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Degree Applicable  
Effective Quarter: Fall 2010

## I. Catalog Information

### **NURS 85AL      Psychiatric/Mental Health Nursing (Clinical)      2 1/2 Unit(s)**

Prerequisite: Nursing 84, 84C and 84L (all courses with a grade of C or better).

Corequisite: Nursing 85AL students must also enroll in Nursing 85A.

Pass-No Pass (P-NP) course.

Seven and one-half hours laboratory (90 hours total per quarter).

Application of theories of psychiatric/mental health nursing. The nursing process is used in providing care for individuals undergoing treatment in a variety of behavioral health care settings including hospitals, clinics and community agencies. Clinical and theory (Nursing 85A) components must be taken concurrently. Failure of either component requires both courses to be retaken.

## II. Course Objectives

- A. Apply theories, assumptions and points of view that provide a conceptual framework for the care of individuals in psychiatric/mental health settings.
- B. Collect an accurate, descriptive and comprehensive Orem self-care requisite assessment database.
- C. Organize assessment data and infer appropriate nursing diagnoses.
- D. Interpret the relevance of assessment data in terms of client goals for meeting self-care deficits.
- E. Assemble realistic and precise consequences of reasoning into a nursing system of interventions for implementing a plan of care.
- F. Evaluate outcomes in relation to the client's progress toward restoration of self-care ability.
- G. Demonstrate proficiency of nursing skills in skills testing.

## III. Essential Student Materials

Appropriate "business" dress according the Nursing Student Handbook.  
De Anza College name pin  
Current CPR certification  
Up-to-date personal health status per Nursing Program requirements  
Transportation to clinical sites  
Availability for assigned dates, places and times of clinical experience.

## IV. Essential College Facilities

Availability of clinical placements for each student in the course.  
Current Foothill-De Anza Community College District Contracts on file in the district office for each clinical site being used in the course.

## V. Expanded Description: Content and Form

- A. Apply theories, assumptions and points of view that provide a conceptual framework for the care of individuals in psychiatric/mental health settings.
  - 1. Employ legal-ethical-managerial practices that protect client confidentiality, client safety (emotional and physical), and client rights at all times.
  - 2. Demonstrate therapeutic communication within the boundaries of the nurse-patient relationship.
  - 3. Relate theoretical knowledge of specific mental disorders.
  - 4. Appraise cultural, ethnic and other individual differences in the context of planning nursing care.
  - 5. Critique own personal reactions and feelings encountered in the clinical setting.
- B. Collect an accurate, descriptive and comprehensive Orem self-care requisite assessment database.
  - 1. Collect accurate, descriptive and comprehensive written data regarding the client's unmet developmental and health-deviation self-care requisites.
  - 2. Validate assessment of assigned client during clinical conference and with clinical instructor and the clinical staff.
- C. Organize assessment data and infer appropriate nursing diagnoses.
  - 1. Deduce the client's self-care deficits gleaned from the pertinent assessment data.
  - 2. Choose nursing diagnoses that are based upon the self-care deficits.
  - 3. Appraise choice of nursing diagnoses during clinical conference.
- D. Interpret the relevance of assessment data in terms of client goals for meeting self-care deficits.
  - 1. Apply knowledge of the client's specific self-care capability in tailoring relevant short and term goals.
  - 2. Discuss desired outcomes in restoration of self-care capability with the client, the family and the interdisciplinary team members.
- E. Assemble realistic and precise consequences of reasoning into a nursing system of interventions for implementing a plan of care.
  - 1. Design a nursing care plan with interventions tailored to the client's individual self-care requisites including cultural and ethnic beliefs and practices.
  - 2. Support the nursing care plan with reference texts, clinical instructor, clinical staff and during clinical conference sessions.
- F. Evaluate outcomes in relation to the client's progress toward restoration of self-care ability.
  - 1. Judge the progress toward self-care ability through written, narrative accounts of the client's verbal and non-verbal behavior.
  - 2. Predict future self-care deficits on the basis of anticipated decreases in self-care capability or increase in therapeutic self-care demand or both.
  - 3. Illustrate the collaborative role of the nurse by communicating with the interdisciplinary team.

and with the family in evaluating the client's self-care capability.

- G.** Demonstrate proficiency of nursing skills in skills testing.
  - 1. Demonstrate previously learned technical skills in skills testing as per current De Anza College School of Nursing "Skills Packet".
  - 2. Demonstrate current course technical skills in skills testing as per current De Anza College School of Nursing "Skills Packet".

## **VI. Assignments**

- A.** Follow the nursing process from assessment through evaluation with each client assignment using the Orem Psychosocial Assessment Form.
- B.** Establish a one-on-one therapeutic nurse-patient relationship with each patient assigned.
- C.** Participate in agency/unit activities and contribute positively to the therapeutic milieu.
- D.** Collaborate with the interdisciplinary team in patient care planning.
- E.** Assess own subjective responses and communicate these through oral and written exercises including clinical conferences.

## **VII. Methods of Instruction**

Facilitate student participation in therapy groups  
Discuss patient conditions and nursing interventions  
Demonstrate and evaluate therapeutic communication  
Model professional nursing behavior

## **VIII. Methods of Evaluating Objectives**

- A.** Written Orem assessment and nursing care plans.
- B.** Written weekly response papers.
- C.** Satisfactory clinical performance as evaluated on the Clinical Evaluation Tool.

## **IX. Texts and Supporting References**

- A.** Required Texts
  - 1. \*Varcarolis. "Manual of Psychiatric Nursing Care Plans", 3rd ed. 2006. W. B. Saunders.
- B.** Supporting Texts and References
  - 1. Deglin. "Davis' Drug Guide for Nurses", 11th ed. 2008. F.A. Davis.
  - 2. De Anza College, Department of Nursing Student Handbook, current version