

RIVERSIDE CITY COLLEGE
SCHOOL OF NURSING
**NURSING 3 PSYCHIATRIC/MENTAL HEALTH
CHALLENGE EXAMINATION CONTRACT
2011-2012**

TO: LVN Advanced Placement Students

FROM: Sandra Baker, DNP, RN, CNE, Dean, School of Nursing

RE: Preparation for the Nursing 3 Psychiatric/Mental Health (MENTAL HEALTH) Challenge Examination.

We are pleased to inform you that Advanced Placement LVNs (with **documented 60 hours or more of prior clinical rotation** in psychiatric/mental health nursing from their VN program) and students licensed graduates of RCC's VN program are provided with the opportunity to take the Nursing 3 Psychiatric/Mental Health Challenge examination! **This exam can be taken ONE time only**. Those who successfully pass the exam are not required to complete the psychiatric clinical rotation. Additionally, LVNs who pass the Psych/Mental Health Challenge Exam may opt to not attend the MENTAL HEALTH theory and not take the MENTAL HEALTH portion of N3 exams; this decision is irrevocable. You will be asked to make a decision about the M/H theory and exams at the time of your acceptance to Nursing 3. Please note this decision will be irrevocable.

The next exam is scheduled to be given:

Early November 2010

Martin Luther King Teaching and Learning Center (MLK)

The Psychiatric Mental Health Challenge Examination and study guide that includes the course outline for Nursing 3 psychiatric/mental health content, along with the required textbook list for Nursing 3, can be found on the Nursing Education Web Site www.rcc.edu/academicprograms/nursing. You are encouraged to review the Nursing 3 course outline to familiarize yourself with the psychiatric lecture material that is covered in the class. Also, before taking the exam it is recommended that you review your psychiatric lecture notes and other materials from your LVN program. Students are further encouraged to use any NCLEX-RN review books to refresh on the concepts to be tested. Note also that the Digital Library houses several sets of NCLEX review tapes that may be helpful for content review.

The exam costs **\$48.00 (cash or money order only), which must be paid no later than three weeks before the exam date, in order to qualify to participate in the Psychiatric/ Mental Health Challenge Exam. Payment is due three weeks before the exam.** Please submit exam fees to the Auxiliary Business Services/Cashier's Office, which is located in the Bradshaw Student Center, Second floor, across from the Hall of Fame Room. **Deposit the money in to the account entitled Mental Health Challenge Examination. Tell the cashier this exact title to identify the account into which the fee should be deposited.**

You will receive a receipt of payment that must be presented at the time of the exam. PLEASE NOTE THAT STUDENTS WITHOUT A RECEIPT WILL BE INELIGIBLE TO TAKE THE EXAM. Your RECEIPT and a COPY of your picture ID and VN license will be required the day of the test to be admitted to the test.

Exam Eligibility:

1. Candidates must be graduates of the RCC LVN program or;
2. Graduates from non-RCC LVN programs with a **documented 60 hours or more of prior clinical rotation** in psychiatric/mental health nursing.
3. Verification of the above through transcripts and other official documentation, as confirmed by the Nursing Enrollment Technician.

Exam Information:

1. The exam is held in the MLK Teaching and Learning Center. The date and time can be found on the RCC School of Nursing Website.
2. The exam consists of 100 computerized multiple choice/objective items that primarily have a clinical focus. Included may also be additional test items that are being pilot tested, but will not be calculated into your final exam score.
3. The exam will be taken on a computer and students will be given an access code.
4. Please bring a jacket or sweater, since it may be cool in the computer lab.
5. The primary focus of the exam is principles of application of Psychiatric/MENTAL HEALTH nursing to demonstrate psychiatric clinical proficiency and safety in the clinical setting. An overview of major psychiatric diagnoses and problems will be addressed. Situations using therapeutic communication are included. (The exam is designed for beginning practitioners in the CLINICAL setting. It is not heavily theory based.)
6. Remember to use the nursing process including assessment, analysis, nursing and medical interventions, rationales, and evaluation. Consider NANDA diagnoses and outcomes also.

Best wishes as you prepare for the exam! We look forward to working with you!

My signature below signifies acceptance of the conditions set forth in this contract and I agree not to divulge any information contained in the HESI-Psyc/Mental Health Challenge Exam.

Print Name

Signature

Date

**RIVERSIDE CITY COLLEGE
SCHOOL OF NURSING**

Associate Degree Nursing Program Textbook List, Fall 2011

Please purchase the books **required** for your semester **only** as books are subject to change each semester.

NURSING 1

Required: Required texts are those that will be used in class.

ATI Comprehensive Assessment and Review Program. (Information to follow at orientation. Available for purchase at atitestng.com.)

Skills Supply Bag.

ADN Student Handbook. (2011-2012). Unpublished manuscript. Riverside: Riverside City College. (Will be distributed at orientation.)

Colucci, M., Duller, S., Dyogi, N., LaCava, W. (2011-2012). *Nursing 1 Study Guide Handbook*. Unpublished manuscript. Riverside: Riverside City College. (Need First Day of Class).

de Castillo, S. & Werner-McCullough, M. (2007). *Calculating drug dosages*. Philadelphia: F. A. Davis Co. (ISBN 978-0-8036-1532-8).

McKenry, L. M. & Salerno, E. (2005). *Mosby's pharmacology in nursing* (22nd ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-03008-3).

Potter, P A. & Perry, A. G. (2009). *Fundamentals of nursing* (7th ed.). St. Louis: Mosby. (ISBN 978-0-323-06784-3).

Smeltzer, S., Bare, B., Hinkle, J., & Cheever, K. (2009). *Brunner & Suddarth's textbook of medical-surgical nursing* (12th ed.). Philadelphia: Lippincott, Williams & Wilkins. (ISBN 978-0-7817-8589-1 (one volume). (ISBN 978-0-7817-8590-7 (two volume)

A subscription to Nursing 2011 is required for each semester.

Supplemental: Supplemental textbooks are those that may offer additional information and enhance your learning. Supplemental texts are available in Nursing 7. (Note: Updated editions may be available.)

