

Units of study in detail.**UNIT 1 Psychosocial Needs: Basic concepts and**

This unit is concerned with individuals at different age levels who have alterations in psychosocial adaptations of behavior as manifested by delusions, hallucinations, disorganized speech and disorganized behavior requiring modification of life activities. Concepts of mental health and mental illness will be discussed with particular emphasis on stress and psychological adaptations to stress. The professional role of the nurse and the use of therapeutic nursing approaches will be presented. While emphasis is placed on the psychiatric setting, these approaches will be valuable to the nurse in any setting wherein clients are experiencing physiological and or psychological stressful events.

ACTIVITY	OBJECTIVES	REFERENCES
Unit 1 A	<p><u>Psychosocial Needs: Basic Concepts of mental health and psychiatric nursing</u></p> <p>NUR 201 Orientation (1st class room hour) An overview and introduction to nursing in mental health / mental illness. Discuss stress and psychological and physiological adaptation. Discuss mental health, mental illness and Discuss the standards of nursing in psychiatric care. Identify and describe the professional role of the psychiatric / mental health nurse.</p>	<p>Readings:</p> <p>Readings – Read the pages listed in the index pertaining to the unit content/topics</p>
The student will be able to . .	<ol style="list-style-type: none"> 1. Describe the effects of short term care, managed care and community focused treatment plans on the client and the cost of delivery of care for the mentally ill. 2. Review Hans Selye’s adaptation syndrome as to how the body responds to stress. 3. Explain Rahe’s theory that stress is an environmental event. 4. Describe each element of Lazarus and Folkman’s theory of stress as a transaction between the individual and the environment (precipitating event, primary cognitive appraisal, secondary cognitive appraisal, and predisposing factors) and give an example of each. 5. Define the terms adaptation and maladaptation. 6. Discuss across the life span coping strategies as a means of stress management. 7. Discuss problem solving as a means of stress management. 8. Discuss anxiety and depression as psychological adaptive responses to stress. 9. Discuss ego defense mechanisms including the purpose and an example of each. 10. Define the terms mental health and mental illness. 11. Explain the Diagnostic Statistical Manual – IV multi-axial system of diagnostic classification for mental illnesses. 11. Identify and describe the components of the psychiatric assessment. 12. Discuss cultural factors that influence attitudes toward mental health and mental illness. 13. Discuss theories of human development according to Freud, Erickson, Sullivan, Mahler, Piaget and Kohlberg and the effect of each theory upon mental health/mental illness. 14. List the major structures of the brain and how each structure relates to behavior. 13. Identify basic structure of the neuron. 14. Describe the process of neuron transmission. 15. Discuss the relationship between neurotransmitters and mental illness. 16. Discuss the association of endocrine functioning, genetics, alteration in brain 	<p>Readings – Read the pages listed in the index pertaining to the unit content/topics</p> <p>Townsend, Mary C. (2006) Psychiatric Nursing Concepts of Care. (5th ed.)F.A. Davis</p> <p>Ball and Bindler</p> <p>Lilley, Harrington, & Snyder</p>

	<u>Psychosocial Needs: Basic Concepts of mental health and psychiatric nursing</u>	Readings:
	<p>functioning to various psychiatric disorders.</p> <ol style="list-style-type: none"> 17. Identify diagnostic procedures used to detect alteration in biological functioning that may cause psychiatric disorders. 18. Discuss the influence of psychological factors on the immune system. 19. Identify and describe the elements of the nursing process and the standards of care in psychiatric/mental health nursing. 20. Describe the major components of a psychosocial assessment. 21. Identify and describe the components of a mental status examination. 22. Select examples of behavior representative of normal and a deviation from normal for each component of the mental status examination. 23. Explain the importance of interviewing skills to nursing. 24. Identify and describe the stages of the nursing interview. 25. Identify and describe the stages of the nurse client relationship. 26. Explain the difference between therapeutic and non therapeutic communication. 27. Describe and give examples of therapeutic techniques of communication. 28. Describe and give examples of non therapeutic techniques of communication. 29. Explain the essence of assertive communication. 30. Explain milieu therapy. 31. Identify the nurse's role in providing a therapeutic milieu. 32. Describe documentation to be made by the nurse in providing records for the mentally ill. 33. Explain legal issues in psychiatry as related to confidentiality, informed consent, restraints and seclusion, least restrictive care, voluntary and involuntary issues and forensic issues. 	

