

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

This course 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 intentionally addressed to enhance comprehension of “care” requisites, across a spectrum of needs, as a basis for promoting and sustaining optimum mental health functioning. Complex acute and chronic disorders are given focus, offering learners venue to explore clients’ “lived-experiences” of illness. Implementations of care are recognized through efforts to integrate knowledge with experiential translations applied to practice scenarios.

Course Outcomes

By the end of this course the learner will:

1. Illustrate understanding the systemic aspects of mental health and illness and the role of nursing related to health promotion and maintenance, and illness prevention.
2. Show comprehension of the holistic nature of mental health care and the need for nursing to function within the eclectic framework of multi/interdisciplinary functioning.
3. Demonstrate interactive competence and therapeutic effectiveness in assisting patients/clients within the context of the nursing process.
4. Give evidence of mastery related to incorporating evidence-based and “best” practices in provided psychiatric and mental health nursing care.
5. Depict social recognition of related concerns with particular attentiveness to issues, such as mental health advocacy, confidentiality, rights, marginalization, stigma, and pertinent legislation.

Format of Course

Self-directed online course.

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 • Somatic Symptom and related 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	Issues Across the Lifespan <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.

Format and Length of Course

80 hours in length preceptor-led clinical.