

# Dakota County Technical College

## **PNSG 1755: Behavioral Health Concepts**

### **A. COURSE DESCRIPTION**

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course explores mental health and mental illness. Maladaptive disorders, treatment and nursing care are discussed. Transcultural and life span nursing issues of mental health will be addressed.

**B. COURSE EFFECTIVE DATES:** 08/26/2013 - Present

**C. OUTLINE OF MAJOR CONTENT AREAS**

## **D. LEARNING OUTCOMES (General)**

1. Describe characteristics and risk factors for cognitive disorders
2. Describe characteristics of mental health and mental illness, anxiety and behavioral changes caused by anxiety
3. Describe current theories regarding anxiety
4. Describe different cultural beliefs and practices that may influence mental health or illness
5. Describe nursing care for clients with anxiety
6. Describe nursing care for clients with schizophrenia
7. Describe nursing care to assist grieving clients and families
8. Describe nursing for care of clients and client's families who family members will have cognitive disorders
9. Describe nursing for care of clients and families with somatoform disorders
10. Describe nursing for care of clients and families with substance use/abuse behaviors
11. Describe nursing for care of clients with depression, bipolar, and mood disorders
12. Describe nursing for care of clients with personality disorders
13. Describe nursing for care of families who have children/adolescents with psychiatric disorders
14. Describe personality disorders in regards to the client's ability to perceive self to others and the environment
15. Describe psychiatric disorders and signs and symptoms associated with hostility and aggression
16. Describe somatoform theories, characteristics and disorders/dynamics
17. Describe the different psychosocial treatment modalities and therapy
18. Describe the importance of self-awareness in therapeutic use in regards to nurse-client relationships
19. Discuss appropriate nursing interventions for the client with hostility and aggression
20. Discuss characteristics of clients and family dynamics which may cause risk for substance abuse
21. Discuss characteristics, risk factors, and family dynamics of children and adolescents with psychiatric disorders
22. Discuss characteristics, risk factors, family dynamics, and disorders associated with abuse and violent behavior for all age groups
23. Discuss current trends of treatment of mentally ill clients
24. Discuss different theories and signs and symptoms relating to schizophrenia
25. Discuss legal and ethical issues related to psychiatric nursing
26. Discuss non-verbal communication skills
27. Discuss nursing care or clients who have been victims of abuse and violence
28. Discuss risk factors and characteristics of mood disorder
29. Discuss the nursing role of dealing with a chemically impaired professional
30. Discuss the role of physical health/illness and biologic makeup that can influence a client's emotional response
31. Discuss theories of depression and bipolar disorder
32. Discuss traditional, residential, and community treatment settings and services
33. Discuss treatment issues related to mental illness for the homeless and in the criminal justice system
34. Distinguish between delirium and dementia in regards to signs, symptoms, and treatments
35. Explain basic beliefs and approaches of different psychosocial theories`
36. Explain nursing roles such as information giver, caregiver, advocate, and surrogate in the nurse-client relationship
37. Explain the importance of attitudes, beliefs, empathy, trust and values, in the development of nurse client relationship
38. Explain trends in substance abuse and programs for prevention

39. Identify categories used to determine a client's mental health status and recognize impaired physiologic functions found in clients with mental disorders
40. Identify drugs used for treatment and their effectiveness
41. Identify populations at risk for suicide and nursing care associated with suicidal ideation
42. Identify structures, processes and functions of the brain
43. Identify the rights of a client in psychiatric care
44. Identify therapeutic and non-therapeutic verbal communication
45. Identify various types of loss and understanding of the grieving process

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted