This course supports the assessment for Psychiatric and Mental Health Nursing. The course covers 6 competencies and represents 3 competency units.

Introduction

New medications and treatments have afforded those suffering with mental illness a better quality of life. Challenges continue, however, as evidenced by the increase of substance abuse, the low survival rates of patients with severe head injuries, and in the continued appearance of Alzheimer's disease among the elderly.

You will encounter many mental health issues as a nurse, regardless of your chosen practice area. In this course, you will discover the many faces of mental illness and the role that the nursing profession plays in managing the care of patients and families struggling with psychiatric and mental health issues. Caring for patients with mental illness requires patience and true compassion, a commitment to patient advocacy, and an in-depth understanding of psychopharmacology.

This course is designed to be completed in conjunction with the C487 clinical course.

Watch the following video for an introduction to this course:

Note: To download this video, right-click the following link and choose "Save as...": [download video]

Competencies

This course provides guidance to help you demonstrate the following 6 competencies:

- **Competency 726.4.1: Foundational Concepts of Mental Health & Mental Illness**
  The graduate provides patient-centered care integrating theories and concepts relevant to mental health across the lifespan.

- **Competency 726.4.2: Therapeutic Communication & Interpersonal Relational Skills**
  The graduate demonstrates effective communication skills and therapeutic use of self to manage individuals experiencing mental health disorders.

- **Competency 726.4.3: Neurobiological Basis of Psychotherapeutic interventions**
  The graduate implements safe, quality care integrating knowledge of neurological functioning and psychopharmacology.

- **Competency 726.4.4: Management of Psychobiological Disorders**
  The graduate uses cognitive knowledge and clinical reasoning to implement evidence-based interventions with patients experiencing psychobiological disorders.

- **Competency 726.4.5: Management of Severe Mental Health Disorders**
  The graduate uses cognitive knowledge and clinical reasoning to implement evidence-based interventions with patients experiencing severe mental health disorders.

- **Competency 726.4.6: Safe & Therapeutic Milieu**
The graduate establishes appropriate professional boundaries while promoting safe and therapeutic environments.

**Nursing Dispositions Statement**
Please review the [Statement of Nursing Dispositions](#).

**Course Instructor Assistance**

As you prepare to demonstrate competency in this subject, remember that course instructors stand ready to help you reach your educational goals. As subject matter experts, mentors enjoy and take pride in helping students become reflective learners, problem solvers, and critical thinkers. Course instructors are excited to hear from you and eager to work with you.

Successful students report that working with a course instructor is the key to their success. Course instructors are able to share tips on approaches, tools, and skills that can help you apply the content you’re studying. They also provide guidance in assessment preparation strategies and troubleshoot areas of deficiency. Even if things don’t work out on your first try, course instructors act as a support system to guide you through the revision process. You should expect to work with course instructors for the duration of your coursework, and you are encouraged to contact them as soon as you begin. Course instructors are fully committed to your success!

**Preparing for Success**

The information in this section is provided to detail the resources available for you to use as you complete this course.

**Learning Resources**

The learning resources listed in this section are required to complete the activities in this course. For many resources, WGU has provided automatic access through the course. However, you may need to manually enroll in or independently acquire other resources. Read the full instructions provided to ensure that you have access to all of your resources in a timely manner.

**Learning Resources**

The ATI Learning System includes comprehensive resource to help you gain critical thinking skills and a comprehensive nursing knowledge base needed to be a great nurse. Within the ATI Learning System, you will have access to the following resources:

- Clinical Skills Modules
- Dosage Calculation and Safe Medication Administration Modules
- Pharmacology Made Easy
- Nurse Logic
- RN Review eBooks
- Practice Quizzes
- Remediation Activities, including Focused Reviews and Active Learning Templates
You can access ATI resources in two ways. First, you can access all ATI resources by clicking on the link provided for the ATI Home Page.

**ATI Landing Page**

Second, you can access specific ATI resources by clicking on the links provided throughout the course.

Click on the link below for more information about navigating the ATI Learning System:

**ATI Plan – Student Getting Started with ATI**  
**ATI Plan – Student Orientation NEW**

The ATI Learning System includes additional resources to help you prepare for mastery of specific nursing concepts. Pre-assessments help you identify areas of strength and opportunities for improvement as you prepare for the Objective Assessment and NCLEX-RN exam. You must obtain a minimum score of 75% on each pre-assessment. This course contains two pre-assessments. If you do not obtain the minimum score, you must wait 72 hours before you can attempt the pre-assessment again. Pre-assessments should always be followed with remediation exercised recommended by ATI. You should plan to take the pre-assessments when recommended in the Course of Study.

For more information about the ATI remediation process, please see the link below:

** ATI-Plan Getting Started with the Improve Tab**

For this course, you will complete the ATI proctored exam for the Objective Assessment. Students who do not pass their proctored exam on the first attempt will be required to complete the remediation plan outlined by ATI before they can complete a second attempt.

**ATI Plan Getting Started with the Test Tab**

You can access the learning resources listed in this section by clicking on the links provided throughout the course. You may be prompted to log in to the WGU student portal to access the resources.

