

 Yukon University	School of Health, Education and Human Services
	NURS 2503 Mental Health Nursing
	Term: Spring 2025 Number of Credits: 3
Course Outline	

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## COURSE DESCRIPTION

Learners are provided an introduction to the assessment, treatments, and nursing interventions for patients with psychiatric and mental health issues. Basic mental health concepts, therapeutic relationships, and assessment strategies are applied within the context of the nursing process, and legal and ethical practices.

## COURSE REQUIREMENTS

### REQUISITES

Complete the following courses:

- NURS1401- Clinical 1: Foundational (4)

EQUIVALENTS: None

CREDITS: 3

HOURS: 45

ELIGIBLE FOR PLAR: Yes

## EQUIVALENCY OR TRANSFERABILITY

Receiving institutions determine course transferability. Find further information at:

<https://www.bowvalleycollege.ca/apply/i-am-ready/transfer/transfer-to-bvc>

## COURSE LEARNING OUTCOMES

1	Describe the ethical, legal, and professional standards of mental health nursing
2	Identify effective therapeutic communication skills for the care of patients with mental health issues/psychosocial needs
3	Describe major psychiatric and mental health concepts and theories and the various treatment modalities
4	Utilize the nursing process and the Conceptual Framework to assess patients with mental health issues and plan, implement, and evaluate care
5	Demonstrate a high degree of self-awareness in evaluating your own mental health and its impact on therapeutic relationships

6	Recognize safety risk factors and use interventions to ensure safety of patients and others
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## COURSE MODULES AND SCHEDULE

*\*Course schedule subject to change, depending on delivery mode and term of study.*

### WEEK/HOURS MODULES

1.5 Hours	Mental Health Nursing: An Overview
1.5 Hours	Psychiatric Mental Health Nursing in Acute Care and Community Settings
1.5 Hours	Cultural, Legal and Ethical Implications
1.5 Hours	Nursing Process in Mental Health Nursing
3 Hours	Therapeutic Relationships and Therapeutic Communication
2 Hours	Psychopharmacology
3 Hours	Responses to Stress and Psychological Needs of Patients with Medical Conditions
4 Hours	Trauma Interventions
2 Hours	Mood Disorders
4 Hours	Anxiety, Obsessive-Compulsive, and Related Disorders
3 Hours	Somatic Symptom and Dissociative Disorders
4 Hours	Eating Disorders and Disorders of Children and Adolescents
4 Hours	Schizophrenia Spectrum and Other Psychotic Disorders
3 Hours	Personality Disorders
3 Hours	Substance Use and Addictive Disorders
4 Hours	Cognitive Disorders and Psychosocial Needs of Older Adults

### Delivery format

A combination of synchronous (face-to-face and web-conferencing via Zoom) and asynchronous (web-based via Moodle) learning activities are provided. Learning activities may include but are not limited to facilitator-led learning, projects, and on-line exercises.

## ASSESSMENT

Course Learning Outcomes	Assessment	Weight
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1, 2, 4, 5, 6	Learning Activities	30%
1, 2, 3, 4, 6	Exam 1	35%
1, 2, 3, 4, 6	Exam 2	35%

Important: For details on each assignment and exam, please see the Course Offering Information.

## PERFORMANCE STANDARDS

An overall minimum final mark for this course must be 64% to pass this course.

Please consult with your program area or contact your program chair for further details. A minimum Grade Point Average of 2.0 is required for graduation.

## TEXTBOOKS & LEARNING MATERIALS

Required Learning Resources:

Pollard, C.L., Jakubec, S.L., & Jordan Halter, M. (2022). *Varcarolis's Canadian Psychiatric Mental Health Nursing: A Clinical Approach* (3<sup>rd</sup> ed.). Elsevier Canada.

Additional learning resources may be found in the Course Offering Information and in Moodle.

## COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates: <https://www.yukonu.ca/current-students/important-dates>

## ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

## ACCESSIBILITY AND ACADEMIC ACCOMMODATION

Yukon University is committed to providing a positive, supportive, and barrier-free academic environment for all its students. Students experiencing barriers to full participation due to a visible or hidden disability (including hearing, vision, mobility, learning disability, mental health, chronic or temporary medical

[www.yukonu.ca](http://www.yukonu.ca)

condition), should contact [Accessibility Services](#) for resources or to arrange academic accommodations: [access@yukonu.ca](mailto:access@yukonu.ca).

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