	Psychosocial Needs: Basic Concepts – continued	Videotapes:
College Laboratory The Student will be able to . . .	<ol style="list-style-type: none"> 1. Identify the components of a mental status assessment. 2. Describe the normal and deviations from norm when doing a mental status examination. 3. Develop skills of interviewing and doing a mental status assessment. 	<p>“The Nature of Stress”</p> <p>Basic Mental Status Examination Series:</p> <p>Video I: Conducting the Patient Interview</p> <p>Video II: Evaluating Aspects of Appearance</p> <p>Video III: Evaluating Language and Thought Patterns</p> <p>Video IV: Evaluating Intellectual and Cognitive Function</p> <p>“Communicating with Clients with Mental Disorders”</p> <p>“Communication Across the Lifespan”</p>
Hospital Laboratory	Assigned Client Care	

	Psychosocial Needs: Alterations In Psychosocial Adaptation – Schizophrenia/psychotic disorders and dissociative disorders	
Unit 1 B	Discuss the alterations in psychosocial adaptation as manifested by schizophrenia / psychotic disorders, childhood schizophrenia, dissociative disorders. The treatment modalities and the application of the nursing process for these disorders will be included.	Readings – Read the pages listed in the index pertaining to the unit content/topics Townsend, Mary C. (2006) Psychiatric Nursing Concepts of Care. (5th ed.)F.A. Davis Ball and Bindler Lilley, Harrington, & Snyder
The student will be able to...	<ol style="list-style-type: none"> 1. Discuss the alteration in psychosocial adaptation: Schizophrenia / psychotic disorders. 2. Identify the DSM-IV criteria for diagnosing schizophrenia. 3. Describe the application of the nursing process for providing care for a client with a schizophrenia or psychotic disorder. 	

	Psychosocial Needs: Alterations In Psychosocial Adaptation –Schizophrenia/other psychotic disorders continued	
	<ol style="list-style-type: none"> 4. Discuss the psychological and social treatment modalities for schizophrenia / psychotic disorders. 5. Describe the pharmacological agents used to treat schizophrenia / psychotic disorders. 6. Identify the classes of antipsychotic drugs giving an example of each. 7. Describe the target symptoms for use of an antipsychotic drug. 8. Explain the use of anti-Parkinsonian agents in the treatment of clients with a schizophrenic / psychotic disorder. 9. Explain the use of a mood stabilizer in the treatment of clients with a schizophrenic / psychotic disorder. 9. Discuss schizophrenia as it occurs in childhood. (Autism) 10. Describe client / family / significant other education concerns for a client with a psychotic / schizophrenia disorder. 	Readings – Read the pages listed in the index pertaining to the unit content/topics Townsend, Mary C. (2006) Psychiatric Nursing Concepts of Care. (5th ed.)F.A. Davis Ball and Bindler Lilley, Harrington, & Snyder
	<ol style="list-style-type: none"> 11. Discuss the alterations in psychosocial adaptation: Dissociative Disorders. 12. Identify the DSM-IV Criteria for diagnosing dissociative disorders. 13. Describe the application of the nursing process for providing care for a client with dissociative disorders: Dissociative Amnesia, Fugue, Identify Disorder, Depersonalization Disorder. 14. Discuss the treatment modalities for the various dissociative disorders. 15. Identify client / family / significant other education topics for a client with a dissociative disorder. 	

		Videotapes “Unlocking Secrets of Schizophrenia”
College Laboratory		
Hospital Laboratory	Assigned Client Care	
Unit 1 C	Discuss the alterations in psychosocial adaptation as manifested by anxiety disorders, somatoform and sleep disorders, dissociative disorders and personality disorders. Disorders of oppositional defiant, Tourette’s, attention deficit / hyperactivity disorders (ADHD) that occur during infancy, childhood or adolescence are presented. The treatment modalities and the application of the nursing process for these disorders are included.	
	Psychosocial Needs: Alterations In Psychosocial Adaptation –Anxiety disorders and others- continued	
The student will be able to...	<ol style="list-style-type: none"> 1. Discuss the alterations in psychosocial adaptation: Anxiety disorders. 2. Identify the DSM-IV criteria for diagnosing anxiety disorders. 3. Describe the application of the nursing process for providing care for a client with anxiety disorder. 4. List and describe the expected outcomes for each treatment modality for anxiety disorders. 5. Identify and describe the pharmacological agents used to treat anxiety disorders. 6. Identify the classes of anti-psychotic drugs giving an example of each. 7. Describe the target symptoms for use of anxiety drugs. 8. Identify client / family / significant other education topic concerns for a client with an anxiety disorder. 9. Discuss anxiety disorders as they occur in childhood. 	Readings – Read the pages listed in the index pertaining to the unit content/topics. Townsend, Mary C. (2006) Psychiatric Nursing Concepts of Care. (5th ed.)F.A. Davis Ball and Bindler Lilley, Harrington, & Snyder
	<ol style="list-style-type: none"> 10. Discuss the alterations in psychosocial adaptation: Somatoform and Sleep Disorders. 11. Identify the DSM-IV Criteria for diagnosis of somatoform / sleep disorders. 12. Describe the application of the nursing process for providing care for a client with somatoform disorders. 13. Describe the application of the nursing process for providing care for a client with a sleep disorder. 14. Discuss the treatment modalities for somatoform and sleep disorders. 15. Identify client / family / significant other education topics for a client with an anxiety disorder. 	
	<ol style="list-style-type: none"> 16. Discuss the alterations in psychosocial adaptation: Personality Disorders. 17. Identify the DSM-IV Criteria for diagnosing various types of personality disorders. 18. Describe the application of the nursing process for providing care for a client with borderline and antisocial personality disorders. 19. Discuss the treatment modalities for personality disorders. 20. Identify client / family / significant other education topics for a client with a personality disorder. 	

