



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

**LAST REVIEW: 2008-2009**

*2007-2008*

**NEXT REVIEW: 2013-2014**

*2010-2011*

**STATUS: A**

*Active*

**COURSE TITLE: NURSING CARE OF THE PSYCHIATRIC PATIENT**

**COMMON COURSE NUMBER: NUR 1520**

**CREDIT HOURS: 3**

**CONTACT HOUR BREAKDOWN**

*(per 8 week term)*

**CLOCK HOURS: 0**

Lecture: 6 (48 total) Lab: **0**

Clinic: Other: **0**

**PREREQUISITE(S): NUR 1220, NUR 1220L**

**COREQUISITE(S): NUR 1520 or NUR 1500L**

**PRE/COREQUISITE(S):**

## **COURSE DESCRIPTION:**

This course provides the student with definition and understanding of psychiatric nursing. The nursing process is utilized to present pathological conditions. Therapeutic modalities are included.

## **UNIT TITLES**

- 1.0 Issues Pertinent to Psychiatric Nursing
- 2.0 The Evolution of Psychiatric Nursing
- 3.0 Theory as a Basis for Psychiatric Nursing Practice
- 4.0 Biopsychophysiological Theory as a Basis for Psychiatric Nursing Practice
- 5.0 The Role of Diagnostic Systems for Psychiatric Nursing
- 6.0 Tools of Psychiatric Nursing
- 7.0 Cultural and Ethnic Considerations in Psychiatric Nursing
- 8.0 Ethical and Legal Basis for Care
- 9.0 The Patient in Crisis
- 10.0 The Patient Experiencing Anxiety
- 11.0 The Patient Experiencing Schizophrenia
- 12.0 The Patient Experiencing Depression
- 13.0 The Patient Experiencing Mania
- 14.0 The Suicidal Patient
- 15.0 The Patient Who Abuses Chemical Substances



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

- 16.0 The Patient with a Personality Disorder
- 17.0 The Patient with Somatoform or Factitious Disorder
- 18.0 The Patient with Disorders of Self-Regulation
- 19.0 The Physically Ill Patient Experiencing Emotional Distress
- 20.0 Major Psychiatric Disorders of The Child
- 21.0 Major Psychiatric Disorders of The Adolescent
- 22.0 Major Psychiatric Disorders of The Elderly
- 23.0 Survivors of Violence or Abuse
- 24.0 Pharmacology used in Psychiatric Care
- 25.0 Individual Psychotherapy
- 26.0 Group Therapy
- 27.0 Complementary and Somatic therapies
- 28.0 Self-Care Modalities



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

Common Course Number: NUR 1520

## UNITS

### Unit 1

#### 1.0 ISSUES PERTINENT TO PSYCHIATRIC NURSING

**Specific Measurable Learning Outcomes:**

Upon successful completion of this unit, the student shall be able to: develop foundational knowledge base for psychiatric nursing practice.

- 1.1 Interpret the goal of psychiatric care as that of strengthening the healthy portion of the client.
- 1.2 Reflect on the experience of a psychiatric nursing course in the process of becoming a nurse.
- 1.3 Describe the basic information about the nature and practice of psychiatric mental health care, including the nature of mental health and mental illness, a sense of why a person is hospitalized for psychiatric care, and basic job descriptions and education of various mental health workers.



**Unit 2**

**2.0 THE EVOLUTION OF PSYCHIATRIC NURSING**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: identify and discuss the evolution of psychiatric nursing as it developed into a professional specialized area of nursing.**

- 2.1 Identify factors that brought nursing of the physically ill and nursing of the mentally ill together.**
- 2.2 Identify the evolving role of psychiatric nursing in community settings.**
- 2.3 Describe societal changes in attitudes toward mental illness, leading to identification of mental illness as a disease.**
- 2.4 Discuss the treatment of mental illness in the 18<sup>th</sup> and 19<sup>th</sup> centuries.**
- 2.5 Explain the reasons why nurses working with mentally ill in the 19<sup>th</sup> century did not identify with nurses providing physical care.**
- 2.6 Describe the role of psychiatric nursing as a core subject and content of nursing practice.**



**Unit 3**

**3.0 THEORY AS A BASIS FOR PSYCHIATRIC NURSING PRACTICE**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: identify and discuss Theory as a Basis for Applying the Nursing Process to Psychiatric Nursing Practice.**

- 3.1 Discuss psychosocial theories from other disciplines useful in psychiatric nursing practice.**
- 3.2 Discuss the relationship between psychiatric mental health nursing practice and theory.**
- 3.3 Define terminology related to theory.**
- 3.4 Identify the major components of selected nursing theories.**
- 3.5 Consider various theories as a guide to nursing practice.**