**ATI RN Review Modules – eBooks**

The comprehensive review books provide essential content that can assist in preparation for exams and assist with remediation. Within this resource, you can locate important information quickly, practice applying nursing knowledge to NCLEX exercises and identify areas specific to the NCLEX-RN test plan that relate to content within the course. To access this resource, you can utilize the direct link below:

1. Click on the link below.
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. View content as needed in the course.

RN Review Modules

Learning Resources

You can access the learning resources listed in this section by clicking on the links provided throughout the course. You may be prompted to log in to the WGU student portal to access the resources.

VitalSource E-Text

The following textbook is available to you as an e-text within this course. You will be directly linked to the specific readings required within the activities that follow.


*Note: This e-text is available to you as part of your program tuition and fees, but you may purchase hard copies at your own expense through a retailer of your choice. If you choose to do so, please use the ISBN listed to ensure that you receive the correct edition.*

Other Learning Resources

You will use the following learning resources for this course.

Unbound Medicine’s Nursing Central

*Unbound Medicine’s Nursing Central* is a multi-dimensional application that puts essential nursing tools conveniently at your fingertips. The application includes current evidence-based resources that are used by healthcare professionals throughout the field. Use the resources to look up diseases, drugs, lab tests, procedures, or vocabulary in the lab or clinical setting for just-in-time learning to aid your patient care. Illustrations and videos are also available.

The application can also guide your studies and practice. Do you have topics that require a little more time and attention? Use Grasp to create your own flashcard deck or access decks shared by other learners.

You will also have access to the following content:

- Davis’s Drug Guide
- Taber’s Medical Dictionary
- Davis’s Lab and Diagnostic Tests
- Diseases and Disorders
- MEDLINE journal database
- A variety of calculators, including ones for medication dosing and IV drip rates

A link to the web-based application is provided below. It is also available for download to a
mobile device.

- **Unbound Medicine’s Nursing Central**

**Supplemental NCLEX Study Guide**

To assist you in preparing for the NCLEX exam and to review content, the following book is available to you in e-text form. This text is supplemental and will not be linked specifically in any of the activities. You have access to this resource in e-text form by clicking the linked title provided below:


This resource is strongly recommended to help you review content, assess your knowledge, and experience taking practice test questions. You may be asked to review sections of this resource in order to prepare for an objective assessment exam or to remediate after failing to successfully pass an assessment exam or a practice assessment exam.

**WGUNursesRock**

The [WGUNursesRock](#) website is an excellent resource to help you throughout your studies in the BSRN nursing program. It was developed by one of the course instructors for this program. The site includes resources to help with test taking, prioritizing your time, management, how to utilize SBAR, resources on the body systems, and pharmacology and lab values. If you are looking for more information on any of these topics don’t hesitate to check out [WGUNursesRock](#).

**Nursing Standards**

You will be able to access Nursing Professional Standards as they apply to your program through the WGU Library. Please access these documents at the following website:

- [Nursing Standards E-Reserves](#)

**Pacing Guide**

Block of Learning 1: Issues in Mental Health Nursing

- 1.1 Theories, Therapies, and the Biological Basis of Treatment
- 1.2 Therapeutic Practice: Complementary, Alternative, and Integrative Health Practices

Block of Learning 2: Mental Health Practice and Legal and Ethical Issues

- 2.1 Mental Health Practice Issues
- 2.2 Legal and Ethical Issues in Mental Health Practice

Block of Learning 3: Foundations of Practice and Nursing Assessment
Week 1: Issues in Mental Health Nursing

Clinical settings of all kinds call for psychiatric nurses to care for persons suffering distress of the psyche. Our ancestors thought of illness as disharmony of body, emotions, and mind as well as disharmonies with the environment. Wellness was seen as a restoration of these harmonies.
Today, we approach disharmony as a breakdown of adaption to both interior life and to environmental factors. Promoting wellness utilizes psychosocial nursing concepts to restore harmony by providing therapeutic adoptions for the body, the emotions, and the mind in connection with the phenomena of our environments.

**Theories, Therapies, and the Biological Basis of Treatment**

The psychiatric nurse promotes mental health by assisting the individual to identify patterns of thought, emotional responses, physical actions, and belief systems that negatively impact health. Standards of practice and interpersonal therapeutic relationships are used to promote mental, emotional, and physical wellness. A psych/mental health nurse helps patients to establish healthy patterns of thought, emotion, and action towards both themselves and others. Wellness, seen as a process of becoming whole, must be a pattern of relationships among all of the elements of the whole person, addressed by nursing practice and the theories and therapies upon which nursing is based.

