



NR320 MENTAL HEALTH NURSING Learning Plan

PURPOSE

This learning plan expands upon the key concepts identified for the course and guides faculty in teaching the prelicensure BSN curriculum in all locations. Each unit's concepts are linked (in the 3rd column) to the Chamberlain Care philosophical concepts that relate most prominently to that unit. The course content is further linked to the **NCLEX-RN Test Plan's Client Needs Categories (in Brown font)** from which NCLEX test items are derived. Readings and assignments contained within the newly aligned course shells support learners mastery of this content and the course outcomes.

NCLEX TEST PLAN
These Client Needs Categories/Subcategories* of the NCLEX-RN Test Plan link to NR320 as annotated in the course content outline below.
1. Safe and Effective Care Environment
• Management of Care
• Safety and Infection Control
2. Health Promotion and Maintenance
3. Psychosocial Integrity
4. Physiological Integrity
• Basic Care and Comfort
• Pharmacological and Parenteral Therapies
• Reduction of Risk Potential
• Physiological Adaptation
*There are five (5) Integrated Processes that are fundamental to the practice of nursing, and they are integrated throughout the Client Needs categories and subcategories. They are <i>Nursing Process, Caring, Communication & Documentation, Teaching/Learning, and Culture & Spirituality.</i>

CONTENT OUTLINE

Unit 1	The Building Blocks of Mental Health	Chamberlain Care
<p>Upon completion of this unit, the student will be able to do the following.</p> <ol style="list-style-type: none"> 1. Define mental health and mental illness (CO 1; NCLEX – 3) 2. Compare various theories related to mental health and mental health nursing (COs 1 and 7; NCLEX – 3) 1. Discuss ethical and legal issues surrounding the care of mentally ill individuals (CO 7; NCLEX – 3, Caring) 2. Identify therapeutic and nontherapeutic communication techniques to help establish trusting relationships (CO 3; NCLEX – 3, Communication & Documentation) 3. Define the role of the professional nurse in the 	<ol style="list-style-type: none"> 1. Historical Overview [Psychosocial Integrity> Related to the history of mental health illnesses] <ol style="list-style-type: none"> a. Nursing influences b. Legislative influences 2. Theories of Personality Development and Conceptual Models [Psychosocial Integrity> Related to the history of mental health illnesses] <ol style="list-style-type: none"> a. Psychoanalytic models b. Behavioral models c. Cognitive models d. Developmental models e. Neurobiological model f. Stress adaptation model g. Interpersonal theory of psychiatric nursing practice 3. Mental Health and Life Continuum [Psychosocial Integrity> Related to the develop and use of strategies to decrease anxiety] <ol style="list-style-type: none"> a. Effects of stress, grief, & anxiety 4. Introduction to DSM-5 Classifications & Therapy Considerations [Psychosocial Integrity> Related to the history of mental health illnesses] <ol style="list-style-type: none"> a. Diagnostic Criteria b. Clinical Decision-making 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Professional Identity Formation Understand the fundamentals of professional mental health nursing through the exploration of historical influences, scientific models, and professional basics.</p> <p>Person-Centered Develop communication styles that promote respectful responsiveness to mental health patients' preferences, needs, and values.</p>

<p>mental health setting (COs 7 and 8; NCLEX – 3, Caring)</p>	<ol style="list-style-type: none"> 5. Ethical and Legal Issues [Safe and Effective Care Environment: Management of Care > Related to Ethical Practice] <ol style="list-style-type: none"> a. Healthy People 2020 (Objectives and goals for mental health & mental illness) 6. Communication Techniques [Psychosocial Integrity> Related to Therapeutic Communication] <ol style="list-style-type: none"> a. Verbal and Nonverbal Expression b. Relationship Build/Therapeutic Communication c. Therapeutic communication (clarifying, silence, reflection, etc.) d. Nontherapeutic communication (Defending, rejecting, belittling, etc.) e. Professional nurses' role in therapeutic communication and relationship building <ol style="list-style-type: none"> i. Active listening ii. Trusting and respectful relationship iii. Personal boundaries 	
Unit 2	Nursing Care of Persons with Mental Illness	Chamberlain Care
<p>Upon completion of this unit, the student will be able to do the following.</p> <ol style="list-style-type: none"> 1. Review psychotropic medication classifications (CO 1; NCLEX – 4, nursing process) 	<ol style="list-style-type: none"> 1. Psychotropic Medication Classifications [Physiological Integrity > Related to Pharmacological and Parenteral Therapies] <ol style="list-style-type: none"> a. Antipsychotics b. Sedative-Hypnotics c. Anxiolytics d. Mood Stabilizers and Antidepressants 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Care-Focused Explain the application of the nursing process in promoting the health and well-being of the mental health client.</p>