**Unit 4**

**4.0 BIOPSYCHOPHYSIOLOGICAL THEORY AS A BASIS FOR  
PSYCHIATRIC NURSING PRACTICE**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: identify and discuss  
Biopsychophysiological Theory as a Basis for Psychiatric Nursing Practice**

- 4.1 Discuss the emerging model of biopsychophysiological theory as an example of emotions and behaviors.**
- 4.2 Explain the major functions of the human brain.**
- 4.3 Describe modern brain imaging techniques.**
- 4.4 Explain the role of neurotransmitters, membrane receptors, and messenger signaling systems.**
- 4.5 Discuss the role of genetics in understanding the possible treatment of psychiatric disorders.**



**Unit 5**

**5.0 THE ROLE OF DIAGNOSTIC SYSTEMS FOR PSYCHIATRIC NURSING**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: assess, identify and discuss The Role of Diagnostic Interventions for Psychiatric Nursing**

- 5.1 Describe how information systems affect psychiatric nursing practice.**
- 5.2 Define diagnostic system and the meaning of a diagnostic taxonomy.**
- 5.3 Explain the DSM diagnostic system, including the meaning of each axis.**
- 5.4 Explain the use of the NANDA taxonomy in psychiatric mental health nursing practice.**
- 5.5 Explain the use of the current Nursing Interventions Classification.**



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**Unit 6**

**6.0 TOOLS OF PSYCHIATRIC NURSING**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: identify and discuss**

**Tools of Psychiatric Nursing: Communication, Nursing Process, Nurse-Patient Relationship.**

- 6.1 Describe what is meant by therapeutic use of self.**
- 6.2 Define verbal and nonverbal communication, giving examples of each.**
- 6.3 Discuss skills of therapeutic communication.**
- 6.4 Evaluate own communication.**
- 6.5 Discuss the application of nursing process in psychiatric settings, emphasizing nursing diagnoses frequently seen in psychiatric care.**
- 6.6 Identify phases of the nurse-client relationship.**
- 6.7 Discuss the use of the nursing process and therapeutic nurse-client relationship to establish care.**
- 6.8 Identify various techniques of therapeutic communication and state when each could be helpful in interactions.**



**Unit 7**

**7.0 CULTURAL AND ETHNIC CONSIDERATIONS IN PSYCHIATRIC NURSING**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: identify, describe, and discuss Cultural and Ethnic Considerations in Psychiatric Nursing**

- 7.1 Define culture as it applies to psychiatric mental health nursing.**
- 7.2 Discuss the importance of understanding cultural variation when planning and implementing care.**
- 7.3 Recognize ways in which patients may vary in their beliefs about the health care system and their attitudes about seeking appropriate mental health care.**
- 7.4 Describe the effect of cultural and ethnic variation on therapeutic management of psychiatric mental health care, including pharmacologic and behavioral elements.**
- 7.5 Analyze verbal and nonverbal communication factors that effect transcultural interactions between nurse and patient.**



**Unit 8**

**8.0 ETHICAL AND LEGAL BASIS FOR CARE**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: identify and discuss Ethical and Legal Bases for Care.**

- 8.1 Describe the legal parameters and nursing responsibilities related to: Patient's rights, confidentiality, psychological competence, informed consent, right to refuse treatment, involuntary hospitalization, professional negligence, violent or self-destructive patients.**
- 8.2 Identify the principles that guide practice decisions in psychiatric mental health nursing, including autonomy, beneficence, fidelity, justices, and nonmaleficence.**



**Unit 9**

**9.0 THE PATIENT IN CRISIS**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 1. Identify, describe, discuss, implement care for patients with psychiatric disorders.**
- 2. Discuss The Patient in Crisis and appropriate nursing interventions.**

- 9.1 Describe situational, maturational, cultural, and community crises.**
- 9.2 Identify crises as part of life and describe situations that may bring on crisis for many individuals.**
- 9.3 Identify four phases of a person's experience of crisis.**
- 9.4 Discuss stress theory and interpret the individual's response to crisis.**
- 9.5 Identify daily stressors in modern life that produce personal stress and require adaptive responses.**
- 9.6 Discuss cultural care theory to obtain knowledge of the patient's culture and to understand the meaning of life's events from within that culture.**
- 9.7 Discuss the adaptation nursing theory of Roy and Erickson's models to evaluate the crisis response, adaptation, and return to an equilibrium state.**
- 9.8 Discuss the caring, interpersonal nursing theories of Peplau to seek to understand the patient's subjective experience of the crisis event and provide unconditional, humanistic, holistic care,**
- 9.9 Discuss the nursing process as it relates to patient in crisis by:  
Performing nursing assessments for crisis, analyzing data in terms of nursing and crisis theories, formulating individual nursing diagnoses, deriving a plan of care, evaluating care based on resolution to the pre-crisis state.**



