

The University of Texas at El Paso
 School of Nursing
 Spring 2020 – NURS 3300
Reading Assignments and Class Objectives-

WEEK	DATE	TOPIC	CHAPTERS	OBJECTIVES
1	Tuesday, Jan 21 1:20 – 3:30 RM 217	<p>Syllabus</p> <p>Mental Health and Mental Illness</p> <p>Mental Health/Illness: Historical and Theoretical Concepts</p> <p>Concepts of Personality Development</p> <p>Relationship Development</p> <p>*ATI: Ch 1, 4, 6, 9</p>	<p>1</p> <p>2</p> <p>Pg. 698-699</p> <p>7</p>	<p>Mental Health and Mental Health Issues:</p> <ol style="list-style-type: none"> 1. Compare and contrast criteria for mental health and mental illness. 2. Describe factors that affect an individual's mental health. 3. Identify attributes or signs of mental health issues. 4. Discuss how age, ethnicity, gender, education, culture, and belief system can affect developing, experiencing, and recovering from psychiatric disorders. 5. Identify settings in which mental health treatment is offered. 6. Discuss each category of the Diagnostic and Statistical Manual of Mental Disorders multiaxial system. 7. Compare and contrast a DSM-V diagnosis with a nursing diagnosis. 8. Identify how cultural influences could affect making an accurate DSM-V diagnosis <p>Historical and Theoretical Concepts:</p> <ol style="list-style-type: none"> 1. Discuss history of psychiatric care. 2. Describe psychological adaptation responses to stress. <p>Personality Development:</p> <ol style="list-style-type: none"> 1. Discuss the relationship between personality development and mental/behavioral disorders. 2. Describe the main theories of personality development. <p><u>Content Topics:</u></p> <ol style="list-style-type: none"> a. Psychoanalytic theory—Freud b. Human motivation—Maslow c. Interpersonal theory—Sullivan d. Psychosocial development--Erikson <p>Relationship Development:</p> <ol style="list-style-type: none"> 1. Describe relevance of a therapeutic nurse-patient relationship. 2. Discuss the importance of self-awareness in the nurse-client relationship. 3. Describe the phases of relationship development and the tasks associated with each phase.

2

**Tuesday,
Jan 28
1:20 – 3:30
RM 217**

**The Nursing Process in
Psych/Mental Health**

**Therapeutic
Communication**

**Milieu Therapy- The
Therapeutic Community**

**Ethical and Legal Issues
in Psych/Mental Health**

***ATI: Ch 2, 3, 5**

9**8****12****5**

Therapeutic Communication and Application in the Mental Health Setting:

1. Describe the nature and goals of the therapeutic nurse-patient relationship.
2. Identify three factors that can interfere with accurate communication between nurse and patient.
3. Demonstrate four techniques that can enhance communication, and discuss what makes them effective during the communication process.
4. Discuss differences between verbal and non-verbal communication.
5. Discuss the effect on the communication process when there is a lack of understanding of cultural differences.
6. Discuss how confrontation, immediacy, nurse self-disclosure, and role playing can be used by the nurse in a therapeutic relationship.
7. Identify when there is a need for boundaries set between nurse and patient.
8. Describe the importance of self-awareness in the nurse-patient relationship.

Milieu Therapy:

1. Define milieu therapy.
2. Explain the goal of therapeutic community/milieu therapy.
3. Discuss conditions that characterize a therapeutic community.

Role of the nurse/nursing process and standards of practice for mental health nursing:

1. Discuss the role and responsibilities of mental health/psychiatric nurses
2. Identify major trends in mental health nursing.
3. Describe the standards of practice of psychiatric and mental health nursing according to the American Nurses Association Statement on the Scope and Standards of Psychiatric Mental Health Nursing Practice.

Ethical and Legal Issues in Psych/Mental Health:

1. Differentiate among ethics, morals, values and rights.
2. Define ethical dilemma.
3. Discuss legal issues that may arise during mental health treatment such as, the patient's right to receive treatment, the patient's right to refuse treatment, the patient's right to informed consent.