**Read: Mental Health and Mental Illness**

Read the following in *Varcarolis' Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 1-17 in chapter 1 (“Mental Health and Mental Illness”)
  - pages 17-18, chapter 1 Critical Thinking Question 1
- pages 19-35 in chapter 2 (“Relevant Theories and Therapies for Nursing Practice”)
  - pages 35, chapter 2 Critical Thinking Questions
- pages 37-64 in chapter 3 (“Biological Basis for Understanding Psychiatric Disorders and Treatments”)
  - page 63, chapter 3 Critical Thinking Questions
  - pages 63-64, chapter 3 Chapter Review Questions

**View: Expressions of Mental Illness**

Watch the following videos for a glimpse into mental illness:

- [Stroke of Insight](#)
- [Mindstorm: Schizophrenic Episode Simulation](#)

**Therapeutic Practice: Complementary, Alternative, and Integrative Health Practices**

Nurses practice integrative care using evidence-based therapeutic practice and complimentary approaches to data collection, assessments, and interventions. Their aim is to increase understanding and effectiveness through diversified approaches to patient-centered care. Effective communication and interpersonal skills are supported by compelling evidence and increased understanding to create healthy and healing environments.

**Read: Care and Settings**

Read the following in *Varcarolis' Foundations of Psychiatric Mental Health Nursing*, and answer the review questions:
Clinical Progression Prerequisites

In preparation for your clinical you must complete the following by close of business on the Friday of week 4 of this course:

1. Successful completion of all components of your previous clinical course.
2. Completion of both ATI exercises below.

ATI Pharmacology Made Easy 3.0: The Neurological System (Part 2)

Focus on these concepts as you work through the module:

- The Nervous System
- The Brain
- Neurons and Neurotransmitters
- Autonomic Nervous System (ANS)
- Goal of Drug Therapy
- Drug Therapy for Anxiety Disorders
- Drug Therapy for Depression
- Drug Therapy for Bipolar Disorder
- Drug Therapy for Schizophrenia
- Drug Therapy for Glaucoma

Complete the ATI Pharmacology Made Easy 3.0 module by following these steps:

1. Click on the link below
2. Scroll to The Neurological System (Part 2).
3. Click on Begin Lesson and review all content areas.
4. Click on Begin Test.
5. Click on Results for your certificate.

ATI Pharmacology Made Easy 3.0

ATI: Learning System RN: Mental Health Test 1

Complete this test by following these steps:
1. Click on the link below
2. Scroll to Mental Health Test 1
3. Click on Begin quiz

Learning System RN

This tutorial is required to be completed and the posttest passed with a 70% in order to attend your clinical that starts in week 5 or 6 based on your cohort calendar. Once you complete this tutorial and posttest send your results to your course instructor and program mentor.

**Week 2: Mental Health Practice and Legal and Ethical Issues**

Please complete the following activities for this week.

**Mental Health Practice Issues**

The individual’s psychosomatic state is known to influence both health and illness. Nurses promote wellness by respecting the person's cultural integrity, a potent influence on the promotion of health and in the prevention of illness. Appreciation for culture extends effective nursing care in a meaningful way to diverse aspects of the human condition.

*Read: Culture and Mental Health*

Read the following in *Varcarolis' Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 83-95 in chapter 5 (“Cultural Implications for Psychiatric Mental Health Nursing”)  
  - page 96, chapter 5 Critical Thinking Questions 2 and 3

**Legal and Ethical Issues in Mental Health Practice**

Careful observations of the legal and ethical issues involved in mental health practice reveal both the healthy consequences of caring and the unhealthy consequences when ethical caring is not involved. Nurses maximize their nursing skills by investing in inherent opportunities for empathy and communication afforded by the complex phenomena of human responses to problems in line with current legal and ethical concerns.

*Read: Legal and Ethical Issues*

Read the following in *Varcarolis’ Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 98-112 in chapter 6 (“Legal and Ethical Guidelines for Safe Practice”)  
  - page 98, chapter 6 Pre- Test  
  - page 113, chapter 6 Critical Thinking Question  
  - page 114, chapter 6 Post- Test with Interactive Reviews
- pages 598-606 in chapter 32 (“Forensic Psychiatric Nursing”)

For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:
1. Click on the link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapters 2 “Legal and Ethical Issues” and Chapter 6 “Diverse Practice Settings”

RN Review Module
Watch: Frontline: "The New Asylums"

Watch the sections titled “Therapy inside a Maximum Security Prison” and “Epilogue”.

- Frontline: "The New Asylums"

Apply: Mental Health Services in your State

Look for your state’s mental health services. After accessing the link below, locate the 2009 report “state grade” (on your state’s page to the right) and view your state’s grade for mental health services. When you attend your clinical experience you may want to refer back to your findings. Ask yourself whether your state’s grade contributed to your clinical experience and to the health and wellness of the patients and staff at your site. You may want to contribute any positive benefits or disparity recognized to post conference at the conclusion of your clinical.

- National Alliance on Mental Illness

Week 3: Foundations of Practice and Nursing Assessment

Florence Nightingale gave us her “Notes on Nursing” in 1859, while practicing in England. By 1860, her notes had reached the United States, and since that time, nurses have observed how making changes in the environment, such as lighting, fresh air, and cleanliness are also required in promoting a protective and healthy environment. Nurses provide a corrective, supportive environment appealing to a higher sense of self by introducing improved quality of life, balance, and satisfaction for mental, emotional, and physical well-being.

Nursing Concepts and Processes

A thorough understanding of nursing process, concepts, and standards of care can lead the nurse to a positive transformation of their world view. Recognition of the processes involved in patient-centered care and a redefining of nursing science as something beyond detached models of science leads to an integration of the human spirit with the science and delivery of care.

