



UNIVERSITY OF
CALGARY

Nursing 303: Psychiatric Mental Health Theory

Course Outline (BNAT/BNRT)

Fall 2009

Course Coordinator: Annette Lane, RN, PhD
Office: PF 2278
Phone: 210-3843
Email: alane@ucalgary.ca

Class Times: Wednesdays - 1400-1700 hours

Dates: September 09-December 02, 2009

Location: MFH 162

**Nursing 303 & 305
GUIDING FRAMEWORKS**

HEALTH CARE CONTEXTS:

PSYCHIATRIC MENTAL HEALTH NURSING



**PARTICULAR SOCIO-CULTURAL
AND
POLITICAL CONTEXTS**

Welcome to the Psychiatric Mental Health Theory course. Over the next several months, I hope you gain appreciation for the valuable contributions psychiatric mental health nursing offers to society. As evidenced in the guiding framework, I emphasize (theoretical) understanding of psychiatric mental health practices within the context of health care with particular foci on acute care nursing, lived experiences, and relational practices. This includes understanding the provision of professional and ethical nursing care within particular social, cultural, and political contexts. Psychiatric mental health will be examined in relation to individuals, families and society in general.

Course Description:

Examination of selected theories supporting psychiatric mental health nursing practices across a variety of complex clinical situations involving individuals' and/or families' experiences of mental health and illness. This course emphasizes the relation of critical inquiry, 'therapeutic' relational practices, professional and ethical issues, and research and scholarly practices to psychiatric mental health nursing.

Calendar Description:

Exploration of concepts related to individuals and families experiencing mental health and illness.

Course Intents:

Nursing 303 provides opportunities to:

1. Critically examine a variety of different theoretical perspectives guiding psychiatric mental health nursing practices.
2. Analyze a variety of complex clinical scenarios, identifying relevant issues and implications for professional/ethical/legal psychiatric mental health nursing practices across different care contexts, including multidisciplinary health care contexts.
3. Analyze different clinical situations exploring implications for therapeutic nursing practices including therapeutic conversations, 'counseling/helping' relationships with individuals and groups, and milieu therapy.
4. Critically reflect on the different meanings of mental health and mental illness within the lives of individuals and families receiving nursing care as well as within one's own particular life and relationships.
5. Critically reflect on influences of socio-cultural and political contexts on nursing practices.
6. Critique selected research studies generating implications for psychiatric mental health nursing.

Required Course Texts:

Austin, W., & Boyd, M.A. (2006). *Psychiatric nursing for Canadian practice*. Philadelphia:
Lippincott Williams & Wilkins.

Recommended Resources:

Varcacolis, E.M. (2004). *Manual of psychiatric nursing care plans: Diagnoses, clinical tools, and
psychopharmacology (2nd ed.)*. St. Louis, MO: Saunders.

Course Requirements:

Midterm exam #1	Wednesday, October 08, 2008	30%
Midterm exam #2	Wednesday, October 29, 2008	30%
Final Examination	To be booked	40%

Course Grading:

Percentage	Grade	Grade point average	Description
98.0-100	A+	4.0	Outstanding-exceptional analysis and synthesis of subject matter.
93.0-97.9	A	3.9	Excellent-superior performance, showing comprehensive understanding of subject matter
88.0-92.9	A-	3.7	
83.5-87.9	B+	3.3	
78.0-83.4	B	3.0	Good-clearly above average performance with knowledge of subject matter generally complete.
73.5-77.9	B-	2.7	
69.0-73.4	C+	2.3	
63.5-68.9	C	2.0	Satisfactory-basic understanding of the subject matter.
59.0-63.4	C-	1.7	
54.5-58.9	D+	1.3	
50.0-54.4	D	1.0	Minimal pass – Note: Student can only carry one D in a theory course
49.9 or less	F	0	

Faculty of Nursing/University of Calgary/Government of Alberta Regulations:

Please be aware of the following academic policies as outlined in the official University of Calgary Calendar which can be found online at <http://www.ucalgary.ca/pubs/calendar/> :

1. Attendance <http://www.ucalgary.ca/pubs/calendar/current/e-3.html>
2. Student misconduct – academic and non-academic
<http://www.ucalgary.ca/pubs/calendar/current/k-2.html>
3. Integrity in scholarly activity (p. 56) <http://www.ucalgary.ca/pubs/calendar/>
4. Sexual harassment (pp. 56-57) <http://www.ucalgary.ca/pubs/calendar/current/m.html>
5. Student standing (pp. 177-78)
6. Academic standing (pp. 43-44) <http://www.ucalgary.ca/pubs/calendar/current/f.html>

Academic Accommodation: Students with a disability who may require academic accommodation are advised to register with the Disability Resource Centre in MacEwan Hall (phone: 220-8237). Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

Withdrawal Policies: Please refer to the University of Calgary 2007/2008 Calendar <http://www.ucalgary.ca/pubs/calendar/current/b-14.html> for dates, withdrawals, and fee refund policies for dropping a course. **The last date for withdrawal from this course without penalty is: December 02/09.**

Freedom of Information and Protection of Privacy: The information (such as phone numbers, address, tracking sites of practica, etc.) that you may be asked to provide is collected under the authority of the Colleges/Universities Act and the Freedom of Information and Protection of Privacy Act, Section 32©. It will be used for practicum placement and for contact purposes. Your personal information is protected by Alberta's Freedom of Information and Protection and Privacy Act and can be reviewed upon request. If you have any questions about the collection or use of this information, contact the Faculty of Nursing student advisors, 220-4636.

Class Schedule:

DATE	FOCUS
September 09	Orientation to Psych/Mental Health NURS 303 (30 minutes) NURS 305 Orientation material (2.5 hours)
September 16	Brief history of mental health care in Canada Homelessness Assessing mental status
September 23	Suicide risk assessment/intervention Psychosis: Schizophrenia
September 30	Mood Disorders (part 1): Depression Mood Disorders (part 2): Bipolar disorder
October 07	Anxiety disorders Mental health issues in older adults Delirium/dementias
October 14	Midterm exam #1 Child/adolescent mental health issues
October 21	Eating disorders Grief and Loss (Guest Speaker)
October 28	Child Abuse Psychosocial issues in medical illness Adjustment disorders
November 04	Midterm exam #2 Crisis Intervention Anger, Aggression and Violence
November 11	Family Violence Personality disorders: Borderline Personality Disorder Antisocial Personality Disorder
November 18	Addictions: Substance abuse Addictions: Gambling
November 25	Somatoform disorders
December 02	Leftovers (if there are any!)