**Common Course Number: NUR 1520**

**Unit 10**

**10.0 THE PATIENT EXPERIENCING ANXIETY**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient Experiencing Anxiety as well as appropriate caring interventions.**

- 10.1 Describe the subjective experience of the core emotion, anxiety.**
- 10.2 Describe the difference between anxiety and fear.**
- 10.3 Define and describe six major anxiety disorders: Generalized Anxiety disorder, Panic Disorder, Phobias, Obsessive-Compulsive Disorder, and Post-Traumatic Stress Disorder.**
- 10.4 Discuss the prevalence of anxiety disorders in the general population.**
- 10.5 Describe the major treatments of clients with anxiety disorders, including psychotherapy, medication therapy, and combination treatments.**
- 10.6 Discuss nursing theory and nursing diagnoses in the planning, implementing, and evaluating of nursing care of clients with anxiety disorders.**



**Unit 11**

**11.0 THE PATIENT EXPERIENCING SCHIZOPHRENIA**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe The Patient Experiencing Schizophrenia as well as appropriate caring interventions.**

- 11.1 Describe the experiences of those who have schizophrenia and those who have a family member with the condition.**
- 11.2 Discuss the genetic factors known with regard to the transition of schizophrenia.**
- 11.3 Contrast disturbed thought processes as normal human responses with the psychiatric conditions schizophrenia and psychosis.**
- 11.4 List the presenting symptoms of schizophrenia.**
- 11.5 Discuss the epidemiology of schizophrenia.**
- 11.6 Explain the etiology of schizophrenia as an organic disease.**
- 11.7 Explain the role of neuroleptic drugs in case and management of schizophrenia.**
- 11.8 Design a plan of care for a person suffering from schizophrenia, based on nursing theory and the nursing process.**
- 11.9 Develop a personal perspective on the social policies that guide treatment and care of chronically mentally ill persons in the U.S.A.**



**Unit 12**

**12.0 THE PATIENT EXPERIENCING DEPRESSION**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient Experiencing Depression and appropriate caring interventions.**

- 12.1 Define depression and differentiate.**
- 12.2 Identify mood swings as a normal part of the human emotional experience.**
- 12.3 Describe the feelings experienced by people with depression.**
- 12.4 Describe the concepts of grief and bereavement.**
- 12.5 Analyze predisposing factors to grief and depression.**
- 12.6 Identify major psychological theories that explain depression.**
- 12.7 Discuss some of the medications used to treat depression.**
- 12.8 Explain how medications used to treat depression work.**
- 12.9 Discuss a nursing theory as base to care for depressed clients.**
- 12.10 Formulate a plan of care using the nursing process, for clients who are depressed.**



**Common Course Number: NUR 1520**

**Unit 13**

**13.1 THE PATIENT EXPERIENCING MANIA**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient Experiencing Mania and appropriate caring interventions.**

- 13.1 Describe the cyclical relationship of mania and depression.**
- 13.2 Define mania and state the behaviors associated with the condition.**
- 13.3 Explain the genetic and inherited nature of manic disease.**
- 13.4 Describe the clinical course of mania.**
- 13.5 List drugs used to treat patients with mania.**
- 13.6 Explain how medications used to treat mania work.**
- 13.7 Discuss nursing theory in assessing and understanding clients with mania.**
- 13.8 Discuss the nursing process and nursing diagnoses to plan and evaluate care of the patient with mania.**



**Unit 14**

**14.0 THE SUICIDAL PATIENT**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Suicidal Patient and appropriate caring interventions.**

- 14.1 Explore the significance of hopelessness and loss of meaning and purpose of life.**
- 14.2 Describe a means of assessing suicide potential in a client.**
- 14.3 State the psychiatric and medical conditions that significantly increase a patient's risk of suicide.**
- 14.4 Identify the conditions and circumstances that make an individual at high risk for suicide.**
- 14.5 Describe the provision of a safe environment for the suicidal patient.**
- 14.6 Design a plan of care using the nursing process for a patient who is at risk for suicide.**



**Unit 15**

**15.0 THE PATIENT WHO ABUSES CHEMICAL SUBSTANCES**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient Who Abuses Chemical Substances and appropriate caring interventions.**

- 15.1 Describe the widespread nature of substance abuse in historical and modern cultures.**
- 15.2 Identify the effects, withdrawal symptoms, patterns of abuse, and means of treatment for nicotine, alcohol, cocaine, and opiate abuse.**
- 15.3 Explain the dynamics of codependency.**
- 15.4 List the types of substances subject to misuse and abuse.**
- 15.5 Define and differentiate between the terms tolerance, withdrawal, dependence, craving, and addiction.**
- 15.6 Explain the philosophy and treatment approach of Alcoholics Anonymous and 12-step programs.**
- 15.7 Explain the relationship between chemical abuse and family dysfunction.**
- 15.8 Employ nursing theory and diagnoses to plan care for the individual and family unit affected by chemical abuse.**