Eliopoulos, C. (2009). *Gerontological nursing* (7th ed.). Philadelphia: J. B. Lippincott. (ISBN 0-7817-53449).

Giger, J. & Davidhizar, R. (2008). *Transcultural nursing assessment & intervention* (4th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-04811-8).

Hodgson, B. B. & Kizior, R. J. (2010). *Saunders nursing drug handbook 2011*. St Louis: Mosby, Inc. (ISBN-13: 978-1-4137719291).

Karch, A. (2010). *2011 Lippincott's nursing drug guide*. Philadelphia: J. B. Lippincott. (ISBN 978-1-60913-237-8).

- Kee, J. L. (2009). *Handbook of laboratory and diagnostic tests with nursing implications* (5th ed.). Upper Saddle River: Prentice Hall. (ISBN 0-1351-4278-3).
- Newman, B. & Newman, P. (2006). *Development through life* (9th ed.). Pacific Groves: Brooks/Cole Publishing Company. (ISBN 0-534-60725-X).
- Pagana, K. D. & Pagana, T. J. (2009). *Mosby's manual of diagnostic and laboratory tests* (9th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-05345-7).
- Potter, P. & Perry, A. (2009). *Study guide and skills performance checklists for fundamentals of nursing* (7th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-05251-1).
- Ralph, S. & Taylor, C. (2009). Sparks & Taylor's *Nursing diagnosis reference manual* (7th ed.). Springhouse, PA: Springhouse. (ISBN 978-1-605-47290-4).
- Schlenker, E., & Long, S. (2007). *Williams essentials of nutrition & diet therapy* (9th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-03764-8).
- Skidmore-Roth, Linda. (2010). *Mosby's drug guide for nurses* (9th ed). St. Louis: Mosby, Inc. (ISBN 978-0-323-05663-2).
- Venes, D. (Ed.). (2009). *Taber's cyclopedic medical dictionary* (21st ed.). Philadelphia: F. A. Davis. (ISBN 978-0-8036-1560-1).

NURSING 2

Required: Required texts are those that will be used in class.

All texts required in Nursing 1 and supplemental as appropriate for semester level.

Skills Supply Bag.

ADN Student Handbook. (2011-2012). Unpublished manuscript. Riverside: Riverside City College. (Need First Day of Class.)

Howard-York, L., Indermuehle, D., Leifer, G., Nelson, L. (2011-2012). *Nursing 2 Study Guides and Lab Manuals*. Unpublished manuscript. Riverside: Riverside City College. (online)

Hockenberry, J. & Wilson, D. (2009). *Wong's essentials of pediatric nursing* (9th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-05353-2).

Murray, S. & McKinney, E. (2010). *Foundations of maternal-newborn & women's health nursing*. (5th ed.). Philadelphia: W. B. Saunders. (ISBN 978-1-4377-0259-0).

A subscription to Nursing 2011 is required for each semester.

Supplemental: Supplemental textbooks are those that may offer additional information and enhance your learning. Supplemental texts are available in Nursing 7 or Reference Section of library.

Hockenberry, M. & Wilson, D. (2009). *Study guide to accompany Wong's essentials of pediatric nursing* (8th ed.). St. Louis, Mosby, Inc. (ISBN 978-0-323-05757-8).

John Hopkins Hospital (2011). *The Harriet Lane handbook* (19th ed.). St. Louis: Mosby, Inc. (ISBN 978-03230-79426).

Hockenberry, M. & Wilson, D. (2009) *Virtual clinical excursions for essentials of pediatric nursing* (8th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-04897-2).

Holloway, B., Moredich, C., K. Aduddell. (2006). *OB Peds Women's Health Notes, Nurse's Clinical Pocket Guide*. Philadelphia, PA: F. A. Davis Co.

Murray, S. & McKinney, E. (2010). *Study guide for foundations of maternal-newborn & women's health nursing* (5th ed.). Philadelphia: W. B. Saunders. (ISBN 978-4377-0685-7).

Nugent, P. & Vitale, B (2008). *Test success: Test-taking techniques for beginning nursing students* (5th ed.). F. A. Davis. (ISBN 978-0-8036-1894-7).

Swearigen, P. (2011). *All-in-one care planning resource* (3nd ed.). St. Louis: Mosby, Inc. (ISBN 978-0323074209).

NURSING 3

Required: Required texts are those that will be used in class.

All texts required in Nursing 1, Nursing 2, and supplemental as appropriate for semester level.

ADN Student Handbook. (2010-2011). Unpublished manuscript. Riverside: Riverside City College. (Need First Day of Class.)

Alexander, S., Havener, K., Lange, M., Lowry, S., Moncrieff, M., & Schutte, D. (Spring 2011-2012). *Medical/Surgical Orientation Manual/Nursing 3 Study Guide*. Unpublished manuscript. Riverside: Riverside City College. (online)

Keltner, N., Bostrom, C. & Schwecke, L. (2011-2012). *Psychiatric nursing* (6th ed.). St. Louis: Mosby, Inc. (ISBN 978-03230-3069519).

Moncrieff, M. (2011-2012). *Psychiatric/Mental Health Clinical Lab Manual*. Unpublished manuscript. Riverside: Riverside City College.

A subscription to Nursing 2011 is required for each semester.

Supplemental:

Gahart, B. & Nazareno, A. (2010). *2011 intravenous medications* (27th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-05792-9).

Townsend, M. (2010). *Nursing diagnoses in psychiatric nursing* (8th ed.). Philadelphia: F. A. Davis Co. (ISBN 978-0803625068).

NURSING 4

Required: Required texts are those that will be used in class.

All texts required in Nursing 1, Nursing 2, and Nursing 3 and supplemental as appropriate for semester level.

ADN Student Handbook. (2010-2011). Unpublished manuscript. Riverside: Riverside City College.

Anderson, K., Christiansen, J., Fawson, A., Tutor, P., & Vant Hul, T. (Spring 2011). *Nursing 4 Lab Manual*. Unpublished manuscript. Riverside: Riverside City College. (online)

Gahart, B. & Nazareno, A. (2010). *2011 intravenous medications* (27th ed.). St. Louis: Mosby, Inc. (ISBN 978-0-323-05792-9).

