursing

2 Unit(s)

**Prerequisite(s):** NSG 31, NSG 32, NSG 35, NSG 36 and NSG 37

**Co-requisite(s):** NSG 41, NSG 42, NSG 43, NSG 47 and NSG 49

**Recommended Prep:** NONE

**Transfer Status:** CSU

34 hours Lecture

This course is an exploration of the psychology of maladaptive behavior is explored and students are introduced to principles and strategies for the promotion of wellness. Graded only.

### II. OBJECTIVES

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

- A. Distinguish indications of mood disturbances and impending crises, and discuss therapeutic interventions.
- B. Describe cultural differences and needs of individuals with mental health disorders.
- C. Apply advanced communication strategies to clients experiencing dysfunctional coping behaviors such as chemical dependency.
- D. Describe physical and psychological aspects of wellness.

### III. COURSE CONTENT

#### A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Coping Mechanisms	6.00
2. Altered Thought Processes	6.00
3. Therapeutic Milieu	4.00
4. Situational Role Changes	4.00
5. Wellness	4.00
6. Psychological Adaptations	6.00
7. Cross Cultural Communication	4.00
Total Hours	34.00

### IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Multimedia Presentations
- D. Student Presentations

### V. METHODS OF EVALUATION

- A. Exams/Tests
- B. Papers
- C. Oral Presentation

#### D. Written Assignments

### VI. **EXAMPLES OF ASSIGNMENTS**

#### A. Reading Assignments

1. Read in your mental health textbook nursing about implications of medication administration for the psychiatric/mental health client. Be prepared to discuss this topic in class.
2. Read in your mental health textbook about the therapeutic relationship. Be prepared to discuss this topic in small groups in class.

#### B. Writing Assignments

1. Complete assigned "Depression" Case Study. Be prepared to discuss this case study in small groups in class.
2. Complete assigned "Obsessive-Compulsive" Case Study. Be prepared to discuss this case study in small groups in class.

#### C. Out-of-Class Assignments

1. Complete the worksheet determining your own defense mechanisms. Perform a brief skit for your classmates regarding this defense mechanism.
2. Complete the Holmes Readjustment scale based on your own recent life experiences. Be prepared to discuss in class how traumatic life experiences can affect readjustment.

### VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

#### Textbooks:

- A. Berman, A., Snyder, S., Kozier, B., & Erb, G.. Kozier and Erb's Fundamentals of Nursing. 8th Edition. Pearson Prentice Hall, 2009.
- B. Shives, L. . Basic Concepts of Psychiatric-Mental Health Nursing. 8th Edition. Lippincott, Williams and Wilkins, 2012.

**Created/Revised by:** Susan Craig

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