



Nursing Specialty - Psychiatric Mental Health

Note: Learners can be referred to the following two Psychiatric Mental Health courses when a learning gap is identified.

Psychiatric Mental Health Theory Course

Course Description

Psychiatric Mental Health offers an examination of concepts related to psychiatric and mental health nursing within the context of the therapeutic relationship. Aspects of primary, secondary, and tertiary prevention are addressed as a basis for promoting and sustaining optimum mental health functioning. Complex acute and chronic disorders are explored using case studies, which helps learners to explore clients' "lived-experiences" of illness. Learning is facilitated through written lessons with learning activities, textbook and journal readings.

Course Outcomes

By the end of this course the learner will:

1. Understand the systemic aspects of mental health and illness and the role of nursing related to health promotion and maintenance, and illness prevention.
2. Comprehend the holistic nature of mental health care and the need for nursing to function as a member of the interprofessional team.
3. Understand the role of therapeutic communication and the therapeutic relationship within the context of the nursing process.
4. Discuss best practice in psychiatric and mental health nursing care.
5. Understand the concepts of mental health advocacy, confidentiality, rights, marginalization, stigma, and pertinent legislation.

Format and Length of Course

Self-directed for completion in 8 to 12 weeks

Content

Units	Topics
1	Context of Mental Health Nursing <ul style="list-style-type: none"> • Mental health • Mental illness • Determinants of health • Health promotion and illness prevention • Context of Mental Health care • Legal Issues in Mental Health • Continuum of Care • Standards of Practice
2	Theoretical Basis of Mental Health Nursing <ul style="list-style-type: none"> • Biopsychosocial model • Psychodynamic Theories • Family Social Science Theories • Family Centered Care • Family and Trends • Person-Centered Model
3	Therapies <ul style="list-style-type: none"> • Psychopharmacology • Antipsychotics • Mood Stabilizers • Antidepressants • Antianxiety and Hypnotics • Stimulants • ECT • Milieu Therapy
4	Other Therapies <ul style="list-style-type: none"> • Group Therapy • Cognitive Therapy
5	Effective Communication The Therapeutic Relationship and The Clinical Interview <ul style="list-style-type: none"> • Helping Qualities • Communication • Anger/Aggressive management • Stages of Violence Cycle and Approaches
6	Comprehensive Psychiatric Assessments and Diagnosis <ul style="list-style-type: none"> • Biopsychosocial Assessment • Nursing Diagnosis and Outcomes • Family Assessment

Units	Topics
7	Stress and Anxiety <ul style="list-style-type: none"> • Anxiety • Anxiety Disorders • Somatoform Disorders
8	Schizophrenia Spectrum Disorders <ul style="list-style-type: none"> • Psychosis • Conceptual Disorganization • Psychotic Disorders
9	Mood Disorders <ul style="list-style-type: none"> • Mood Disorders • Safety Issues with Depression • Safety Issues with Bipolar Disorder • Care of the Suicidal Person
10	Personality Disorders <ul style="list-style-type: none"> • Personality Disorders: Cluster A, B and C
11	Substance Related Disorders <ul style="list-style-type: none"> • Substance Use Disorders • Substance Induced Disorders • Concurrent Disorders
12	Substance Related Disorders <ul style="list-style-type: none"> • Problems of Childhood and Adolescence • Cognitive Disorders of the Older Adult

Psychiatric Mental Health Clinical Course

Course Description

Psychiatric Mental Health practicum is designed to provide learners with nursing practice experience in caring for the Psychiatric-Mental Health client in the contemporary Canadian context. Supervised nursing practice experiences on selected clinical units will assist the learner to integrate the professional knowledge of registered nursing practice in Canada and enhance critical thinking skills and decision-making skills. The clinical consists of approximately 80 hours of preceptored experience. It is expected that the learner will meet all of the clinical competencies.

Prior to participating in the clinical practicum, the learner must submit proof of current immunizations; BCLS for Health Professionals certification; and a criminal record check.

Course Outcomes/Competencies:

1. **Patient Centered Care:** Provide compassionate, coordinated and competent care while respecting the person as a full partner.
2. **Teamwork and Collaboration:** Functions as a member of a collaborative team to promote integrated, continuous and reliable care.
3. **Evidence Informed Practice:** Use current evidence coupled with clinical expertise and consideration of person's preferences, experience and values to make best practice decisions.
4. **Quality Improvement:** Integrates improvement strategies into practice to improve the quality and safety of health care systems.
5. **Safety:** Integrate strategies to reduce the risk of harm to persons and providers by being accountable for individual performance and promoting a culture of safety within the health care system
6. **Informatics:** Use information and communication technologies to communicate, manage knowledge, mitigate error and support decision making to enhance patient, provider and system outcomes.

Format and Length of Course

80 hours in length preceptor-led clinical