

	<b>School of Health, Education and Human Services</b>
	<b>NURS 2503 Mental Health Nursing</b>
	<b>Term: Spring/Summer 2026</b> <b>Number of Credits: 3</b>
<b>Course Outline</b>	

**INSTRUCTOR: Elizabeth Chisholm**

**E-MAIL:** [Elizabeth.Chisholm@yukonu.ca](mailto:Elizabeth.Chisholm@yukonu.ca)

**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.

**REQUISITES:** Complete the following

- NURS 1401: 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 OUTCOME(S)**

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

**ASSESSMENT**

Course Learning Outcome(s)	Assessment	Weight
1, 2, 3, 4, 5, 6	Learning Activities	40%
1, 2, 3, 4, 6	Exam 1	30%
1, 2, 3, 4, 6	Exam 2	30%

Important: For details on each assessment, please see information in Moodle.

## PERFORMANCE STANDARDS

A minimum grade of D is required to pass this course. However, a program may require a higher grade in this course to progress in the program or to meet specific program completion requirements. An overall minimum final mark for this course must be **64%** to pass.

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

## DELIVERY FORMAT

This course is delivered in-person with some asynchronous learning via Moodle and synchronous video conferencing via Zoom. Note that the delivery format is subject to change.

## COURSE MODULES AND SCHEDULE

*\*Course schedule subject to change. For exact dates, please consult course documents in Moodle.*

### HOURS/WEEK

### MODULE

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

## REQUIRED TEXTBOOKS & LEARNING MATERIALS

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

Additional learning resources may be found in Moodle.

## COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates: [Important dates | Yukon University](#)

## **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 [Academic Regulations and Procedures Oct 1 2025-June 30 2026 signed.pdf](#) for further details about academic standing and student rights and responsibilities. Also refer to Bow Valley Colleges Practical Nurse Student Handbook in Moodle.

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

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