<p>3</p>	<p>Tuesday, Feb 4 1:20 – 3:30 RM 217</p>	<p>Quiz #1 (content from week 2 – take 2/4 on BB)</p> <p>Cultural & Spiritual Concepts in Psychiatric/Mental Health Nursing</p> <p>Concepts of Psychobiology</p> <p>*ATI: Ch 7, 17</p>	<p>6</p> <p>Concepts of Psychobiology & Psychopharmacology:</p> <ol style="list-style-type: none"> 1. Discuss how psychotropic drugs are used in mental health care. 2. Describe how functions of the brain are altered by psychotropic drugs. 3. Describe various complementary and/or alternative therapies such as - massage, herbal medications, aromatherapy, acupuncture, acupressure, homeopathy, and chiropractic medicine. 4. Identify major categories of psychotropic drugs and discuss the use, action, potential adverse and side effects, and nursing implications of the following: <u>Content Topics:</u> <ol style="list-style-type: none"> a. Antipsychotics (conventional, atypical) b. Antidepressants (tricyclics, selective serotonin reuptake inhibitors (SSRIs) serotonin/norepinephrine reuptake inhibitors (S/NRIs), monoamine oxidase inhibitors (MAOIs), atypical antidepressants) c. Bipolar (mood-stabilizers, antipsychotics) d. Sedative/hypnotics (benzodiazepines, benzodiazepine- like drugs, melatonin agonists, barbiturates) e. Anxiolytics (benzodiazepines) f. Attention-deficit/hyperactivity disorder drugs (CNS stimulants and non-stimulant options) <p>3</p> <p>4</p>
<p>4</p>	<p>Tuesday, Feb 11 1:20 – 3:30 RM 217</p> 	<p>EXAMINATION I 75 questions – 1 hour 30 minutes</p>	<p>Exam is over content (lecture/readings) weeks 1-3</p> 

5	Tuesday, Feb 18 1:20 – 3:30 RM 217	Depressive Disorders Suicide Prevention Electroconvulsive Therapy *ATI: Ch 10, 13, 22, 30	25 17 20	Depressive Disorders: 1. Describe biologic and psychosocial theories about the etiology of mood disorders. 2. Differentiate between normal grief reactions and pathological grief behaviors. 3. Describe the emotional, cognitive, behavioral, and physical symptoms associated with depression. 4. Describe three phases of treatment for mood disorders. 5. Identify outcomes, goals and planning for each phase of treatment for mood disorders. 6. Describe risk factors and clues that might signal suicidal thoughts. 7. Develop nursing interventions and communication strategies for patients with depression, mania, and suicide ideation. 8. Compare advantages, actions, side effects and nursing implications for mood stabilizing medications and antidepressants. 9. Identify the main characteristics of the depressive disorders. Suicide Prevention: 1. Discuss epidemiological statistics and risk factors related to suicide. 2. Describe predisposing factors implicated in the etiology of suicide. 3. Differentiate between facts and myths regarding suicide. 4. Apply the nursing process to individuals exhibiting suicidal behavior. Electroconvulsive Therapy: 1. Define electroconvulsive therapy. 2. Discuss historical perspectives related to electroconvulsive therapy. 3. Discuss indications, contraindications, mechanism of action and side effects of ECT. 4. Describe the role of the nurse in administration of ECT.
	6	Tuesday, Feb 25 1:20 – 3:30 RM 217	Quiz #2 (content from week 5 – take on BB 2/25) Bipolar & Related Disorders Schizophrenia and other psychotic disorders	26 24

		ATI: Ch 14, 15, 23, 24		<ol style="list-style-type: none"> 1. Define schizophrenia. 2. Describe the progression of symptoms from prodromal to the acute phase of schizophrenia. 3. Describe various types of schizophrenia and other psychotic disorders. 4. Differentiate among the three phases of schizophrenia regarding symptoms, focus of care, and needs for intervention. 5. Discuss non-pharmacological treatment modalities for patients with schizophrenia that may be beneficial. 6. Describe effective strategies of individual, group, and family therapies that may helpful for patients with schizophrenia and their families. 7. Describe three common problems associated with severe mental illness. 8. Discuss behavioral and psychological manifestations of severe mental illness in relation to the person's ability to function, their families, and others. 9. Identify evidence-based practices for the care of the severely mentally ill. 10. Discuss the importance of medication and the need for the severely mentally ill to adhere to the regimen 11. Discuss properties of the traditional and atypical antipsychotic drugs such as: ex: olanzapine, risperidone
7	Tuesday, March 3 1:20 – 3:30 RM 217	<p>Quiz #3 (content from week 6 – take on BB 3/3)</p> <p>Anxiety, Obsessive-Compulsive and Related Disorders</p> <p>Substance Related & Addictive Disorders</p> <p>ATI: Ch 11, 18, 21, 26</p>	<p>27</p> <p>23</p>	<p>Anxiety Disorders:</p> <ol style="list-style-type: none"> 1. Identify predisposing factors of anxiety disorders. 2. Describe outcome criteria for each of the identified anxiety disorders. 3. Discuss the action, side effects, potential adverse reactions, and nursing implications for benzodiazepine medications. 4. Discuss coping strategies in the management of stress. 5. Describe clinical manifestations, goals, nursing interventions, and treatment of patients with: <p><u>Content Topics:</u></p> <ol style="list-style-type: none"> a. Obsessive compulsive disorder b. Post -Traumatic Stress Syndrome c. Panic disorder d. Phobias e. Generalized anxiety disorders <p>Substance Related & Addictive Disorders:</p> <ol style="list-style-type: none"> 1. Define addiction, intoxication and withdrawal. 2. Discuss predisposing factors in etiology of addictive disorders.