Read: Nursing and Mental Health

Read the following in Varcarolis’ Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- pages 115-129 in chapter 7 (“The Nursing Process and Standards of Care for Psychiatric Mental Health Nursing”)
- page 115, chapter 7 Pre-Test
- page 129, chapter 7 Critical Thinking Questions
- page 130, chapter 7 Post-Test with Interactive Review
For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module.

1. Click on the link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapter 27 “Care of Those who are Dying and Grieving” and Chapter 1 “Basic Mental Health Nursing Concepts”

**RN Review Module**

**Therapeutic Communication and Nursing Advocacy**

Advocacy is practiced when the nurse who is challenged by personal factors extracts meaning from moods, emotions, and disconnects in order to deliver in their therapeutic relationship a renewed and sustainable connection to their shared humanity.

Read: Communication

Read the following in Varcarolis’ *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 147-163 in chapter 9 (“Communication and the Clinical Interview”)
- pages 164-164, chapter 9 Review Questions 2, 3, and 5
- pages 166-179 in chapter 10 (“Understanding and Managing Responses to Stress”)
- page 179, chapter 10 Critical Thinking Question 1
- page 180, chapter 10 Case Study & Care Plan “Stress”

For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

1. Click on the link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapter 3, pg. 15, Effective Communication
5. Read Chapter 4, pg. 21, Stress and Defense Mechanisms
6. Read Chapter 9, pg. 47, Stress Management

**RN Review Module**

**Mental Health Issues in Children and Adolescents**

Validation of achievement is an important nursing role. The nurse redirects a patient’s preoccupation with limitation, circumstance, or illness when self-esteem and accomplishment are gratified by recognition of a patient’s individuality and personhood. A nurse delivers excellence when assessing what achievement and excellence are for the individual’s personal
and unique sense of self-worth and their ability to recognize accomplishment.

Read: Mental Health and the Young

Read the following in Varcarolis' Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- pages 181-197 in chapter 11 (“Childhood and Neurodevelopmental Disorders”)
- page 181, chapter 11 Pre-Test
- page 199, chapter 11 Post-Test Interactive Reviews
- page 197-198, chapter 11 Critical thinking Questions 1 and 2
- page 199, chapter 11 Case Studies (choose either Autism Spectrum disorder or ADHD)

For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

1. Click on the link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapter 25, “Medications for Children and Adolescents with Mental Health Issues
5. Read Chapter 28, “Mental Health Issues of Children and Adolescents

RN Review Module

View: Youth and Mental Health

Watch the following videos to gain more insight into issues of youth and mental health:

- Medicating Kids

Mental Health and Impulse Control

The need for physiological ventilation of respiratory and circulatory systems is associated with the equally important need to ventilate emotions appropriately. Nursing practice observes that unventilated or inhibited emotions may adversely affect biophysical health. Releasing emotions destructively into the human community affects both public and individual health and safety. Nurses can assist with safe ventilation by helping persons to release emotions into nondestructive channels. This is done through a combination of promoting both effective communication and constructive expression of emotions, intimately bound with justice, ideals, culture, and societal norms.

Read: Impulse Control

Read the following in Varcarolis' Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- pages 400-410 in chapter 21 (“Impulse Control Disorders”)
  - page 410, chapter 21 Critical Thinking Questions 1a, b, c
Cognitive Disorders

Cognitive decline is not the necessary endpoint of the aging process. Nurses that enter into an interpersonal sharing of learning and teaching with their patients provide the kind of caring relationship that transforms the nursing process. The result is an open engagement in the therapeutic relationship and a shared experience throughout the life span.

Read: Cognition

Read the following in Varcarolis' *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 431-455 in chapter 23 (“Neurocognitive Disorders”)
- page 445, chapter 23 Critical Thinking Question 1
- page 445, chapter 23 Chapter Review Questions
- page 455, chapter 23 Case Study “Dementia”

For more information on this topic please read the following chapter in your ATIMental Health Nursing Review Module:

**ATI RN Review Module: Mental Health Nursing**

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF book
4. Read Chapter 17, pg. 89, Neurocognitive Disorders

**RN Review Module**

**Mental Health and the Older Adult**

Persons exist in biological, emotional, and psychosocial environments that influence mental health and behavior across the life span. The nurse promotes constructive growth and development for the older adult by effectively assessing, planning, and implementing interventions that are supportive of adaptive and healthy thought patterns, emotions, and behaviors.

Read: Mental Health in Older Adults

Read the following in Varcarolis' *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 565-582 in chapter 30 (“Psychosocial Needs of the Older Adult”)
  - page 582, chapter 30 Critical Thinking Questions
  - pages 582-583, chapter 30 Review Questions

**Week 4: Therapeutic Interventions and Crisis Management**

High quality care is evident when the nurse utilizes both nursing skills and interpersonal
competencies to promote healthy outcomes during crisis. Nurses helping in a crisis are in a position to establish a professional trust relationship that makes a significant difference in the quality of care.

**Therapeutic Groups**
The nurse who leads therapeutic groups must first encounter personal attitudes about their own existence and discover various effective coping strategies for dealing with their own disharmonies. A nurse is then much more prepared for taking on the responsibility for others whose circumstances have led to either disparagement, coping issues, or illness.

