

UNIVERSITY OF  
CALGARY

## **Nursing 303: Psychiatric Mental Health Theory**

### **Course Outline (BNAT)**

**Spring 2010**

**Course Instructors:**

**Yvonne Hayne, RN, PhD**

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**Class Times: Monday, Tuesday, Wednesday, Thursday  
0900-1600 hours**

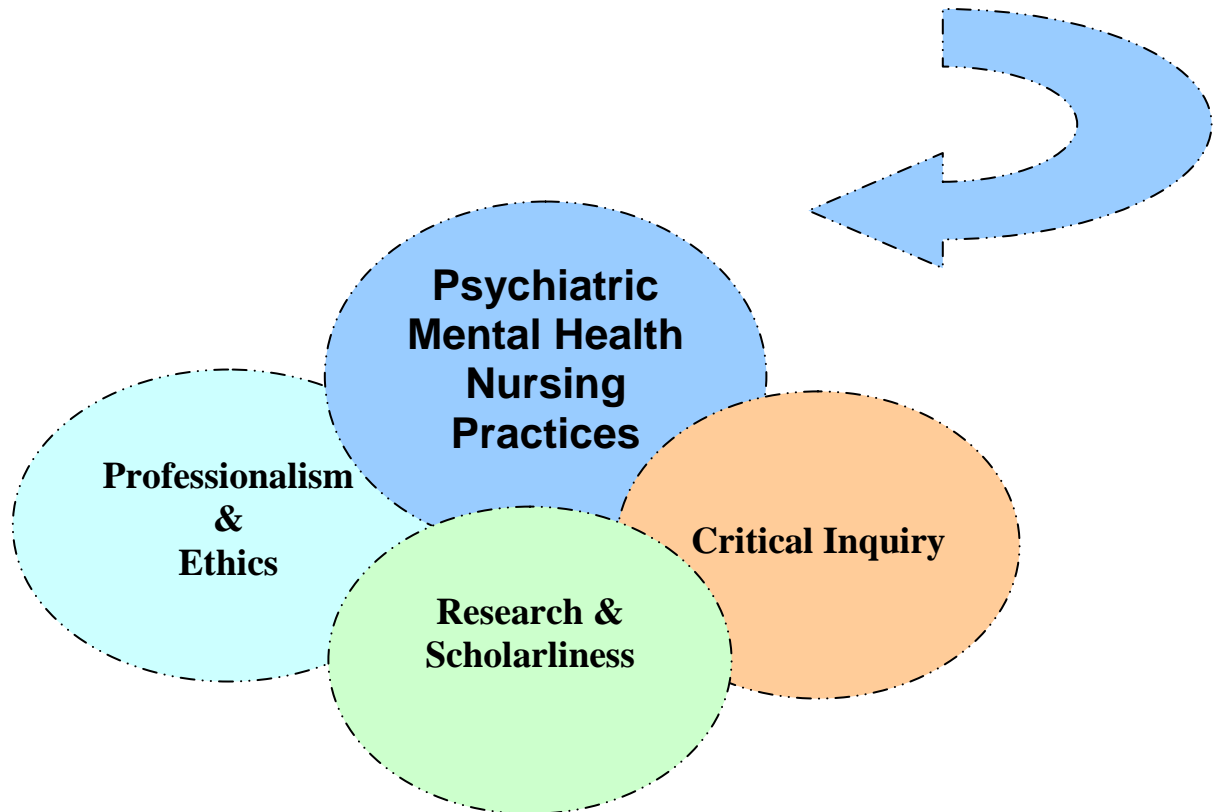
**Dates: May 7 to June 23, 2010**

**Location: MFH 160**

**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:**

Schultz, J.M., & Videbeck, S. (2009). Lippincott's manual of psychiatric nursing care plans (8<sup>th</sup> ed.). Philadelphia: Lippincott Williams & Wilkins.