Supplemental:

Eliopoulous, C. (2009). *Gerontological nursing* (7th ed.). Philadelphia: J. B. Lippincott. (ISBN 0-7817-53449).

NURSING 15

Required: Required texts are those that will be used in class.

Board of Registered Nursing. (2011). *Nursing practice act: Rules and regulations*. Sacramento: Author. (Retrieve from <http://www.rn.ca.gov> - **students will be provided a copy in class**).

Christiansen, J., Dyogi, N., Kroetz, S., & Vermillion, A. (2012). *Nursing 15 Study Guide*. Unpublished manuscript. Riverside: Riverside City College.

Doenges, M. E. & Moorhouse, M.F. (2008). *Application of nursing process and nursing diagnosis: An interactive text for diagnostic reasoning* (5th ed.). Philadelphia: F. A. Davis. (ISBN 978-0-8036-1909-8).

Ellis, J. & Hartley, C. (2007). *Nursing in today's world* (9th ed.). Philadelphia: PA: Lippincott, Williams & Wilkins. (ISBN 978-0-7817-6525-1).

(Students are required to purchase one care plan text)

Ralph, S. & Taylor, C. (2010). Sparks and Taylor's *Nursing diagnosis reference manual* (8th ed.). Springhouse, PA: Springhouse. (ISBN 978-1608311657).

OR

Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2009). *Nursing care plans: Guidelines for individualizing client care across the life span* (8th ed.). Philadelphia: F. A. Davis. (ISBN 978-0-8036-2210-4).

OR

Ulrich, S. P. & Canale, S. W. (2005). *Nurse care planning guides: For adults in acute, extended and home care settings* (6th ed.). St. Louis: Saunders. (ISBN 978-0-7216-3923-9).

Supplemental: Supplemental textbooks are those that may offer additional information and enhance your learning. Supplemental texts are available in Nursing 7.

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author. (ISBN 978-1433805615).

NURSING 16

Required: Required texts are those that will be used in class.

Board of Registered Nursing. (2011). *Nursing practice act with regulations and related statute*. Sacramento: Author. (Retrieve from <http://www.rn.ca.gov/regulations/npa.shtml>)

Ellis, J. & Hartley, C. (2007). *Nursing in today's world* (9th ed.). Philadelphia: PA: Lippincott, Williams & Wilkins. (ISBN 0-7817-6525-0).

NURSING 17

Required: Required texts are those that will be used in class.

Christiansen, J. & Vermillion, A. (2012). *Nursing 17 Study Guide*. Unpublished manuscript. Riverside: Riverside City College.

Doenges, M. E. & Moorhouse, M.F. (2008). *Application of nursing process and nursing diagnosis: An interactive text for diagnostic reasoning* (5th ed.). Philadelphia: F. A. Davis. (ISBN 978-0-8036-1909-8).

Supplemental:

(NOTE: Students are required to purchase one care plan text.)

Ackley, B.J. & Ladwig, G.B. (2010). *Nursing diagnosis handbook* (9th ed.). Mosby, Inc. (ISBN 978-0323071505).

American Psychological Association. (2001). *Publication manual of the American Psychological Association* (5th ed.). Washington D.C. (ISBN 1-55798-810-2).

Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2009). *Nursing care plans: Guidelines and individualizing client care across the life span* (7th ed.). Philadelphia: F. A. Davis. (ISBN 978-0-8036-1294-5).

Harrington, N. & Terry, C. (2008). *LPN to RN transitions: Achieving success in your new role* (3rd ed.). Philadelphia: J. B. Lippincott. (ISBN 0-7817-6757-1).

Huagen, N., & Galura, S. (2010). *Ulrich & Canele's Nursing care planning guides: Prioritization, delegation, and critical thinking* (7th ed.). Philadelphia Saunders.

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**RIVERSIDE COMMUNITY COLLEGE DISTRICT
 SCHOOL OF NURSING
 NURSING 3 City Campus
PSYCHIATRIC/MENTAL HEALTH NURSING LECTURE SYLLABUS
 Fall, 2011**

DATE	MAJOR CONCEPT	FOCUS	BEHAVIORAL LEARNING OBJECTIVES	LEARNING EXPERIENCES/ OPPORTUNITIES AND ASSIGNMENTS
Week 1				
No Psych				
WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health Nursing Theory/ Clinical	RCC Conceptual Framework Basic Human Needs Life Cycle Health/Illness Continuum Nursing Process Roles of the AD Nurse Safety in the Clinical Setting	INTRODUCTION TO NURSING 3 <u>Use of RCC Nursing Conceptual Framework in Mental Health Setting:</u> Maslow's Hierarchy Erikson/Newman's Psychosocial Model Health-Illness Continuum Nursing Process Roles of the Nurse	1. Relate the RCC Nursing Conceptual Framework to the mental health setting. 2. Provide examples of how each component of Maslow's Hierarchy of Basic Human needs relates to the mental health client. 3. Relate the positive/negative resolution in each of the developmental crises in Erikson/Newman's eleven stages of the life cycle in the mental healthcare of children, adolescents, and adults. 4. Discuss the health-illness continuum as presented in the RCC Nursing Conceptual Framework, incorporating aspects of mental health and mental illness. 5. Define the nursing process and give a summary of the five steps related to mental health nursing. 6. Identify the role expectations of the ADN nurse in the psychiatric/mental health setting.	<u>Lecture/Discussion</u> <u>Required Readings:</u> Keltner Text: <u>Psychiatric Nursing</u> (6th ed.) (2011) ATI Mental Health Nursing, RN Edition 7 <u>Handouts:</u> Orientation Guidelines/Lecture Schedule Psychiatric Nursing Syllabus <u>Review:</u> RCC Conceptual Framework <u>Townsend:</u> <u>Nursing Diagnoses in Psychiatric Nursing</u> (8th ed.). 2011. Unit 1 pp1-13 NCLEX-RN Review (Mosby, 2007) Davis Drug Guide (F.A. Davis, 2007) McKenry, L. M. & Salerno, E. (2006) <i>Mosby's pharmacology in nursing</i> (22nd ed.). St. Louis Kee, J. L. (2005). <i>Handbook of laboratory and diagnostic tests with nursing implications</i> (7th ed.) Newman, B. & Newman, P. (2006). <i>Development through life</i> (9th ed.). Pacific Groves: Brooks/Cole Publishing Company. Taber's Medical Dictionary (F.A. Davis, 2009)