<ol style="list-style-type: none"> 2. Identify potential safety issues in the milieu environment (CO 6; NCLEX – 3, care; NCLEX-1) 3. Define crisis intervention, assertiveness training and anger management (CO 6; NCLEX – 3, care; NCLEX-1) 4. Implement the nursing process for persons with mental illness (CO 4; NCLEX – 1, Nursing Process) 	<ol style="list-style-type: none"> e. Medications for the treatment of substance abuse 2. Crisis intervention& Safety Considerations [Psychosocial Integrity> Related to Crisis Intervention, and Safe and Effective Care Environment: Safety and Infection Control > Related to crisis Intervention] <ol style="list-style-type: none"> a. Crisis intervention b. De-escalation c. Assertiveness Training d. Anger Management e. Chamberlain Care Attitude & Crisis Intervention 3. Nursing Process (ADOPIE) & Mental Health [Safe and Effective Care Environment: Management of Care > Related to Clinical Reasoning] <ol style="list-style-type: none"> a. Assessment b. Diagnosis and Outcome Identification c. Planning d. Implementation <ol style="list-style-type: none"> i. Independent nursing actions ii. Collaborative/Interdisciplinary interventions e. Evaluation 	<p>Extraordinary Nursing</p> <p>Lay the foundation for extraordinary mental health nursing through the underpinnings of medication safety evidence.</p>
<p>Unit 3</p>	<p>Mental Health Therapies and Nursing Care of the Person with Loss, Somatic Symptom and Related Disorders, and Dissociative Disorders</p>	<p>Chamberlain Care</p>
<p>Upon completion of this unit, the student will be able to do the following.</p>	<ol style="list-style-type: none"> 4. Common Therapies, Milieus, Approaches [Psychosocial Integrity> Related to therapeutic milieu] <ol style="list-style-type: none"> a. Milieu therapy b. Behavior modification 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p>

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Describe the therapeutic milieu and the role of the multidisciplinary treatment team (CO 4; NCLEX – 3, care) 2. Identify types of treatment modalities to promote mental health & wellness (COs 1,3 and 6; NCLEX – 3, care) 3. Discuss pharmacological and non-pharmacological therapies for persons with loss (CO 5; NCLEX – 3, care) 4. Discuss pharmacological and non-pharmacological therapies for persons with Somatic Symptom and Related Disorders (CO 5; NCLEX – 3, care) 5. Discuss pharmacological and non-pharmacological therapies for persons with dissociative disorders (CO 5) 6. Develop a comprehensive plan of care for persons with loss (CO 6; NCLEX – 3, care) | <ol style="list-style-type: none"> <ol style="list-style-type: none"> c. Family therapy d. Cognitive therapy e. Electroconvulsive therapy (ECT) f. Group intervention g. Holistic approach (sleep, diet, exercise, etc.) h. Chamberlain Care approach to therapeutics 2. Somatic Symptom and Related Disorders Symptom Disorders [Psychosocial Integrity> Related to developing and using strategies to decrease anxiety] <ol style="list-style-type: none"> a. Somatic Symptom Disorder b. Illness Anxiety Disorder c. Conversion Disorder d. Factitious Disorder e. Predisposing factors f. Treatment approaches g. Nursing interventions 3. Dissociative disorders [Psychosocial Integrity> Related defense mechanisms and adaptation] <ol style="list-style-type: none"> a. Dissociative Identity Disorder b. Dissociative Amnesia <ol style="list-style-type: none"> i. With Dissociative Fugue c. Depersonalization-Derealization Disorder d. Predisposing factors e. Treatment approaches f. Nursing interventions 4. Loss and Bereavement [Psychosocial Integrity> Related ability to cope with end of life interventions] <ol style="list-style-type: none"> a. Review – Stages of Grief b. Coping Mechanisms c. Therapeutic Nursing Interventions |
|---|--|

Person-Centered

Explore the different therapeutic approaches in mental health treatment to adequately plan and assess care in a way that is responsive and meaningful to the person.