**Course Requirements:**

<b>Midterm exam #1</b>	<b>Thursday, May 06, 2010</b>	<b>30%</b>
<b>Midterm exam #2</b> <b>Cumulative from day 1</b>	<b>Monday, May 31, 2010</b>	<b>30%</b>
<b>Final Examination</b> <b>Cumulative from day 1</b>	<b>To be booked</b>	<b>40%</b>

**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	4.0	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 current University of Calgary Calendar (2009/2010) at: <http://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>

1. Attendance: <http://www.ucalgary.ca/pubs/calendar/current/nu-3-4.html>
2. Student misconduct – academic and non-academic:  
<http://www.ucalgary.ca/pubs/calendar/current/k.html>
3. Integrity in scholarly activity: : <http://www.ucalgary.ca/pubs/calendar/current/l.html>
4. Sexual harassment: <http://www.ucalgary.ca/pubs/calendar/current/m.html>
5. Student standing: <http://www.ucalgary.ca/pubs/calendar/current/nu-3-4.html>
6. Academic standing: <http://www.ucalgary.ca/pubs/calendar/current/f.html>

**Student Misconduct:** Plagiarism is a serious offence which will result in the following:

1. In cases in which the dean and/or faculty is satisfied that a student is guilty of plagiarism, cheating or other academic misconduct which suggest a clear intention to deceive or otherwise commit an academic offence, the normal penalty will be either suspension or expulsion from the faculty.
2. In cases in which the dean and/or faculty is satisfied that an offence has been committed, but doubt is left as to the existence of a clear intention to deceive or otherwise commit an academic offence, the normal penalty will be probation.
3. In cases where a student is found guilty of more than a single offence, the normal penalty will be expulsion from the faculty, and in the most serious cases, expulsion from the University.

While it is recognized that scholarly work often involves reference to the ideas, data and conclusions of other scholars, intellectual honesty requires that such references be explicitly and clearly noted.

Plagiarism occurs not only when direct quotations are taken from the source without specific acknowledgement but also when original ideas or data from the source are not acknowledged. For further information on Student Misconduct Policies, please refer to the official online University of Calgary Calendar 2009-2010, Academic Regulations, K. Student Misconduct: [www.ucalgary.ca/pubs/calendar/http://www.ucalgary.ca/pubs/calendar](http://www.ucalgary.ca/pubs/calendar/http://www.ucalgary.ca/pubs/calendar)

Intellectual honesty is viewed most seriously at the University of Calgary and compliance with standards of intellectual honesty is an expectation.

**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 2009/2010 Calendar (<http://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>) for dates, withdrawals, and fee refund policies for dropping a course. **The last date for withdrawal from this course without penalty is: June 02.**

**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. For questions about the collection or use of this information, contact the Faculty of Nursing student advisors, 220-4636.

### Class Schedule: Spring 2010

	DATE	FOCUS
1	May 03 am	Orientation to Psych/Mental Health Brief history of mental health care in Canada Homelessness
1	May 03 pm	Mental Status Assessment
2	May 04 am	Adjustment disorders "Who decides" ... Stigma Psychosocial issues in medical illness
2	May 04 pm	Suicide risk assessment/intervention Crisis Intervention
3	May 05 am	Anger, Aggression and Violence Family Violence
3	May 05 pm	Anxiety disorders Somatoform disorders
4	May 06 am	<b>Midterm exam #1</b> Psychosis: Schizophrenia
4	May 06 pm	Mood Disorders (part 1): Depression Mood Disorders (part 2): Bipolar disorder
5		Therapeutic Relationships
5		<b>Nursing Practice Narrative (NPN): Engaged Nursing Scholarship</b>
6	May 31 am	<b>Midterm exam #2</b> Grief and Loss (Guest Speaker)
6	May 31 pm	Mental health issues in older adults Delirium/dementias
7	June 01 am	Child Abuse Child/adolescent mental health issues
7	June 01 pm	Eating disorders
8	June 02 am	Personality disorders: Borderline Personality Disorder Antisocial Personality Disorder Personality disorders cont'd
8	June 02 pm	Addictions: Substance abuse Addictions: Gambling
	To be booked	<b>Final exam</b>