This course supports the assessment for Psychiatric and Mental Health Nursing, in conjunction with the didactic course. The course covers 6 competencies and represents 2 competency units.

**Introduction**

Welcome to the Clinical Intensive portion of Psychiatric and Mental Health. All learning resources for this portion of the course are also utilized in the didactic Psychiatric and Mental Health Nursing course.

Once you have completed the theory requirements to attend clinical intensive (including attempting the pre-assessment in ATI), you are ready to engage in the clinical intensive for this course. The Clinical Placement Scheduler will schedule and notify you of your clinical placement. Once in clinical intensive, you are expected to adhere to professional standards in clinical practice. Please refer to the Student Handbook for more information.

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 experience severe mental health disorders.

- **Competency 726.4.6: Safe & Therapeutic Milieu**
  The graduate establishes appropriate professional boundaries while promoting safe and
Learning Resources

You will use the following learning resources for this course.

Accessing and Using Pass-Port
You will need to access the portfolio software, Pass-Port, used in this course and many other courses. You will use this software to create a clinical journal and to receive feedback while attending clinical.

- Accessing PASS-PORT
- Creating a Clinical Field Experience Form
- How to Use Your Clinical Experience Form
- Requesting a Recommendation

ATI Learning System

ATI Learning System
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 Learning System

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

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 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: 2016 Mental Health Nursing RN
Use the following instructions to access the Mental Health Nursing Review Module:

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

Accessing and Using Pass-Port
You will need to access the portfolio software, Pass-Port, used in this course and many other courses. You will use this software to create a clinical journal and to receive feedback while attending clinical.

- Accessing PASS-PORT
- Creating a Clinical Field Experience Form
- How to Use Your Clinical Experience Form
- Requesting a Recommendation

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

**Week 5: Scheduling and Preparation**

Complete the following activities for this week.

**Scheduling and Assessment**
When you are ready, schedule your clinical experience and acquaint yourself with the requirements.

**The Clinical Intensive**

Once you have completed the theory requirements to attend clinical intensive, (including attempting the pre-assessment in ATI) you are ready to engage in the clinical intensive for this course. The Clinical Placement Scheduler will schedule and notify you of your clinical placement. While in clinical intensive, you are expected to adhere to professional standards in clinical practice. Please refer to the Student Handbook for more information. You can also find information about clinical scheduling in the document below:

- Clinical Scheduling Quick Reference Guide

**Assessment During the Clinical Intensive**

Your competency in clinical learning will be assessed through your performance in the clinical intensive for Psychiatric and Mental Health Nursing.

**Preparing for Clinical Intensive in Psych/Mental Health**

The preparation for the clinical intensive in Psych/Mental Health is a key component for assuring success in the clinical intensive. Please pay close attention to each aspect of the
preparation as careful planning timing and are essential.

**Preparing for Clinical Intensive in Psych/Mental Health**

The clinical experience in the psych/mental health course will differ from previous clinical intensives. Students are required to have a total of 90 hours of clinical time, and must document their hours in a time log that is provided. A total of 72 hours will be scheduled and assigned and 18 hours will be self-scheduled by the student.

- Students may not have the same coaching model as in previous clinical intensives but will be supervised by a clinical instructor due to the nature of mental health care delivery. Students will likely experience both inpatient and outpatient settings.
- Students will not necessarily work 12-hour shifts, unlike previous clinical rotations, and will need to be available for three full weeks of clinical rather than two weeks. Students may do eleven (11) eight-hour shifts or eight (8) twelve-hour shifts or a combination of both. It is up to the student to arrange their work schedule to meet this requirement.

**Important**

- You will need to have three full weeks available to accommodate your clinical schedule.
- You will be required to complete and submit a time log that accounts for your 72 hours of clinical including 18 hours of self-scheduled independent activities for a total of 90 hours.
- **Pass-Port Journal Entry requirements:**
  - Pre-Journal = identifying expectations of your psychiatric rotation; and
  - Journal = reflection on six guiding questions.
  
  You will have a total of 3 journal entries in PASS-PORT. You will be required to complete and submit an Interpersonal Process Recording (IPRTop of Form)

- You will have a total of 3 journal entries in PASS-PORT.
- You will be required to complete and submit an Interpersonal Process Recording (IPRTop of Form)

Download Unbound Medicine's (Nursing Central /Nursing Pocket Guide) to your smart device to use as a resource during your clinical rotation.