**Read: Therapeutic Groups**

Read the following in Varcarolis’ *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 607-618 in chapter 33 (“Therapeutic Groups”)
  - page 607, chapter 33 Pre-Test
  - page 617, chapter 33 Critical Thinking Questions 1 and 3
  - page 618, chapter 33 Chapter Review Questions
  - page 618, chapter 33 Post-Test with Interactive Reviews

**Clinical Progression Prerequisites**

The following must be completed by close of business on the Friday of week 4 of this course in order to progress onto your clinical:

1. Successful completion of all components of your previous clinical course.
2. Completion of both ATI exercises below.

**ATI Pharmacology Made Easy 3.0: The Neurological System (Part 2)**

Focus on these concepts as you work through the module:

- The Nervous System
- The Brain
- Neurons and Neurotransmitters
- Autonomic Nervous System (ANS)
- Goal of Drug Therapy
- Drug Therapy for Anxiety Disorders
- Drug Therapy for Depression
- Drug Therapy for Bipolar Disorder
- Drug Therapy for Schizophrenia
- Drug Therapy for Glaucoma

Complete the ATI Pharmacology Made Easy 3.0 module by following these steps:

1. Click on the link below
2. Scroll to The Neurological System (Part 2).
ATI Pharmacology Made Easy 3.0

ATI: Learning System RN: Mental Health Test 1
Complete this test by following these steps:

1. Click on the link below
2. Scroll to Mental Health Test 1
3. Click on Begin quiz

Learning System RN

Family Mental Health and Crisis Interventions
Crisis and loss of safety for self and others may shake loose various fixed perspectives and ways of doing things. The nurse is tasked with providing a protective environment for healing that assesses both conflict and the potential for renewal. This is often done by closely observing and responding when the moment arises that will best afford caring support.

Read: Crisis Intervention

Read the following in Varcarolis' Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- pages 480-495 in chapter 25 (“Suicide and Non-Suicidal Self-Injury”)
- page 496, chapter 25 Critical Thinking Question 2
- page 496, chapter 25 Review Questions
- page 496, chapter 25 Case Study “Suicide”
- pages 498-513 in chapter 26 (“Crisis and Disaster”)
- page 498, chapter 26 Pre-Test
- page 513, chapter 26 Case Study “Crisis”
- page 513, chapter 26 Post-Test with Interactive Review
- pages 515-530 in chapter 27 (“Anger, Aggression, and Violence”)
- page 515, chapter 27 Pre-Test
- page 529, chapter 27 Post –Test with Interactive Review
- page 529, chapter 27 Case Study “Anger & Aggression” and Nursing Care Plan
- pages 619-634 in chapter 34 (“Family Interventions”)
- page 619, chapter 34 Pre-Test
- page 635, chapter 34 Post-Test with Interactive Review

For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

ATI RN Review Module: Mental Health Nursing
The mental health nurse helps close the anxiety gap between what is and what patients with mental health disorders might perceive life and the world to be. Anxiety may be a result of the ongoing, fervent desire for circumstances to be other than what they are. Nurses help their patients towards a healthy understanding and acceptance of what is. This intervention helps decrease anxiety over what should be and has a healing effect on the life of the patient. Acceptance of others just as they are now and not how we might want them to be also helps promote both health in the individual and healthier relationships.

**Violence and Vulnerable Populations and Their Care**

Vocation comes from the Latin *vocare*, “to call,” as to one’s profession. Vocare is also related to “voice”. So the profession of nursing gives voice not only to its own occupation, but to those who are vulnerable or in need. Children, older adults, and intimate partners are too frequently the vulnerable population most in need of nursing care.

Read: About Violence

Read the following in *Varcarolis’ Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 531-551 in chapter 28 ("Child, Older Adult, and Intimate Partner Violence")
- page 531, *chapter 28 Pre-Test*
- page 551, *chapter 28 Post-Test with Interactive Review*
- page 551, *chapter 28 Case Study “Intimate Partner Violence”*
- pages 552-562 in chapter 29 ("Sexual Assault")
- page 552, *chapter 29 Pre-Test*
- page 563, *chapter 29 Post-Test with Interactive Review*
- page 563, *chapter 29 Case Study “Sexual Assault”*

For more information on this topic please read the following chapter in your ATI Mental Health Nursing Review Module:

1. Open the link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapter 3, pg. 15, Effective Communication
5. Read Chapter 4, pg. 21, Stress and Defense Mechanisms
6. Read Chapter 9, pg. 47, Stress Management

RN Review Module
Pre-assessment/Practice ATI

Complete pre-assessment 1 before the end of this week and prior to the start of the clinical date based on your Cohort Calendar.

Pre-assessment 1

Pre-assessments help you identify areas of strength and opportunities for improvement as you prepare for the Objective Assessment and NCLEX-RN exam. You must obtain a minimum score of 75% on each pre-assessment. If you do not obtain the minimum score, you must wait 72 hours before you can attempt the pre-assessment again. The optimal time-frame for taking the pre-assessment is 1 minute per question.