				<p>3. Identify symptomology and assess clients with addictive disorders.</p> <p>4. Identify nursing diagnoses common to clients with addictive disorders and select appropriate nursing interventions for each.</p> <p>5. Describe treatment modalities relevant to treatment of individuals with addictive disorders.</p>
8	<p>Tuesday, March 10 1:20 – 3:30 RM 217</p> 	<p>Quiz #4 (content from week 7 – take on BB 3/10)</p> <p>Anger and Aggression Management</p> <p>Trauma and Stressor Related Disorders</p> <p>Survivors of Abuse and Neglect</p> <p>*ATI: Ch 17, 29, 31, 32, 33</p>	<p>16</p> <p>28</p> <p>35</p>	<p>Trauma & Stressor-Related Disorders:</p> <ol style="list-style-type: none"> 1. Discuss historical aspects and epidemiological statistics related to trauma and stressor related disorders. 2. Describe various types of trauma and stressor related disorders and symptomatology associated with each. 3. Describe appropriate nursing interventions for behaviors associated with trauma and stressor related disorders. 4. Discuss various modalities relevant to treatment of trauma and stressor related disorders. <p>Survivors of Abuse and Neglect:</p> <ol style="list-style-type: none"> 1. Describe epidemiological statistics associated with intimate partner violence. 2. Discuss characteristics of victims and victimizers. 3. Identify predisposing factors to abusive behaviors. 4. Describe physical and psychological effects on the survivors of intimate partner violence, child abuse and sexual assault. 5. Apply the nursing process to survivors of intimate partner violence, child abuse and sexual assault. <p>Anger and Aggression Management</p> <ol style="list-style-type: none"> 1. Define and differentiate between anger and aggression. 2. Identify when the expression of anger becomes a problem. 3. Discuss predisposing factors to the maladaptive expression of anger. 4. Apply the nursing process to clients expressing anger or aggression. <p>Abuse and Violence:</p> <ol style="list-style-type: none"> 1. Describe the cycle of violence in reference to individual violence and family violence 2. Describe personality characteristics of an abusive adult. 3. Identify factors that predispose a child or

				<p>spouse to physical violence.</p> <ol style="list-style-type: none"> Describe legal responsibilities of health care providers in documentation and reporting of suspected or known family abuse. Discuss assessment indicators and interventions for child, adult, and elder abuse. Identify common reactions and nursing interventions for acute and long-term phases of rape-trauma syndrome. Describe nursing interventions for prevention and management of aggressive behaviors. Identify factors that may be useful in predicting violent behavior.
9	<p>Tuesday, March 24 1:20 – 3:30</p> <p>RM 217</p>	<p>Therapeutic Groups</p> <p>Neurocognitive Disorders</p> <p>The Bereaved Individual</p> <p>*ATI: Ch 8, 17, 27</p> <p>***Content for this week <u>will not</u> be on Exam II but <u>will</u> be on the Final Examination</p>	<p>10</p> <p>22</p> <p>37</p>	<p>Therapeutic Groups:</p> <ol style="list-style-type: none"> Identify basic principles of group work Describe the phases of group development. Describe roles group members may adopt. Discuss therapeutic factors that operate in all groups Identify facilitating techniques used by the group leader. Compare the characteristics of a healthy family functioning with a dysfunctional family functioning. Identify several strategies for family intervention. Describe the role of the nurse in family therapy. <p>Neurocognitive Disorders:</p> <ol style="list-style-type: none"> Discuss the demographics of the older population and the impact on mental health care. Identify components of an assessment of the healthy geriatric patient and the patient with cognitive impairment. Discuss predisposing factors implicated in the etiology of NCDs. Discuss identified behaviors, goals, and nursing interventions associated with mental health problems in the older adult including Describe potential barriers to mental health care for the older adult. Define and differentiate among various neurocognitive disorders (NCDs). <p>The Bereaved Individual:</p> <ol style="list-style-type: none"> Discuss types of loss that trigger the grief response in individuals. Differentiate between normal and maladaptive responses to loss. Apply the nursing process to individuals with grief.