DATE	MAJOR CONCEPT	FOCUS	BEHAVIORAL LEARNING OBJECTIVES	LEARNING EXPERIENCES/ OPPORTUNITIES AND ASSIGNMENTS																
WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health Nursing Theory/ Clinical	Health-Illness Continuum Roles of the AD Nurse	<u>Introduction to Mental Health Nursing</u> <u>Psychotherapeutic Management</u>	<ol style="list-style-type: none"> Describe the three components of psychotherapeutic management. Define the following terms: <table border="0"> <tr> <td>Behavior therapy</td> <td>1:1 Communication</td> </tr> <tr> <td>Milieu</td> <td>Therapy, OT, RT</td> </tr> <tr> <td>Psychopathology</td> <td>Group Therapy</td> </tr> <tr> <td>Psychopharmacology</td> <td>Therapeutic Communication</td> </tr> <tr> <td>Psychotropic drug</td> <td>Nurse-Patient Relationship</td> </tr> <tr> <td>Somatic therapy/ECT</td> <td>Support systems</td> </tr> <tr> <td>Nutrition</td> <td>Crisis intervention</td> </tr> <tr> <td>Religion</td> <td>Spirituality</td> </tr> </table> Identify techniques for increasing or decreasing a behavior. Describe the concept of token economy. Outline basic goals of group therapy. 	Behavior therapy	1:1 Communication	Milieu	Therapy, OT, RT	Psychopathology	Group Therapy	Psychopharmacology	Therapeutic Communication	Psychotropic drug	Nurse-Patient Relationship	Somatic therapy/ECT	Support systems	Nutrition	Crisis intervention	Religion	Spirituality	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Ch. 1-2 <u>ATI:</u> Ch. 1, 3 <u>Recommended Videos (IMC):</u> Who's Normal Anyway? RC533.W46 2004 Crossing the Line: When Professional Boundaries are Violated RT86.3.C7 1998 Asylum: A History of the Mental Institutions in America: RC445.D6S3 2003
Behavior therapy	1:1 Communication																			
Milieu	Therapy, OT, RT																			
Psychopathology	Group Therapy																			
Psychopharmacology	Therapeutic Communication																			
Psychotropic drug	Nurse-Patient Relationship																			
Somatic therapy/ECT	Support systems																			
Nutrition	Crisis intervention																			
Religion	Spirituality																			
WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health Nursing Theory/ Clinical <i>Continued.</i>	Roles of the AD Nurse	<u>Theoretical Models for Working with Mental Health Patients</u>	<ol style="list-style-type: none"> Briefly compare and contrast major theoretical models that contribute to the understanding of mental health patients and their behaviors. (Freud, Erikson, Sullivan, Peplau, Ellis, Glasser, Selye) Describe the five axes of the mental health classification system. (DSM IV-TR) Review/define the following terms: <table border="0"> <tr> <td>Interpersonal security</td> <td>Euphoria</td> <td>Id</td> </tr> <tr> <td>Irrational belief</td> <td>Terror</td> <td>Ego</td> </tr> <tr> <td>Free Association</td> <td>Satisfaction</td> <td>Superego</td> </tr> <tr> <td>Preconscious</td> <td>Anxiety</td> <td>Stress</td> </tr> <tr> <td>Dysphoria</td> <td>Fear</td> <td>GAD</td> </tr> </table> Identify adaptive/maladaptive/palliative/dysfunctional use of defense mechanisms. 	Interpersonal security	Euphoria	Id	Irrational belief	Terror	Ego	Free Association	Satisfaction	Superego	Preconscious	Anxiety	Stress	Dysphoria	Fear	GAD	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner,</u> Ch. 3	
Interpersonal security	Euphoria	Id																		
Irrational belief	Terror	Ego																		
Free Association	Satisfaction	Superego																		
Preconscious	Anxiety	Stress																		
Dysphoria	Fear	GAD																		

<p>WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health Nursing Theory/ Clinical <i>Continued.</i></p>	<p>Roles of the AD Nurse <u>Legal Issues</u></p>	<ol style="list-style-type: none"> 1. Identify landmark court rulings and their impact on mental healthcare. (McNaughton, Rouse, Rogers, Tarasoff) 2. Distinguish the three categories of voluntary/involuntary commitment. (DTS, DTO, GD) 3. Discuss rights of mental health clients and implications in mental healthcare. 4. Define and apply the following concepts: Confidentiality Right to treatment Least restrictive alternative Right to refuse treatment Freedom from restraint/seclusion Patient rights-privacy 5. Address the competing interests of individual rights and the state's interest in maintaining the health and safety of its citizens. 6. Describe the liability of the nurse in issues such as wrongful commitment and duty to warn. 7. Review/define the following terms: Assault Malpractice Riese hearing Battery Civil law Informed consent AWOL Conservator or guardian Negligence (temporary or long-term) Writ of Habeas Corpus AMA 5150/5250 S&R 	<p><u>Lecture/Discussion</u> <u>Required Reading</u> <u>Keltner, Ch. 4</u> <u>ATI Ch. 2</u></p>
<p>Health/Illness Continuum Nursing Process Roles of the AD Nurse</p>	<p><u>Nursing Process:</u> <u>Assessment, Mental</u> <u>Status Exam</u> <u>Introduction to DSM-IV-TR</u></p>	<ol style="list-style-type: none"> 1. Relate the nursing process to psychiatric nursing practice. 2. Identify the components of an initial holistic patient assessment. 3. Describe the components of the mental status examination. 4. Discuss the history and use of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). 5. Identify categories of illness and data that are placed on each axis of the DSM-IV-TR. 6. Demonstrate how the DSM-IV-TR multiaxial system allows the clinician to develop a holistic assessment of the client when assigning a diagnosis. 	<p>Keltner Chs. 8, and appendix pp. 500-507 Lecture Handout ATI Ch. 1</p>