**Unit 16**

**16.0 THE PATIENT WITH A PERSONALITY DISORDER**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient with a Personality disorder and appropriate caring interventions.**

- 16.1 Differentiate between a person with eccentric personality traits and a person with a personality disorder.**
- 16.2 Define personality, personality trait, and personality disorder.**
- 16.3 Identify characteristics of specific personality disorders.**
- 16.4 Describe how early childhood influences can affect personality development.**
- 16.5 Describe nursing interventions for a person with a personality disorder.**



**Unit 17**

**17.0 THE PATIENT WITH A SOMATOFORM OR FACTITIOUS DISORDER**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient with Somatoform or Factitious disorder and appropriate caring interventions.**

- 17.1 Describe principle for the effective treatment of Hypochondriasis.
- 17.2 Differentiate between Factitious Disorder and malingering.
- 17.3 Use techniques of introspection and self-reflection to examine your own feelings with regard to patients whose physical complaints are results of psychiatric illness
- 17.4 Define somatoform disorders and distinguish among Somatization Disorder, Hypochondriasis, and Conversion Disorder.
- 17.5 Define Factitious Disorder (Munchausen's Syndrome) and Munchausen's Syndrome by Proxy.
- 17.6 Describe the presenting characteristics of an individual with Somatization Disorder who comes to an acute-care clinic for diagnosis and treatment.
- 17.7 Distinguish between Hypochondriasis and Anxiety Disorder.
- 17.8 Cite the major theoretical explanations for Hypochondriasis(psychoanalytical, behavioral, and biological).
- 17.9 Provide an explanation for treatment of Conversion Disorder through direct explanation of the underlying conflict.
- 17.10 Utilize the nursing process and nursing theory to plan care for a client experiencing a somatoform disorder.



**Unit 18**

**18.0 THE PATIENT WITH DISORDERS OF SELF-REGULATION**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss The Patient with Disorders of Self-Regulation: Sleep Disorders, Eating Disorders, Sexual Disorders and caring interventions.**

- 18.1 Describe normal sleep cycles and changes in sleep cycles expected in aging.**
- 18.2 Describe insomnia.**
- 18.3 Design a sleep hygiene regiment for a patient with disturbed sleep.**
- 18.4 Describe Anorexia Nervosa and Bulimia.**
- 18.5 Describe behaviors of individuals with ineffective sexuality pattern, sexual dysfunction, and sexual disorders.**
- 18.6 Design a plan of care using the nursing process, for a client with eating disorders, including nutritional rehabilitation, psychotherapy, maintenance, and follow-up care.**
- 18.7 Design a plan of care for a patient with a disorder of regulation.**



**Unit 19**

**19.0 THE PHYSICALLY ILL PATIENT EXPERIENCING EMOTIONAL DISTRESS**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 1. Identify, describe, discuss and plan care for patients from “special populations.”**
- 2. Describe and discuss The Physically Ill Patient Experiencing Emotional Distress and appropriate caring interventions.**

- 19.1 Identify those situations where a physically illness produces emotional stress to the point where a patient may present with psychological symptoms.**
- 19.2 Describe the common reactions patients have to cancer, heart disease, chronic pain, and neurological disorders that may require mental health and psychological adjustments.**
- 19.3 Describe the emerging field of body-mind medicine and its effects on holistic nursing care.**
- 19.4 Design a nursing care plan using the nursing process to complete holistic nursing assessments and provide interventions in situations where the client is facing both physical and psychiatric symptoms.**
- 19.5 Describe the role of the psychiatric liaison nurse.**
- 19.6 Describe the role of the community mental health nurse in home care settings.**



**Common Course Number: NUR 1520**

**Unit 20**

**20.0 MAJOR PSYCHIATRIC DISORDERS OF THE CHILD**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss major psychiatric disorders of The Child and appropriate caring interventions.**

- 20.1 Apply the nursing process to one childhood disorder.**
- 20.2 Discuss the prevalence of and risk factors for psychiatric disorders in children.**
- 20.3 Explain how to assess the emotional, social, and educational needs and problems of children and their families.**
- 20.4 Describe the common psychiatric disorders of childhood.**
- 20.5 Describe various treatment modalities relevant to the care of children with these disorders.**



**Common Course Number: NUR 1520**

**Unit 21**

**21.0 MAJOR PSYCHIATRIC DISORDERS OF THE ADOLESCENT**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: describe and discuss major psychiatric disorders of The Child and appropriate caring interventions.**

**21.1**

**21.2**

**21.3**

**21.4**

**21.5**