10	Tuesday, March 31 1:20 – 3:30 Blackboard	EXAMINATION II 75 questions *April 3 rd is Spring Drop/Withdrawal Deadline!!!	Exam content (lecture/readings) weeks 5-8 	
11	TUESDAY April 7 1:20 – 3:30 Blackboard 	Psychopharmacology Exam via Blackboard <u>Lecture:</u> Personality Disorders ATI: CH 16 <i>*In preparation for next week, please take the ATI RN Mental Health Online Practice A&B. The highest grade on the Practice A or B will replace your lowest quiz grade! You may take as many times as you like!</i>	Study Guide 32	25 Questions Multiple Choice (30 minutes) Personality Disorders: 1. Compare and contrast the main characteristics of the three clusters of personality disorders 2. Describe current treatment modalities for patients with personality disorders. 3. Describe the limitations in the use of medications to relieve symptoms associated with personality disorders. 4. Develop nursing interventions and communication strategies for patients with personality disorders. 5. Discuss the importance of setting and keeping clear boundaries when working with persons with personality disorders. <u>Content Topics:</u> Cluster A/ paranoid, schizoid, and schizotypal personality disorders Cluster B/ antisocial, borderline, and narcissistic personality disorders Cluster C/ dependent, obsessive-compulsive, avoidant personality disorders
12	TUESDAY April 14 1:20 – 3:30 Blackboard	ATI EXAM I will post voiceover for week 9 content that was missed.	ATI Book	There is a strong possibility we will not have access to the ATI Exam. Please take the RN Mental Health Online Practice 2019 A & B regardless of the availability of the test. Your highest grade on the Practice A or B will replace your lowest quiz grade. If we do not take the ATI, we will have an alternative assignment to make up the 10%. I will update you all ASAP.
13	TUESDAY April 21 1:20 – 3:30 Blackboard	Quiz #5 (content from week 11 – take on BB 4/21) Somatic Symptom and Dissociative Disorders Eating Disorders ATI: CH 19, 20	 29 31	Somatic Symptoms & Dissociative Disorders: 1. Describe various types of somatic symptom and dissociative disorders and identify symptomology association with each. 2. Identify predisposing factors in the development of somatic symptom and dissociative disorders. 3. Describe appropriate nursing interventions for behavioral associated with somatic symptom and dissociative disorders. 4. Discuss modalities relevant to treatment of

				<p>somatic symptom and dissociative disorders.</p> <p>Eating Disorders:</p> <ol style="list-style-type: none"> 1. Identify and differentiate among several eating disorders. 2. Describe symptomology associated with anorexia nervosa and bulimia nervosa. 3. Identify predisposing factors in the development of eating disorders. 4. Describe appropriate interventions for behaviors associated with eating disorders. 5. Discuss various modalities relevant to treatment of eating disorders.
14	<p>TUESDAY April 28 1:20 – 3:30 Blackboard</p>	<p>Children & Adolescents</p> <p>ATI: CH 25, 28</p> <p>*ATI remediation due no later than 4/29 at 11:59 PM – if applicable**</p> <p>**My Learning assignment due no later than 4/30 at 11:59 PM**</p>	33	<p>Child & Adolescent Psychiatry Objectives:</p> <ol style="list-style-type: none"> 1. Discuss factors that contribute to child and adolescent psychiatric disorders. 2. Describe treatment modalities for selected disorders of childhood and adolescence 3. Describe the nurse’s role in administering medications used to treat psychiatric disorders in children and adolescence. 4. Describe clinical manifestations and intervention strategies for pediatric mental illnesses.
15	<p>Wednesday, May 6 1:00-3:00 Blackboard</p>	<p>FINAL EXAMINATION 100 questions</p> <p>If no ATI test, alternative assignment due no later than May 8th at 11:59 PM.</p>		<p>COMPREHENSIVE EXAM Percentage of questions</p> <ul style="list-style-type: none"> • Weeks 1-8 content = 60% • Weeks 9-13 content = 40% 
<p>All assigned Chapters are from Townsend, M.C., Morgan, K.I. (2018). <i>Psychiatric Mental Health Nursing</i>. 9th Ed. Philadelphia: F.A. Davis Company.</p> <p>Henry, N.J., et al. (2018). <i>ATI Content Mastery Series Review Module</i>. 1th Ed.</p>				