<p>WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health</p>	<p>Roles of the AD Nurse</p>	<p><u>The Nurse-Client Relationship</u></p>	<ol style="list-style-type: none"> 1. Describe the stages of a therapeutic nurse-client relationship. 2. Identify the major tasks of each stage of the nurse-client relationship. 3. Define “unconditional human regard.” 4. Discuss psychosocial impact of a mental illness diagnosis to a client/family. 	<p><u>Required Reading:</u> <u>Keltner:</u> Ch. 7 ATI ch. 3 <u>Recommended CAI:</u> Communication Skills: Building Rapport and Trust (1997)</p>
<p>WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health</p>	<p>Basic Human Needs Life Cycle Health-Illness Continuum Nursing Process Roles of the AD Nurse</p>	<p><u>Therapeutic Communication</u></p>	<ol style="list-style-type: none"> 1. Distinguish between social and therapeutic communication. 2. Identify goals of therapeutic communication with psychiatric/mental health clients. 3. Discuss critical therapeutic communication issues in the mental health setting. 4. Describe a variety of techniques that facilitate client-centered communication. 5. State common blocks to therapeutic communications. 6. Review the following terms: Proxemics Objectivity Kinesics Therapeutic Communications Therapeutic listening 7. Identify basic principles of therapeutic communication with mental health clients. 8. List basic counseling techniques by the nurse. 	<p><u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Ch. 6 <u>ATI ch.</u> 4 <u>Recommended Videos (IMC):</u> Communication: RT23.C65 1993 <u>Recommended CAI’s:</u> Nurse-Patient Interaction (Disc 1 & 2, 1997) (Techniques of Therapeutic Communication and Blocks to Therapeutic Communication) Communication Skills: Building Trust and Rapport</p>
	<p>Roles of the AD Nurse</p>	<p><u>Milieu Management</u></p>	<ol style="list-style-type: none"> 1. Define and describe the therapeutic milieu. 2. Describe the goal of milieu management in the care of mental health clients. 3. Identify the elements of the therapeutic milieu. 4. Discuss safety issues on the mental health unit. 5. Identify behaviors which possibly could escalate to violence in the healthcare work place. 	<p><u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Chs. 23, 24</p>

WEEK 2 9/6/2011 0800-1600 * Introductory Concepts of Mental Health <i>Continued.</i>	Roles of the AD Nurse <u>Developing the Therapeutic Environment</u>	<ol style="list-style-type: none"> 1. Discuss the implications for the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) guidelines for a therapeutic environment. 2. Identify major safety issues on a mental health unit. 3. Describe common themes of limit setting on mental health units. 4. Identify important measures in unit modification. 5. Define policy on seclusion and restraint (S&R) policy including legal implications and nursing responsibilities. 	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Ch. 23, 24 (as above)
	Roles of the AD Nurse <u>Behavior Therapy</u>	<ol style="list-style-type: none"> 1. Describe behavior modification. 2. Describe operant conditioning and positive reinforcement. 3. Identify nursing interventions to increase positive behaviors and interventions to decrease negative behaviors. 	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Ch. 37
	Roles of the AD Nurse <u>Continuum of Care</u>	<ol style="list-style-type: none"> 1. Define hospital-based care and community-based care. 2. Describe the case management concept. 	<u>Required Reading:</u> <u>Keltner:</u> Chs. 2, 3
	Roles of the AD Nurse <u>Aggressive Patient Working with the Aggressive Client</u>	<ol style="list-style-type: none"> 1. Describe the differences between anger, aggression, passive aggression, and assertiveness. 2. Compare the legal and social definitions of assault and battery. 3. Describe the five stages of the assault cycle. 4. Explain the verbal nursing interventions for anger and non-violent aggression. 5. Describe the nursing care of clients in seclusion and restraints. 6. Identify/apply therapeutic communication techniques for interacting with aggressive clients. 7. List key principles in the management of assaultive behavior. 8. Describe procedure for seclusion and restraints (S/R). 9. Explain rationale for important nursing interventions for S/R and documentation. 	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Ch. 11 <u>ATI:</u> Ch. 33 <u>Recommended P.D.S. online software LMS (Learning Management System) at www.SoftwareForNurses.com:</u> <ul style="list-style-type: none"> • Anger, Hostility & Aggression • Crisis

WEEK 3
9-13-2011
0800-1012
Schizophrenia

Basic Human
Needs
Life Cycle
Health-Illness
Continuum

Psychotic Disorders:
Schizophrenia:
Paranoid
Disorganized
Catatonic
Undifferentiated
Residual
Other Psychoses:
Schizophreniform
Schizoaffective
Delusional
Brief Psychosis
Shared Psychosis

1. Define the term schizophrenia.
2. Describe the major historical figures, events, and theories that have contributed to the current understanding of schizophrenia.
3. Identify Bleuler's four A's of schizophrenia.
4. Recognize DSM-IV-TR criteria and terminology for schizophrenia/related psychoses.
5. Recognize and describe objectives and subjective symptoms of schizophrenia assessment.
6. Identify theoretical biological explanations (including dopamine hypothesis) for schizophrenia and the psychodynamic theories of schizophrenia.
7. Review/define the following terms:

Ambivalence	Hallucination
Catatonia	Psychosis
Concrete	Ideas of Reference
Delusion	Illusion
Echolalia	Loose Association
Echopraxia	Neologism
Word Salad	Paranoia
Religiosity	Perseveration
Tangentiality	Neurosis
Flight of Ideas	Circumstantiality

Lecture/Discussion

Required Reading:

Keltner: Ch. 18 & 27

ATI: Ch. 16 & 26

Recommended Reading:

Townsend: Ch 5, 28, Appendix C

Torrey: Surviving Schizophrenia: A Family Manual

Recommended Videos/Movies:

A Beautiful Mind

The Soloist

One Flew Over the Cuckoo's Nest

Recommended Videos (IMC):

Managing Psychotic Behaviors:

WEEK 3
9-13-2011
0800-1012
Schizophrenia
Continued

Health-Illness
Continuum
Roles of the AD
Nurse
Nursing Process
Life Cycle
Basic Human
Needs

8. Develop a nursing care plan for patients with schizophrenia.
9. Identify therapeutic communication techniques for clients with delusions, hallucinations, illusions and psychotic behavior.
10. Discuss the psychosocial ramifications of a diagnosis of schizophrenia and other catastrophic diagnoses.
11. Identify community resources to aid in follow-up care for the mental health client with schizophrenia or other psychoses.
12. Describe interdisciplinary treatment modalities for the psychotic client.