To access Pre-Assessment 1, click on the link below:

1) Click on the link below
2) Complete the test.

RN Mental Health Practice Assessment 2016 A

Pre-assessments should always be followed with remediation exercised recommended by ATI.

For more information about the ATI remediation process, please see the link below.
Link Icon: ATI-Plan: Getting Started with the Improve Tab

Cross-Course Work: Clinical
Now proceed to C487 Psychiatric and Mental Health Nursing Clinical course activities to complete requirements for week five (Scheduling and Assessment section and Preparing for Clinical Intensive in Psych/Mental Health section).

Caring for Patients With Anxiety Somatoform, and Factitious Disorders

The nurse is a listener who pays attention to the whole conversation—what is said and what is not said—and does not exclude the less preferred from the preferred, but actively listens by hearing both the positive and the negative. Active listening guides the nurse towards the effective application of neurological knowledge, cognitive knowledge, clinical reasoning, and psychopharmacology in their patient’s care.

Read: Anxiety and Compulsion

Read the following in Varcarolis’ Foundations of Psychiatric Mental Health Nursing and answer the review questions:
For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

ATI RN Review Module: Mental Health Nursing

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapter 11, pg. 57, Anxiety Disorders
5. Read Chapter 20, pg. 107, Somatic Symptoms and Related Disorders
6. Read Chapter 21, pg. 115, Medications for Anxiety and Trauma- and Stressor-Related Disorders

RN Review Module
Apply: ADAA

Take a moment to look at the ADAA Website.

- Anxiety Disorders Association of America

**Dissociative Disorders**

Much of what we encounter in psych/mental health care escapes reasoning alone, so the nurse is called upon to open up other ways of understanding things that cannot be easily accounted for intellectually. The nurse provides the opportunity for reintegration and healing by helping to open up different way of knowing and different ways of coping in their patients. These new understandings and the therapies and approaches associated with them help patients to reintegrate and heal.

**Read: Trauma and Stress**

Read the following in Varcarolis: Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- pages 304-321 in chapter 16 (“Trauma, Stressor-Related and Dissociative Disorders”)
  - page 322, chapter 16 Case Study and Nursing Care Plan for “PTSD”

**Somatoform, Malingering, and Factitious Disorders**

Clinical settings of all kinds provide nurses with the presentation of psychosomatic disorders for which no formal medical cause is found. The nurse promotes care in these cases by establishing meaningful processes for data collection and interventions. Care is complex in these situations because the psyche and soma are two aspects of the same reality which cannot be entirely held in consciousness at the same time, thereby producing the
psychosomatic symptoms. That which is not conscious may nevertheless become symptomatic in the body.

**Read: Somatic Symptom Disorders**

Read the following in Varcarolis' *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 324-340 in chapter 17 (“Somatic Symptom Disorders”)
  - page 324, chapter 17 Pre-test
  - page 341, chapter 17 Post-Test with Interactive Review

**Week 6: Caring for Patients with Various Disorders**

Please complete the following activities for this week.

**Caring for Patients with Eating Disorders**

Eating disorders not only affect the body but also impact the state of the emotions and the mind. Incidence of chronic disease increases when an eating disorder is present. The psychiatric nurse assesses the effect of nutrition imbalances or deficiencies on mental, emotional, and physical wellness. No one is immune from the socially and culturally important relevance of shared meals. Nursing approaches and planned interventions around food and body concepts are important to restore adequate nutritional, cultural, and social balance or harmony.

**Read: Eating Disorders**

Read the following in Varcarolis' *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- page 343-363 in chapter 18 (“Feeding, Eating, and Elimination Disorders”)
- page 343, chapter 18 Pre-test
- page 363, chapter 18 Post-Test with Interactive Review
- page 362-363, chapter 18 Chapter Review Questions 1-4
- page 361-362, chapter 18 Critical Thinking Questions 1, A, e, g ; 2
- page 363, chapter 18 Case Study and Nursing Care Plan “Eating Disorders”

For more information on this topic please read the following chapter in your ATI Mental Health Nursing Review Module:

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF book
4. Read Chapter 19, pg. 101, Caring for Patients with Eating Disorders

**RN Review Module**

**Cross-Course Work: Clinical**

Now proceed to C487 Psychiatric and Mental Health Nursing Clinical course activities to complete requirements for week six. (Attend Clinical Intensives and Interpersonal Process...
Caring for Patients With Circadian Rhythm Disorders
The rhythms of life, including waking and sleep, are all around us. There comes with this awareness the possibility for interruptions and disturbances that may lead to maladjustment, disharmony or imbalance in a patient’s health. Psychiatric nurses use the nursing processes of integrating physiological knowledge, applying clinical reasoning, and the judicious use of psychotherapeutic interventions to restore harmony and balance to those life rhythms.

Read: Sleep Disorders

Read the following in Varcarolis’ Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- page 364-377 in chapter 19 (“Sleep-Wake Disorders”)
  - page 364, chapter 19 Pre-Test
  - page 377, chapter 19 Post-Test with Interactive Review

Caring for Patients With Sexual Disorders
The nurse holds the most intimate relationship possible with another human being and is tasked in this relationship to prevent disease and promote health and wellness. Cases involving sexual disorders are often among the most personal of such relationships and call for nurses to employ empathetic, patient-centered care. Nurses provide this care for the complexity of human sexuality by educating, offering clarification, promoting disease prevention, and assisting through referral to other appropriate professionals.