Care-Focused

Recognize the signs and symptoms of individual mental health disorders to enable the application of holistic and person-centered care to mental health clients.

- | | | |
|---|--|--|
| <p>7. Develop a comprehensive plan of care for persons with Somatic Symptom and Related Disorders (CO 6; NCLEX – 3, care)</p> <p>8. Develop a comprehensive plan of care for persons with dissociative disorders (CO 6; NCLEX – 3, care)</p> <p>Determine the professional nurse's role in assisting a person and family with loss (COs 2, 3, 4, 5, 6, 7 and 8; NCLEX – 3, care)</p> <p>9. Determine the professional nurse's role in assisting a person and family with somatic symptom and related disorders (COs 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care)</p> <p>10. Determine the professional nurse's role in assisting a person and family with dissociative disorders (COs 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care)</p> | <p>5. Professional Nurses' Role [Psychosocial Integrity> Related to assessing and planning interventions that meet the client's mental health needs]</p> <ul style="list-style-type: none"> a. Recognition and acceptance b. Nursing assessment c. Identification of learning needs d. Identification of community resources e. Implementation of evidence-based practices | |
|---|--|--|

Unit 4	Nursing Care of Persons with Depression, Anxiety, and Suicidal Ideations	Chamberlain Care
<p>Upon completion of this unit, the student will be able to do the following.</p> <ol style="list-style-type: none"> 1. Develop a comprehensive plan of care for persons with anxiety in collaboration with other members of the treatment team (CO 6; NCLEX – 3, care) 2. Develop a comprehensive plan of care for persons with mood disorders in collaboration with other members of the treatment team (CO 6; NCLEX – 3, care) 3. Determine the professional nurse's role in assisting a person and family with anxiety (COs 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care) 4. Determine the professional nurse's role in assisting a person and family with mood disorders (COs 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care) 	<ol style="list-style-type: none"> 1. Anxiety Disorders [Psychosocial Integrity> Related to developing and using strategies to decrease anxiety] <ol style="list-style-type: none"> a. Levels <ol style="list-style-type: none"> i. Mild to Moderate ii. Severe iii. Panic b. Types <ol style="list-style-type: none"> i. Panic ii. Generalized anxiety disorder iii. Phobias iv. Social anxiety disorder v. Obsessive compulsive disorder vi. Body dysmorphic disorder vii. Post-traumatic stress disorder c. Predisposing factors d. Treatment approaches e. Nursing interventions 2. Depressive disorders [Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues] <ol style="list-style-type: none"> a. Types <ol style="list-style-type: none"> i. Major Depressive Disorder ii. Dysthymic Disorder iii. Premenstrual Dysphoric Disorder b. Predisposing factors c. Treatment approaches d. Nursing interventions 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Person-Centered Explore the different therapeutic approaches in mental health treatment to adequately plan and assess care in a way that is responsive and meaningful to the person.</p> <p>Care-Focused Recognize the signs and symptoms of individual mental health disorders to enable the application of holistic and person-centered care to mental health clients.</p>

5. Identify suicidal risk factor and preventative measures (CO 2, 4, 6, and 7; **NCLEX – 3, care**)

3. Bipolar disorders **[Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues]**
- Types
 - Bipolar I and II
 - Cyclothymic Disorder
 - Predisposing factors
 - Treatment approaches
 - Nursing interventions
4. Suicidal Ideations **[Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues]**
- Suicidal risk assessment
 - Early warning signs
 - Interventions and precautions
 - Ethical and Legal Considerations
5. Professional Nurses' Role **[Psychosocial Integrity> Related to assessing and planning interventions that meet the client's mental health needs]**
- Recognition and acceptance
 - Nursing assessment
 - Identification of learning needs
 - Identification of community resources
 - Implementation of evidence-based practices

Unit 5

Nursing Care of Persons with Alterations in Psychosocial Adaptations

Chamberlain Care

Upon completion of this unit, the student will be able to do the following.