NOTE: WEEK 4
Monday, 9-19-2011
EXAM #1
1245-1415, review afterwards
MLK Library

WEEK 4	Basic Human Needs	<u>Psychotropic Medications.</u>
9/20/2011		
0800-1012		
Psychotropic Medications	Life Cycle	<u>Antipsychotics:</u>
	Health-Illness Continuum	Typical: Thorazine, Haldol, Prolixn
	Roles of the AD Nurse	Atypical: Clozaril, Risperdal, Zyprexa, Seroquel, Geodon, Abilify
	Nursing Process	Invega

Focus on Schizophrenia, Therapeutic Communication
 Legal issues with psych, Safety, Managing Assaultive Behavior, History of mental health care

1. Define the role of psychopharmacology in psychotherapeutic management.
2. Identify the nurse's responsibilities in administering psychotropic drugs, including informed consent.
3. Describe the function and inactivation of neurotransmitters.
4. Discuss the functions of the blood-brain barrier and the significance of lipid solubility.
5. Differentiate between the following classes of psychotropic medications:

Antipsychotics	Anxiolytics
Antiparkinson	Antimanics
Antiseizure	Antidepressants
Stimulants	Hypnotics/Sedatives
6. Identify several commonly prescribed antipsychotic, antiparkinson, and antiseizure medications.
7. Define the term extrapyramidal side effect (EPSE) and give examples.
8. Discuss prevention and treatment of EPSEs.
9. Describe issues related to non-compliance with medication regimes for the mentally ill client.

Lecture/Discussion

Required Reading:

Keltner: Ch. 16, 17, 18 & Appendix D & E
ATI: Ch. 13-16

Recommended Videos (IMC):

Psychotropic Medications: Assessment, Intervention & Treatment (NEW)
 Psychotropic Medications: Schizophrenia & Bipolar Disorders (NEW)
 Medication Issues in Mental Health: Understanding Movement Disorders (NEW)
 Medication Issues in Mental Health: Preventing Adverse Drug Reactions

WEEK 4
 9/20/2011
 0800-1012
 Psychotropic Medications
Continued

10. Define the following terms:

Dystonic reaction	Tardive dyskinesia
EPSEs	Torticollis
Akathisia	Neuroleptic
Dyskinesia	Oculogyric crisis
Opisthotonus	Akinesia
Laryngeal-pharyngeal dystonia	
Neuroleptic malignant syndrome (NMS)	
11. State the benefits of teaching clients about psychotropic drugs to enhance adherence

Lecture/Discussion

Required Reading:

Keltner: Ch 16, 17, 18
ATI: Ch. 13-16

Continuum
Roles of the AD
Nurse
Nursing Process
Maslow

Acute Manic
Episode

3. Identify behavioral manifestations of the expansive client.
4. Discuss strategies for maintaining client dignity, safety, and self-esteem.
5. Discuss the effectiveness of nursing interventions for the bipolar client.
6. Develop a nursing care plan (assessment, analysis, interventions, and evaluation) for the bipolar client.
7. Identify therapeutic communication techniques for interacting with manic/bipolar clients.
8. Describe the psychosocial impact of a mood disorder diagnosis.
9. Define the following terms:
Acute mania Bipolar Cyclothymia
Rapid cycler Hypomania
10. Identify treatment strategies and community resources for the bipolar client.

Recommended Reading:
Townsend: Ch 7, 27
Recommended PDS online software LMS (Learning Management System) at www.SoftwareForNurses.com
• Depression & Elation

WEEK 6
10/4/2011
0800-1012
Medications for
Depression

Roles of the AD
Nurse
Nursing Process

Antidepressant Drugs
- TCAs
- SSRIs
- MAOIs
- NSSRIs

1. Understand the differences among the four major classes of antidepressant drugs (TCAs, SSRIs, NSSRIs and MAOIs).
2. Explain the mechanism of action of antidepressants.
3. Discuss side effects of antidepressant medications.
4. Identify therapeutic vs. toxic serum levels of these drugs.
5. Describe potential interactions of antidepressants and antimanic drugs.
6. Develop a teaching plan related to clients on antidepressant medications.
7. Define the following terms:
Anticholinergic effect
Depression Monoamine oxidase inhibitors
Dysthymia Tyramine
Suicide
8. Describe the special dietary needs of clients on MAOI drugs.

Lecture/Discussion
Required Reading:
Keltner: Ch. 19
Recommended Reading:
Townsend: Ch 26

WEEK 6
10/4/2011
0800-1012
Mood Disorders

Basic Human
Needs
Life Cycle

Mood Disorders:
Bipolar Illness
Cyclothymia
Mania

1. Explain the mechanism of action of antimanic drugs:
Lithium Klonopin Lamictal
Depakote Tegretol
2. Describe side effects of antimanic drugs, prevention, and

Lecture/Discussion
Required Readings:
Keltner: Ch. 20, 29
ATI: Ch. 13-16

Medications for Bipolar Disorders	Health-Illness Continuum Roles of the AD Nurse Nursing Process Maslow	Acute Manic Episode	treatment 3. Discuss Lithium toxicity and related laboratory studies and treatment. 4. Provide rationales for non-compliance with medication regimes. 5. Develop a teaching plan for the client on Lithium and/or other mood stabilizing medications.	<u>Recommended Videos (IMC):</u> Mood Disorders: Antidepressants and Mood Stabilizers RM332.M66 2001
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WEEK 7
Mon, 10/10/2011, EXAM #2
1215-1415 MLK Library
Review to follow

