

## **Course Description**

### **NSG0082 | Psychiatric Nursing | 3.4 credits**

This course focuses on the assessment and management of mental health disorders. Students will learn therapeutic communication techniques, crisis intervention strategies, and the promotion of mental health and well-being. The course also covers psychopharmacology, psychiatric interventions, and legal and ethical considerations in psychiatric nursing.

### **Course Competencies:**

**Competency 1:** The student will develop a comprehensive understanding of mental health disorders and the role of psychiatric nurses in the assessment, diagnosis, and treatment of patients with mental illnesses by:

1. Analyzing complex case studies and patient scenarios to demonstrate a deep understanding of the assessment, diagnosis, and evidence-based treatment modalities for a wide range of mental health disorders, showcasing proficiency in applying psychiatric nursing principles to diverse clinical situations
2. Engaging in supervised clinical practice and simulations to demonstrate proficiency in conducting comprehensive mental health assessments, utilizing standardized assessment tools and diagnostic criteria to inform the development of individualized care plans for patients with mental illnesses
3. Participating in interdisciplinary case discussions and treatment planning meetings, actively contributing nursing perspectives to optimize care coordination and treatment planning for patients with mental health disorders, fostering a collaborative approach to patient care

**Competency 2:** The student will gain knowledge of therapeutic communication techniques and evidence-based interventions for individuals experiencing psychiatric disorders by:

1. Demonstrating proficiency in utilizing therapeutic communication techniques, such as active listening, empathy, and non-verbal communication, to establish rapport and build therapeutic relationships with individuals experiencing psychiatric disorders, promoting trust and effective communication in mental health nursing practice
2. Applying evidence-based interventions, including cognitive-behavioral techniques, motivational interviewing, and crisis intervention strategies, to address the unique needs of individuals with psychiatric disorders, promoting patient engagement and empowerment in their mental health recovery
3. Participating in role-playing exercises and simulated patient interactions to practice and refine therapeutic communication skills and evidence-based interventions, actively seeking feedback and guidance to enhance proficiency in providing patient-centered care to individuals with psychiatric disorders

**Competency 3:** The student will explore the social, cultural, and ethical implications of mental health nursing and the importance of promoting mental wellness by:

1. Analyzing the social and cultural determinants of mental health, actively seeking to understand the impact of diverse cultural perspectives and social factors on mental illness and wellness, fostering a culturally sensitive approach to mental health nursing practice
2. Engaging in discussions and reflective activities to explore the ethical considerations and dilemmas in mental health nursing, demonstrating critical thinking and ethical decision-making skills in addressing complex ethical issues related to mental health care
3. Participating in mental health promotion initiatives and community outreach programs to advocate for mental wellness and reduce stigma, actively contributing to initiatives that promote mental health education and awareness in diverse community settings

**Competency 4:** The student will learn about the legal and ethical considerations in psychiatric nursing, including patient rights and confidentiality by:

1. Analyzing case scenarios and ethical dilemmas to demonstrate an understanding of legal and ethical principles governing psychiatric nursing practice, actively applying this knowledge to navigate complex legal and ethical considerations in patient care
2. Participating in discussions and debates on legal and ethical issues in psychiatric nursing, actively engaging in critical analysis and reflection to develop a deep understanding of patient rights, confidentiality, and ethical decision-making in mental health care
3. Collaborating with interdisciplinary teams to review and interpret legal regulations and ethical guidelines relevant to psychiatric nursing practice, actively seeking to ensure compliance with legal standards and ethical principles in patient care delivery

**Competency 5:** The student will develop skills in crisis management, de-escalation techniques, and providing holistic care to individuals with mental health needs by:

1. Participating in simulated crisis scenarios and role-playing exercises to demonstrate proficiency in implementing crisis management and de-escalation techniques, actively seeking to enhance skills in maintaining a safe and therapeutic environment for individuals experiencing mental health crises
2. Engaging in supervised clinical practice to provide holistic care to individuals with mental health needs, actively applying a patient-centered approach, and integrating therapeutic interventions to address care's physical, emotional, and social aspects
3. Participating in debriefing sessions and reflective practice to evaluate and enhance crisis management skills and holistic care delivery, actively seeking feedback and guidance to continuously improve proficiency in providing comprehensive care to individuals with mental health needs

**Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Create strategies that can be used to fulfill personal, civic, and social responsibilities
- Demonstrate knowledge of ethical thinking and its application to issues in society