

# **Mental Health and Psychiatry**

## **NUR 1180**

### **Mental Health and Psychiatry**

This course includes concepts related to the nursing care of individuals experiencing alterations in social and psychological functioning. Emphasis is placed on utilizing the nursing process to provide and manage nursing care for individuals with common psychiatric disorders or mental health needs. Upon completion, students should be able to apply psychosocial theories in the nursing care of individuals with psychiatric/mental health needs. This course has more than 2000 Interactive Practice Questions with Rationales to assistance to students prepare for the Board exams and master the subject matter.

### **Optional Textbooks**

1. Contemporary Psychiatric-Mental Health Nursing, 2/E Carol Ren Kneisl and Eileen Trigobof, Prentice Hall 2009
2. Mental Health Nursing Care, 2/E Linda Eby and Nance Brown, Prentice Hall 2009

## **Course Contents**

### **Unit I. The Strength and Structure of Psychiatric Mental Health Nursing**

1. Psychiatric Mental Health Clients: Who Are They?
2. Psychiatric Mental Health Nurses: Who Are They?
3. Artful Therapeutic Practice
4. Engaging in Evidence-Based Practice

### **Unit II. Theoretical Basis for Psychiatric Mental Health Nursing**

5. Theories for Interdisciplinary Care
6. Psychobiology, Behavior, and Mental Disorders
7. The Science of Psychopharmacology
8. Stress, Anxiety, and Coping
9. Mental Health, Mental Disorder, and Cultural Competence

### **Unit III. Psychiatric Mental Health Nursing Processes**

10. Communicating and Relating
11. Assessment
12. Creating Hospital and Community-Based Therapeutic Environments
13. Clients' Rights, Advocacy, and Legal and Forensic Issues

#### **Unit IV. Clients with Mental Disorders**

14. Cognitive Disorders
15. Substance-Related Disorders
16. Schizophrenia and Other Psychotic Disorders
17. Mood Disorders
18. Anxiety and Dissociative Disorders
19. Somatoform and Sleep Disorders
20. Gender Identity and Sexual Disorders
21. Eating Disorders
22. Personality Disorders

#### **Unit V. Vulnerable Populations**

23. Clients at Risk for Suicide and Self-Destructive Behavior
24. Persons at Risk for Abuse or Violence
25. Psychiatric Mental Health Clients with HIV/AIDS
26. Children
27. Adolescents
28. Elders

#### **Unit VI. Intervention Strategies and Outcomes**

29. Counseling the Individual
  30. Group and Family Interventions
  31. Cognitive and Behavioral Interventions
  32. Psychopharmacologic Nursing Interventions
  33. Complementary, Alternative, and Integrative Healing Practices
  34. Crisis Intervention
  35. Intervening in Violence in the Psychiatric Setting
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