	Psychosocial Needs: Alterations In Psychosocial Adaptation– Anxiety disorders and others continued	
The student will be able to . . .	<p>21. Adjustment and impulse control disorders.</p> <p>22. Identify the DSM-IV criteria for diagnosing adjustment and impulse control disorders.</p> <p>23. Describe the application of the nursing process for providing care for a client with adjustment and impulse control disorder.</p> <p>24. Discuss the modalities of treatment for adjustment and impulse control disorders.</p> <p>25. Describe client / family / significant other education concerns for a client with an anxiety disorder</p>	<p>Readings – Read the pages listed in the index pertaining to the unit content/topics</p> <p>Townsend, Mary C. (2006) Psychiatric Nursing Concepts of Care. (5th ed.)F.A. Davis</p> <p>Ball and Bindler</p> <p>Lilley, Harrington, & Snyder</p>
	<p>26. Discuss the alterations in psychosocial adaptation: First diagnosed in infancy, childhood or adolescence (Attention Deficit / Hyperactivity, conduct, oppositional defiant, Tourette’s disorder).</p> <p>27. Identify the DSM-IV Criteria for diagnosing of Attention Deficit / Hyperactivity disorder.</p> <p>28. Describe the application of the nursing process for providing care for a client with Attention Deficit / Hyperactivity disorder.</p> <p>29. Describe the symptoms displayed by a child with Attention Deficit/Hyperactivity disorder (ADHD).</p> <p>30. Discuss the pharmacological treatment for the child with an ADHD disorder.</p> <p>31. Identify client / family / significant other education topics for a client with an ADHD disorder.</p>	
	<p>32. Discuss the alterations in psychosocial adaptation: Tourette’s Disorder.</p> <p>33. Identify the DSM-IV Criteria for diagnosing of Tourette’s Disorder.</p> <p>34. Describe the application of the nursing process for providing care for a client with Tourette’s Disorder.</p> <p>35. Discuss the pharmacological treatment for Tourette’s Disorder.</p> <p>36. Identify client / family / significant other education topics for a client with Tourette’s Disorder.</p>	
		Videotapes
College Laboratory		<p>“Personality Disorders”</p> <p>“Behavioral Disorders in Children”</p> <p>“Panic Disorders”</p> <p>“Panic Attack”</p>
Hospital Laboratory	Assigned Client Care	

Clinical Experience	<u>Overall Psychiatric Objective</u> Use the nursing process to interview, assess, plan, implement care, teaching and discharge for a client who has psychotic maladaptive coping behavior.	
Student will be able to. . .	<u>Contributory Objectives</u> Establish a nurse-client relationship with a client experiencing a schizophrenic / psychotic disorder. Use therapeutic communication techniques to establish a therapeutic interpersonal relationship with the client for resolution of interpersonal conflicts and or maladaptive coping behavior.	
	Use interview techniques to assess client problems and coping strategies. Assess the mental functioning and emotional states of a client diagnosed with a mental disorder. Identify emotional states and mental functioning which deviate from normal in persons with mental disorders. Record the findings of the mental status examination using appropriate, objective and descriptive language. Use the nursing process to provide plans for care, teaching and discharge for a client with a diagnosis of schizophrenia / psychotic disorder. Participate / observe in the various treatment modalities used the interdisciplinary team to treat the client with psychiatric disorder. Observe / participate in a multidisciplinary team planning session for client care. Observe the role of the nurse in forensic psychiatry.	