1. Schizophrenia **[Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic**

Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:

1. Develop a comprehensive plan of care for persons with alterations in psychosocial adaptation in collaboration with other members of the treatment team (CO 6; **NCLEX – 3, care**)
2. Determine the professional nurse's role in assisting a person and family with alterations in psychosocial adaptation (COs 2, 3, 4, 5, 6, 7, and 8; **NCLEX – 3, care**)
3. Develop a comprehensive plan of care for persons with eating disorders (CO 6; **NCLEX – 3, care**)
4. Determine the professional nurse's role in assisting a person and family with eating disorders (COs 2, 3, 4, 5, 6, 7, and 8; **NCLEX – 3, care**)
5. Develop a comprehensive plan of care for persons with personality disorders (CO 6; **NCLEX – 3, care**)

mental illness & providing care & education for psychosocial health issues]

- a. Types
 - b. Phases
 - c. Predisposing factors
 - d. Treatment approaches
 - e. Nursing interventions
2. Personality Disorders **[Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues]**
 - a. Types
 - i. Cluster A: Eccentric, Odd
 - ii. Cluster B: Dramatic, Emotional
 - iii. Cluster C: Anxious, Fearful
 - b. Predisposing factors
 - c. Treatment approaches
 - d. Nursing interventions
 3. Eating Disorders **[Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues]**
 - a. Types
 - b. Predisposing factors
 - c. Treatment approaches
 - d. Nursing interventions
 4. Professional Nurses' Role **[Psychosocial Integrity> Related to assessing and planning interventions that meet the client's mental health needs]**
 - a. Recognition and acceptance
 - b. Nursing assessment

Person-Centered

Explore the different therapeutic approaches in mental health treatment to adequately plan and assess care in a way that is responsive and meaningful to the person.

Care-Focused

Recognize the signs and symptoms of individual mental health disorders to enable the application of holistic and person-centered care to mental health clients.

<p>6. Determine the professional nurse's role in assisting a person and family with personality disorders (Cos 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care)</p>	<p>c. Identification of learning needs d. Identification of community resources e. Implementation of evidence-based practices</p>	
Unit 6	Nursing Care of Persons with Neurocognitive Disorders and Substance-Related and Addictive Disorders	Chamberlain Care
<p>Upon completion of this unit, the student will be able to do the following.</p> <ol style="list-style-type: none"> Discuss pharmacological and non-pharmacological therapies for persons with neurocognitive disorders (CO 5; NCLEX – 3, care) Develop a comprehensive plan of care for persons with neurocognitive disorders in collaboration with other members of the treatment team (CO 6; NCLEX – 3, care) Determine the professional nurse's role in assisting a person and family neurocognitive disorders 	<ol style="list-style-type: none"> Neurocognitive disorders [Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues] <ol style="list-style-type: none"> Organic Disorders <ol style="list-style-type: none"> Dementia Delirium Alzheimer Disease Predisposing factors Treatment approaches Nursing interventions Substance-related and Addictive Disorders [Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues] <ol style="list-style-type: none"> Definitions <ol style="list-style-type: none"> Abuse Dependence Intoxication 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Person-Centered Explore the different therapeutic approaches in mental health treatment to adequately plan and assess care in a way that is responsive and meaningful to the person.</p> <p>Care-Focused Recognize the signs and symptoms of individual mental health disorders to enable the application of holistic and person-centered care to mental health clients.</p>

