

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** NUR 247

**Credits:** 4

**Course Title:** Psychiatric/Mental Health Nursing

**Course Description:** Develops nursing skills in caring for individuals, families, and/or groups with mental health needs. Explores various treatment models, diagnostic categories, and rehabilitative measures. Prerequisites: NUR 111/115, BIO 141, BIO 142, SDV 100, ENG 111, MTH 126, PSY 230, NUR 108, NUR 245, NUR 226. Prerequisites or Co-requisites: SOC 200, ITE 115. Co-requisite: NUR 109. Lecture 2 hours. Laboratory 6 hours. Total 8 hours per week.

**General Course Purpose:** NUR 247 is a Level II-B nursing course which prepares the student for all succeeding level nursing courses and builds on the foundational concepts introduced in NUR 111/115, NUR 226, NUR 108, and NUR 245.

**Course Prerequisites and Co-requisites:**

Prerequisites: NUR 111/115, BIO 141, BIO 142, SDV 100, ENG 111, MTH 126, NUR 108, NUR 245, NUR 226, and PSY 230

Co-requisite: NUR 109

Prerequisites or Co-requisites: SOC 200, ITE 115

**Course Objectives:**

Upon completing the course, the student will be able to:

- a. Practice within the legal, ethical, and regulatory boundaries of professional nursing, assuming accountability for the quality of nursing care provided to individuals, families, and groups with mental illness or behavioral impairment;
- b. Demonstrate commitment to excellence by maintaining professional integrity and competency through reflection, self-assessment, self-care, and lifelong learning as a professional nurse in a mental health setting with particular focus on maintaining boundaries and role appropriate behavior;
- c. Deliver holistic, client-centered nursing care to promote and maintain mental health based on principles of a therapeutic relationship and therapeutic communication for clients with mental illness or behavioral impairment;
- d. Minimize risk of harm to clients and others through individual performance, inquiry, system effectiveness, and reduction of risks in a mental health environment, focusing on suicide prevention, appropriate use of seclusion and restraints, and knowledge of pharmacology;
- e. Apply the nursing process, focusing on the mental status exam, to prioritize and meet the mental health needs, including nursing behavioral and pharmacological interventions of diverse individuals, families, and groups across lifespan in structured mental healthcare settings in the hospital or in the community;
- f. Implement sound clinical decision-making based on knowledge and social science, critical thinking, and evidence-based practice to achieve positive client outcomes for clients with mental illness or behavioral impairment;
- g. Design client, family, and community education that incorporates effective teaching and learning principles, empowers clients, improves quality of life, and promotes positive outcomes for clients with mental illness or behavioral impairment;

- h. Collaborate with the interdisciplinary team to promote continuity of care and improve outcomes for clients with chronic and acute episodes of mental illness and behavioral impairment;
- i. Apply leadership and management principles to provide cost-effective care and promote quality improvement for individual clients and for mental health nursing care delivery; and
- j. Synthesize the use of information and technology to communicate, manage knowledge, and support decision-making.

**Major Topics to Be Included:**

- a. Fundamental concepts of mental health nursing
- b. Applying nursing process to individuals, families, and groups within the milieu
- c. Promoting psychosocial adaptation for clients in an acute-care setting
- d. Thought disorders
- e. Mood disturbance
- f. Anxiety and related disorders
- g. Caring for clients with destructive patterns of behavior--inpatient and community
- h. Eating, addictive, and impulse control disorders
- i. Crisis management in mental health

**Effective Date of Course Content Summary:** July 17, 2015