Read: Sexuality and Gender

Read the following in Varcarolis’ Foundations of Psychiatric Mental Health Nursing:

- pages 380-398 in chapter 20 (“Sexual Dysfunctions, Gender Dysphoria, and Paraphilias”)

Caring for Patients With Schizophrenia
Nurses caring for persons exhibiting bizarre behavior and disruptive thought patterns provide a safe environment by offering personalized and consistent care to their patients. The nurse must assess each situation to ensure outcome expectations derive from the patient’s ability to perform ADLs, and not from the nurse’s pressure to achieve outcomes. Any assessment must serve to separate the nurse from the patient, particularly where borders and boundaries may be blurred by psychosis.

Read: Schizophrenia

Read the following in Varcarolis’ Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- pages 200-225 in chapter 12 (“Schizophrenia and Schizophrenia Spectrum Disorders”)
- page 202, chapter 12 Pre-Test
- page 226, chapter 12 Post-Test Interactive Review
- pages 225-226, chapter 12 Review Questions
- page 226, chapter 12 Choose either Case Study and Nursing Care Plan Schizophrenia
# 1 or Schizophrenia # 2

For more information on this topic please read the following chapter in your ATI Mental Health Nursing Review Module:

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF Book
4. Read Chapter 15, pg. 79, Psychotic Disorders
5. Read Chapter 24, pg. 137, Medications for Psychotic Disorders

**RN Review Module**

**View: Schizophrenia**

Watch the two part video on Gerald:

- “Gerald: A Patient with Schizophrenia” Part 1
- “Gerald: A Patient with Schizophrenia” Part 2

**Bipolar Disorder**

Nurses caring for persons with disorders characterized by the presentation of wide ranges of mood swings and affect will organize care around situations and psychological energy extremes that challenge normal coping strategies. The nurse provides for safety by making patient checks consistent with behavior irregularities presented, and supports wellness by intervening with another person as the irregularities present in the moment.

**Read: Bipolar Disorder**

Read the following in *Varcarolis' Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- page 227-247 in *chapter 13 (“Bipolar and Related Disorders”)*
- page 248, *chapter 13 Case Study “Bipolar II Disorder”*

For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF book
4. Read Chapter 14, pg.75, Bipolar Disorders
5. Read Chapter 23, pg. 131, Medications for Bipolar Disorders

**RN Review Module**

**View: Mood Disorders**
Watch the following videos related to mood disorders:

- Personal Reflections on Manic-Depressive Illness

**Week 7: Caring for Patients with Serious Mental Illness, Personality Disorders and Dependencies**

Please complete the following activities for this week.

**Caring for Patients with Serious Mental Illness**

The nurse caring for persons with serious mental illness assesses their patient’s perceptions by asking the individual about their lived experiences. Perceptions centered on stressful events may, for instance, be perceived as a loss or a threat to the person needing care. Assessment of a patient’s view of reality establishes the foundation for the nurse to promote mental health by either normalizing the perception or by assisting to alter the perception. Nursing efforts such as clarifying distortions of reality can, when done with caring and compassion, help establish normalcy and health in the patient suffering from serious mental illness.

*Read: Serious Mental Illness*

Read the following in *Varcarolis’ Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- page 584-596 in chapter 31 (“Serious Mental Illness”)
- page 584, chapter 31 Pre-Test
- page 597, chapter 31 Post Test with Interactive Review

**Cross-Course Work: Clinical**

Now proceed to C487 Psychiatric and Mental Health Nursing Clinical course activities to complete requirements for week seven.

**Caring for Patients with Mood Disorders**

Depression is a mood disturbance characterized by sadness, despair, discouragement, feelings of emptiness, or hopelessness. Patients suffering a mood disorder may lose the ability to feel pleasure or interest in previously pleasurable activities and can present loss of function. The nurse provides a safe environment by asking directly about thoughts of self-harm. Promoting both effective coping strategies and safety includes the nurse’s acknowledgment of a patient’s feelings and assisting the individual to gain control over patterns of ineffective coping.

*Read: Depression*

Read the following in *Varcarolis’ Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- Pages 249-275 in chapter 14 (“Depressive Disorders”)
- page 249, chapter 14 Pre-Test
- page 276, chapter 14 Post-Test with Interactive Review
- pages 275-276, chapter 14 Critical Thinking Questions
- page 276, chapter 14 Case Study “Depression”
For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

ATI RN Review Module: Mental Health Nursing

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF book
4. Read Chapter 13, pg. 69, Depressive Disorders
5. Read Chapter 22, pg. 123, Medications for Depressive Disorders

RN Review Module

Caring for Patients with Personality Disorders

Personality disorders are frequently found in association with chronic pain, health complaints, and maladaptive patterns of coping with patterns of life. The nurse promotes wellness by assisting the patient to recognize their imbalanced or disruptive coping and response patterns. Taking responsibility for their ineffectual responses to life’s complex situations and problems is foundational to a patient’s healing process. To help in this process, the nurse then provisions the patient with new coping mechanisms and strategies that help integrate the patient more harmoniously into the patterns of their own life. Health is promoted by listening to life’s stories and by identifying and replacing patterns of ineffective coping and imbalance which can contribute to disease.