<p>(COs 2, 3, 4, 5, 6, 7, 8, and 9; NCLEX – 3, care)</p> <p>4. Develop a comprehensive plan of care for persons with addictive disorders (CO 6; NCLEX – 3, care)</p>	<ul style="list-style-type: none"> iv. Withdrawal b. Commonly Abused Substances <ul style="list-style-type: none"> i. Alcohol ii. CNS Depressants iii. CNS Stimulants iv. Inhalants v. Hallucinogens c. Predisposing factors d. Treatment approaches e. Nursing interventions <p>3. Professional Nurses' Role [Psychosocial Integrity> Related to assessing and planning interventions that meet the client's mental health needs]</p> <ul style="list-style-type: none"> a. Recognition and acceptance b. Nursing assessment c. Identification of learning needs d. Identification of community resources e. Implementation of evidence-based practices 	
Unit 7	Mental Health and Wellness Across the Lifespan	Chamberlain Care
<p>Upon completion of this unit, the student will be able to do the following.</p> <ul style="list-style-type: none"> 1. Develop a comprehensive plan of care for survivors of abuse or neglect (CO 6; NCLEX – 3, care)) 2. Determine the professional nurse's role in assisting an older adult and family with 	<ul style="list-style-type: none"> 1. Childhood Disorders [Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues] <ul style="list-style-type: none"> a. Neurodevelopmental Disorders <ul style="list-style-type: none"> i. Intellectual Disability (Intellectual Developmental Disorder) ii. Autism Spectrum Disorder iii. Attention Deficit/Hyperactivity Disorder b. Disruptive Behavior Disorders <ul style="list-style-type: none"> i. Oppositional Defiant Disorder 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Person-Centered Explore the different therapeutic approaches in mental health treatment to adequately plan and assess care in a way that is responsive and meaningful to the person.</p> <p>Care-Focused</p>

<p>mental illness (COs 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care)</p> <p>3. Determine the professional nurse's role in assisting a child and family with mental illness (Cos 2, 3, 4, 5, 6, 7, and 8; NCLEX – 3, care)</p> <p>4. Identify community resources available to persons with mental illness (Cos 2 and 5; NCLEX – 2, care)</p>	<ul style="list-style-type: none"> ii. Conduct Disorder c. Anxiety Disorders <ul style="list-style-type: none"> i. Separation Anxiety Disorder d. Predisposing factors e. Treatment approaches f. Nursing interventions <p>2. Aging Individuals [Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues]</p> <ul style="list-style-type: none"> a. Common types <ul style="list-style-type: none"> i. Depression ii. Anxiety b. Predisposing factors c. Treatment approaches d. Nursing interventions <p>3. Abuse and Neglect [Psychosocial Integrity> Related to recognizing signs and symptoms of acute and chronic mental illness & providing care & education for psychosocial health issues]</p> <ul style="list-style-type: none"> a. Types <ul style="list-style-type: none"> i. Domestic Violence ii. Neglect iii. Incest and Rape b. Predisposing factors c. Treatment approaches d. Nursing interventions e. Ethical and Legal Considerations 	<p>Recognize the signs and symptoms of individual mental health disorders to enable the application of holistic and person-centered care to mental health clients.</p>
---	---	--

	<ol style="list-style-type: none"> 4. Community Mental Health [Health Promotion and Maintenance > Related to Identifying Community Resources for the Client] <ol style="list-style-type: none"> a. Types of facilities b. Types of services c. Models d. The nurse's role 5. Professional Nurses' Role [Psychosocial Integrity> Related to assessing and planning interventions that meet the client's mental health needs] <ol style="list-style-type: none"> a. Recognition and acceptance b. Nursing assessment c. Identification of learning needs d. Identification of community resources e. Implementation of evidence-based practices 	
Unit 8	Wrap It Up!	Chamberlain Care
<p>Upon completion of this unit, the student will be able to do the following.</p> <ol style="list-style-type: none"> 1. Summarize avenues by which professional nurses impact mental health (COs 1 and 7; NCLEX – 3, care) 2. Successfully complete the Final Exam (CO 6; NCLEX – 3, care) 	<ol style="list-style-type: none"> I. Professional Nursing Roles Impacting Mental Health Nursing [Psychosocial Integrity> Related to assessing and planning interventions that meet the client's mental health needs] <ol style="list-style-type: none"> A. Education <ol style="list-style-type: none"> 1. Individual 2. Family 3. Community 4. Societal and global B. Professional associations and organizations C. Research D. Community and political activity II. Final Exam 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Professional Identity Formation</p> <p>Explore the dynamic elements of professional identity that frame the fundamental values for the professional mental health nurse.</p>

	Final Clinical/Experiential Learning Evaluations	
--	--	--