

Nursing Specialty: Mental Health and Addictions Nursing

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

Mental Health and Addictions Nursing Theory Course

Course Description

This course offers an examination of concepts related to mental health and addictions nursing within the context of the therapeutic relationship. Aspects of primary, secondary, and tertiary prevention are intentionally addressed to enhance comprehension of the fundamentals of “care”, across a spectrum of needs, as a basis for promoting and sustaining optimal mental health. Acute and chronic mental illnesses are given focus, offering learners a venue to explore the lived experiences of clients with illness and understand treatment options. Learning activities are provided for the learner to self-assess and integrate knowledge with experience to inform their clinical practice.

Outcomes/Objectives

By the end of this course the learner will:

1. Illustrate understanding of the social context in which mental health and addictions are perceived, diagnosed, and treated, and the role of nursing related to health promotion and maintenance, and illness prevention.
2. Demonstrate a holistic perspective of mental health and addictions care and the need for nursing to function in a patient and family care-centered model.
3. Demonstrate application of the nursing process to mental health, wellness, and illness; and health promotion and illness prevention and treatment.
4. Demonstrate the ability to incorporate evidence-informed practices in providing mental health and addictions nursing care.
5. Identify related concerns such as mental health advocacy, confidentiality, rights, marginalization, stigma, and pertinent legislation.

Format of Course

Self-directed online course

Content

UNITS	TOPICS
1	Foundations in Theory and Practice <ul style="list-style-type: none"> • Mental Health • Mental illness

UNITS	TOPICS
	<ul style="list-style-type: none"> • Health promotion and illness prevention • Overview of Mental Health care • Theoretical approaches • Practice foundations • Cultural implications • Ethical and legal responsibilities
2	<p>The Therapeutic Relationship, Communication, and Clinical Interview</p> <ul style="list-style-type: none"> • Effective Communication • The Therapeutic Relationship • The Clinical Interview
3	<p>Pharmacological and Other Therapies</p> <ul style="list-style-type: none"> • Functions and structure of the brain • Psychotropic Drugs • Biological Interventions • Therapeutic Interventions • Integrative and Complementary Therapies
4	<p>Anxiety and Mood Disorders</p> <ul style="list-style-type: none"> • Anxiety and related disorders • Mood disorders <ul style="list-style-type: none"> ○ Bipolar Disorders ○ Depression
5	<p>Schizophrenia Spectrum and Other Psychotic Disorders</p> <ul style="list-style-type: none"> • Schizophrenia Spectrum • Other Psychotic Disorders
6	<p>Personality Disorders</p> <ul style="list-style-type: none"> • Personality disorders <ul style="list-style-type: none"> ○ Cluster A ○ Cluster B ○ Cluster C
7	<p>Substance Use Disorders and Other Areas of Risk</p> <ul style="list-style-type: none"> • Substance Use Disorders • Crisis • Suicide

UNITS	TOPICS
	<ul style="list-style-type: none"> • Non-suicidal self-injury • Anger, violence, and aggression
8	<p>Interventions for Distinct Populations</p> <ul style="list-style-type: none"> • Sexuality and gender • Disorders of children and adolescents • Disorders of older adults • Forensic Psychiatric Nursing

Mental Health and Addictions Nursing Clinical Course

Course Description

The Mental Health and Addictions Nursing practicum is designed to provide learners with nursing practice experience in caring for the client receiving Mental Health & Addictions focused care 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.

Format and Length of Course

80 hours in length preceptor-led clinical.