Focus on mood disorders (Major Depression and Bipolar)
Medications: Antipsychotics, Antiparkinson meds, Mood stabilizers and antidepressants (classes, actions and side-effects)

WEEK 8 10/18/2011 0800-1012 Substance Abuse	Health-Illness Continuum Roles of the AD Nurse Nursing Process Life Cycle Basic Human Needs	Abuse/Dependence Intoxication Withdrawal Alcohol Stimulants (cocaine, methamphetamine) Hallucinogens Opioids (heroin, rx pain killers) Antianxiety rx Marijuana Nicotine	1. Recognize the personal and societal toll of the abuse of alcohol and other drugs 2. Recognize the DSM-IV-TR criteria and terminology for substance-related disorders 3. Recognize and describe objective and subjective symptoms of substance dependence and abuse. 4. Describe physiologic, emotional, and interpersonal theoretical explanations for the development of substance-related disorders. 5. Describe how different neurotransmitters are influenced by various drugs of abuse 6. Develop a nursing care plan for patients with substance-related disorders 7. Evaluate the relative effectiveness of nursing interventions for patients with substance-related disorders. 8. Understand the contributions of nonmedical interventions in recovery from substance-related disorders 9. Understand the impact of substance-related disorders on the family. 10. Utilize stages of change theory to formulate appropriate verbal interventions for patients with substance abuse issues.	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner, ch 34</u> <u>ATI: Ch. 29</u> <u>Recommended Movies:</u> "My Name is Bill W." (James Woods, James Garner) "When a Man Loves a Woman (Andy Garcia, Meg Ryan) "28 Days" (Sandra Bullock)
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WEEK 9
10/25/2011
0800-1012
Cognitive
Disorders

Health-Illness
Continuum
Basic Human
Needs
Nursing Process
Roles of the AD
Nurse
Life Cycle

Cognitive Disorders:
Dementias:
- HIV
- Alzheimer's
- Head Trauma
- Parkinson's
- Huntington's
Chorea
- Pick's
- Creutzfeldt-
Jakob
- Substance
Induced
Dementia
- Vascular (MID)

1. Differentiate between dementia and delirium.
2. Recognize DSM-IV criteria for delirium, dementia, amnesic, and other cognitive disorders.
3. Describe the cardinal symptoms of dementia.
4. Understand theories that explain the psychopathology of Alzheimer's disease and other dementias.
5. Develop a nursing care plan (assessment, analysis [ND], interventions, evaluation) for a patient with dementia.
6. Identify appropriate therapeutic communication techniques in caring for clients with cognitive deficits.
7. Discuss components of the mini-mental status exam.
8. Define:
Alogia Apraxia
Agnosia Aphasia
9. Identify community resources to aid in meeting the biopsychosocial needs of the client with a cognitive disorder.
10. Describe types of medications used for clients with dementia.
11. Discuss the psychosocial impact of a diagnosis of dementia.

Lecture/Discussion

Required Reading:

Keltner: Ch. 22, 31, Appendix C

ATI: Ch. 27

Recommended Reading:

Townsend: Ch 3

The Forgetting: A Portrait of Alzheimer's
RC523.2.F67 2003

WEEK 10
Mon, 10/31/2011
EXAM #3
1015-1215 MLK Library
Review to follow

Focus on alcohol and
alcohol
withdrawal,
prescription
medication
abuse, heroin,
meth, cocaine,
hallucinogens,
marijuana

Know about the use
of detox
medications

Cognitive Disorders
(especially
Alzheimers,
Vascular
Dementia,
Delirium)

WEEK 11 11/8/2011 0800-1012 Anxiety and Anxiety Disorders	Health-Illness Continuum	<u>Anxiety</u> Levels of anxiety Managing anxiety	1. Explain the relationship among anxiety, neurochemical and physiological responses, coping, and anxiety-related disorders.	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner</u> : Chs. 9, 21, 30 <u>ATI</u> : Chs. 13, 19
	Coping and adaptation	<u>Anxiety Disorders:</u> - Panic - Agoraphobia	2. Describe major theories that contribute to the understanding of anxiety, somatoform disorders, and dissociative disorders.	<u>Recommended Reading:</u> <u>Townsend</u> : Ch.8, 9, 10 Appendix B
	Roles of the AD Nurse	- Phobia - Obsessive- Compulsive	3. Recognize the special terms related to anxiety, somatoform disorders, and dissociative disorders.	<u>Recommended Videos (IMC):</u> Lost in the Mirror: Women with Multiple Personalities RC569.5M8L67 2003
	Nursing Process	- Post-traumatic Stress	4. Describe DSM-IV-TR criteria for major anxiety, somatoform disorders, and dissociative disorders.	Obsessions: Understanding OCD: Seeking Perfection RC533.S44 2004
	Life Cycle	- Acute Stress - Generalized Stress	5. Describe objective and subjective symptoms of anxiety, somatoform disorders, and dissociative disorders.	Obsession: Understanding OCD: Who's Normal Anyway RC533.W46 2004
	Basic Human Needs	- Anxiety Disorder Dissociative D-O's Somatoform D-O's	6. Discuss the psychosocial impact of an anxiety-related diagnosis.	<u>Recommended P.D.S. online software LMS (Learning Management System) at</u> <u>www.SoftwareForNurses.com</u>
			7. Develop nursing care plans (assessment, analysis [ND], interventions, and evaluation) for individuals with various anxiety, somatoform, and dissociative disorders.	• Anxiety
			8. Identify appropriate therapeutic communication techniques to use with clients with anxiety-related disorders.	<u>Recommended Video/Movie:</u> As Good as it Gets (Jack Nicholson)
			9. Identify community resources for helping the client with an anxiety related disorder.	
	Roles of the AD Nurse	<u>Antianxiety Drugs:</u> Benzodiazepines Valium Xanax Ativan Librium Restoril Ambien Other Agents	1. Describe the differences between benzodiazepines and buspirone.	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner</u> : Ch. 21
			2. Discuss the side effects of benzodiazepines.	<u>Recommended Reading:</u> <u>Townsend</u> : Ch. 24
			3. Identify therapeutic vs. toxic levels of benzodiazepines.	<u>Recommended Videos/DVD:</u> Anxiolytic Medications: RC531.A58, 2002
			4. Identify the new specific antidote for benzodiazepines, particularly with CNS depressants such as alcohol.	Psychotropic Medications: Depression & Anxiety
			5. Discuss the implications for teaching clients about antianxiety drugs.	
			6. Define the following terms: Abuse Disinhibition Anxiety Tolerance Anxiolytic Withdrawal Dependence	