Read: Personality Disorders

Read the following in Varcarolis: Foundations of Psychiatric Mental Health Nursing and answer the review questions:

- page 457-477 in chapter 24 (“Personality Disorders”)
- page 457, chapter 24 Pre-Test
- page 478, chapter 24 Post-Test with Interactive Review

Additionally, read "Personality Disorders: What Is Borderline Personality Disorder?"

For more information on this topic please read the following chapter in your ATI Mental Health Nursing Review Module:

ATI RN Review Module: Mental Health Nursing

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF book
4. Read Chapter 16, pg. 85, Personality Disorders

RN Review Module
Watch the following videos on borderline personality disorder:

- The Biology of Borderline Personality Disorders
- “Personality Disorders: What Is Borderline Personality Disorder?”

**Substance Use Disorders and Other Dependencies**

Caring for substance use disorder requires the nurse to help the individual restructure psychological distortions and choose more effective ways of responding or coping. The nurse promotes recovery through a variety of evidence-based approaches. These include teaching relaxation to reduce emotional arousal, reframing a patient’s orientation so as to look at situations differently, and through affirmations or positive thoughts that recondition thinking to replace defeating assumptions.

**Read: Addictive Disorders**

Read the following in Varcarolis: *Foundations of Psychiatric Mental Health Nursing* and answer the review questions:

- pages 412-429 in chapter 22 (“Substance-Related and Addictive Disorders”)
- page 412, chapter 22 Pre-Test
- page 429, chapter 22 Review Questions
- page 430, chapter 22 Post-Test with Interactive Review
- page 430, chapter 22 Case Study “Substance Abuse /Alcohol Withdrawal”

For further context on the wider health effects of a drug such as methamphetamine, read “How Meth Destroys the Body.”

For more information on this topic please read the following chapters in your ATI Mental Health Nursing Review Module:

1. Click on link below
2. Scroll to Mental Health Nursing
3. Click on PDF book
4. Read Chapter 18, pg. 95, Substance Use and Addictive Disorders
5. Read Chapter 26, pg. 155, Medications for Substance Use Disorders

**RN Review Module**

**View: Meth**

Watch the following videos on methamphetamine abuse:

- Faces of Meth slides
- Meth and the Brain
- “Uncovering Meth’s History and Spread” Chapter 1, Meth’s Destruction and Spread

**Week 8: Preparing for Your Objective Assessment**
You are almost there. Prepare to take your pre-assessment before you schedule your objective assessment. WGU considers the achievement of Level 2 to be the demonstration of competency for ATI exams, regardless of any numerical score representation. The achievement of a Level 2 or greater is necessary in order to demonstrate competency and thus, successfully pass the assessment.

**Prepare for the Objective Assessment**

If you have not already scheduled your Objective Assessment, do so now.

**Preparing for the Objective Assessment**

If you have not already scheduled your Objective Assessment, do so now.

**Pre-Assessment 2**

Pre-assessments help you identify areas of strength and opportunities for improvement as you prepare for the Objective Assessment and NCLEX-RN exam. You must obtain a minimum score of 75% on each pre-assessment. If you do not obtain the minimum score, you must wait 72 hours before you can attempt the pre-assessment again. The optimal time-frame for taking the pre-assessment is 1 minute per question.

**To access Pre-Assessment 2, click on the link below:**

1) Click on the link below

2) Complete the test.

**RN Mental Health Practice Assessment 2016 B**

Pre-assessments should always be followed with remediation exercised recommended by ATI.

For more information about the ATI remediation process, please see the link below.

Link Icon: [ATI-Plan: Getting Started with the Improve Tab](#)

Your performance on the practice exam will help your mentor determine whether or not you are prepared to take the proctored exam.

For additional information about scheduling the objective assessment and the pre-assessment requirements please review Week 8: Preparing for your Objective Assessment.

**Cross-Course Work: Clinical**

Now proceed to C487 Psychiatric and Mental Health Nursing Clinical course activities to complete requirements for week eight. (Attend Clinical Intensives and Interpersonal Process Recording (IPR) belong in this week)

**Final Steps**

Congratulations on completing the activities in this course! This course has prepared you to
complete the assessments associated with this course. You have completed the pre-assessment is scheduled during week 8 of your course. This will allow for any remediation prior to the end of the term if required.

**ATI Exam**

*Accessing Outside Vendor Assessments*

Complete the following outside vendor assessment:

- ATI RN Mental Health

Refer for this exam through the Assessment tab in this course. WGU considers the achievement of Level 2 to be the demonstration of competency for ATI exams, regardless of any numerical score representation. The achievement of a Level 2 or greater is necessary in order to demonstrate competency and thus, successfully pass the assessment.

For directions on how to receive access to outside vendor assessments, see the “Accessing Objective and Outside Vendor Assessments” page.