WEEK 12
Tuesday
 11/15/2011
 0800-1012
 Personality
 Disorders

Health-Illness
 Continuum
 Roles of the AD
 Nurse
 Nursing Process
 Life Cycle
 Basic Human
 Needs

Borderline
 Antisocial
 Histrionic
 Narcissistic
 Avoidant
 Schizoid
 Dependent
 Paranoid
 Schizotypal
 Obsessive-
 Compulsive

1. Define the terms personality, id, ego, and superego.
2. Describe personality processes and ego defense mechanisms.
3. Recognize DSM-IV-TR criteria of each personality disorder.
4. Describe behaviors of persons with each personality disorder.
5. Describe nursing interventions for patients with each personality disorder.
6. Recognize issues related to the care of patients with personality disorders.
7. Discuss the treatment plan for the client with a disordered personality.
8. Identify therapeutic communication techniques appropriate for interaction with clients with personality disorders.
9. Formulate a nursing care plan for clients with personality disorders.
10. Identify community resources for helping the client with a personality disorder.

Lecture/Discussion
Required Reading:
Keltner: Ch. 32
ATI: Ch. 22
Recommended Reading:
Townsend: Appendix A
Recommended Videos (IMC):
Personality Disorders: Causes, Assessment, & Treatment (NEW)
Personality Disorders: Paranoid, Schizoid, & Schizotypal (NEW)
Personality Disorders: Antisocial, Borderline, Histrionic & Narcissistic (NEW)
Personality Disorders: Avoidant, Dependent & Obsessive-Compulsive (NEW)
Recommended Reading:
Townsend: Ch 16
Recommended Video/Movies:
 “Fatal Attraction” and “The Caine Mutiny”

WEEK 13
Mon. 11/21/2011
1015-1215
EXAM 4
MLK
Review to follow

Focus on Anxiety:
 Levels of anxiety, panic, phobias, somatoform disorders, antianxiety medications

Focus on
 Alzheimer’s, delirium vs. dementia, caregiver role strain, antidementia drugs

Focus on Personality Disorders, especially Antisocial and Borderline

Week 13
Tues. 11/22/10
0800-1100
MLK

WEEK 14
Tuesday
11/29/2011
0800-1012
Eating
Disorders/
Cultural
Competence in
Psychiatric
Nursing

Health-Illness
Continuum
Basic Human
Needs
Nursing Process
Roles of the AD

Eating Disorders:
Anorexia Nervosa
Bulimia Nervosa

ATI Testing

1. Recognize the criteria and terminology used in the DSM-IV for eating disorders.
2. Recognize and describe objectives and subjective symptoms of eating disorders.
3. Describe biological explanations for eating disorders.
4. Describe psychodynamic explanations for eating disorders.
5. Develop nursing care plans (assessment, analysis [ND], interventions and evaluation) for patients with eating disorders.
6. Identify appropriate therapeutic communication techniques in interacting with client with eating disorders.
7. Discuss the psychosocial impact of an eating disorder diagnosis.
8. Identify community resources for clients with eating disorders.

Cultural Competence

9. Understand the importance of cultural variables on health and health care.
10. Describe the components of cultural competence.
11. Articulate the differences in and importance of worldview
12. Explain how incorporation of cultural competence can enhance psychiatric nursing clinical excellence.
13. Analyze the symptomatology suggestive of culture-bound syndromes.

**All students Including Flex and “No Psych”
students to Test on both Med-Surg and
Psych**

Required Reading:

Keltner: Ch 36

ATI: Ch. 23

Recommended Reading:

Townsend: Ch 11, 30

Recommended Videos (IMC):

Dying to Be Thin RC552.E18D94 2000

Recommended Video/Movie:

Superstar: Karen Carpenter Story

Keltner: Ch. 14

ATI: Ch. 8

Townsend: Appendix I

WEEK 15 <u>Tuesday</u> 12/6-2011 0800-1012 Crisis and Family Violence	Health-Illness Continuum	Crisis and Crisis Management	1. Describe characteristics and effects of crisis situations.	<u>Lecture/Discussion</u> <u>Required Reading:</u> <u>Keltner:</u> Ch. 9, 39 <u>ATI:</u> Ch. 30, 33
	Nursing Process Basic Human Needs Life Cycle Roles of the AD Nurse	Elder Abuse, Child Abuse, Spousal Abuse Family Dynamics The Perpetrator, The Vulnerable Person Treatment for the Whole Family The Nurse's Need for Professionalism	2. Outline major crisis intervention goals and strategies. 3. Identify differences among adaptive, palliative, maladaptive, and dysfunctional coping mechanisms 4. Recognize the seriousness of violence and trauma in the USA 5. Describe the emotional reactions of adult victims of crime, violence, and abuse 6. Recognize the dynamics involved in interpersonal violence crimes. 7. Analyze the way in which the cycle of violence inhibits individuals from leaving abusive relationships 8. Identify the needs of victims of violence and trauma 9. Describe strategies for facilitating the transition from victim to survivor of violence or trauma. 10. Develop a nursing care plan for survivors of violence and trauma.	

NOTE: FINAL EXAM
Monday, 12/12/2011
1300-1530
MLK Library

Focus on everything!! ☺ Especially Eating disorders, Crisis, Family Violence, and older material: substance abuse, mood disorders, and schizophrenia