**Complete: Pre-Clinical Journal Entry**

Download and read the journal linked below:

- [Pre-Clinical Journal Entry in Psychiatric Nursing](#)

Download and review the steps required to complete an IPR during your clinical experience:

- [Interpersonal Process Recording (IPR) Sample](#)

Finally, log into your PASS-PORT account and create a field experience and make sure to request a recommendation from the clinical instructor now so that it is available when you are
done with all of your clinical requirements.

Once completed, return to the C476 Psychiatric and Mental Health Nursing course and complete required tasks for the next week.

**Week 6: Requirements and Expectations**

Complete the following activities for this week.

**Attending Clinical Intensives**

The clinical intensive for Psych/Mental Health Nursing is very different from your previous clinical experiences.

Being fully prepared will help you have a meaningful and rich experience.

Read through this section carefully and consult your mentor if you have questions or concerns.

**Prerequisites for Referral to Clinical Intensive**

You must be in compliance with all course progression and clinical preparation requirements in order to begin the clinical intensive for this course. These requirements include completing and passing all components of the previous clinical course, completion of the ATI Pharmacology Made Easy 3.0 Part 2 Neuro System, ATI learning System Mental Health test 1, and 1 attempt at the 2016 B pre-assessment in ATI.

**ATI Pharmacology Made Easy 3.0: The Neurological System**

Focus on these concepts as you work through this module:

- Introduction
- 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 Respiratory System.
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: Learning System RN

Complete the Mental Health Quiz 1

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

Learning System RN

Required Clinical Time

Students are required to have 90 hours of clinical time and will likely experience inpatient and outpatient settings. The clinical experience will be supervised by a clinical instructor but due to the delivery of mental health care, may not have the same coaching model as in previous clinical intensives. Throughout the experience, students will be required to keep a time-log for both their scheduled hours (72 hours) and their self-scheduled hours (18 hours).

- Students will not necessarily work 12-hour shifts
- Students will need to be available for three full weeks of clinical
- Students may do 11 eight-hour shifts or eight 12-hour shifts or a combination of both
- It is up to the student to arrange their work schedule to meet this requirement
- Read Guidelines for Self-Selected Community Clinical Hours

Performance Assessment and Key Behaviors

Read the following documents:

- Key Behaviors Psych/Mental Health
  For course specific key behaviors contact your mentor.
- Clinical Journal Guidelines for Psych/Mental Health
- Post Conference Guidelines

Time-Log

Students must submit a signed time-log that adds up to 90 hours of clinical time (72 hours on site and 18 hours self-scheduled).

Acceptable clinical hours are outlined in the sample time log.

Download the Time Log form to use during your clinical:

- Psych/Mental Clinical Time Log for Clinical/Practicum

When completed, sign and date your form; enter your ID # and name of Clinical Instructor, and upload your Time Log form to Pass-Port.
For additional guidance, review the sample time log:

- Sample Time Logs for Self-Scheduled Clinical Hours

Scheduling of Clinical Intensive

You will be notified of your assigned clinical site and clinical instructor. If you have not been notified, please contact your mentor immediately.

Interpersonal Process Recording (IPR)

The Interpersonal Process Recording (IPR) is a tool used to help student nurses in developing therapeutic relationships with clients. It is expected that you will meet with your clinical instructor or course instructor to discuss your written IPR. The IPR must be completed during your clinical intensive during weeks 7-8. Instructions are included here for review and below for weeks 7-8 for completion.

Review: IPR

Complete the steps in completing an Interpersonal Process Recording:

- Read the document Overview of an IPR.
- Study the documents related to good therapeutic communication skills.
  - Psych Mental Health Communication Skills
  - Phases of Therapeutic Communication
  - Therapeutic Communication Do's and Don'ts
- Review the IPR sample provided.
- Download your IPR form.
- Discuss any questions or concerns you have with your course instructor or clinical instructor.

The following tips will help you in writing your IPR:

- Do not take notes during your interaction; instead make notes on your interaction as soon as possible.
- Use the blank forms provided to write your IPR experience.
- Use quotation marks to record exact words spoken.
- Include the verbatim statements of the nurse and the client during the interaction.
- Be as specific as possible in your observations of non-verbal behaviors such as posture, eye contact, gestures, distance, facial expressions, tone of voice.
- Record time lapses and silences.
- Write in an objective manner without personal interpretation.
- Record non-verbal behaviors (i.e., posture, gestures, facial expressions, voice volume, tone, rate of speech, etc.) in parentheses.

Weeks 7-8: Continued Clinical and IPR

In the last weeks of this course, you will continue your clinical work.

Scheduled Clinicals and Student Self-Scheduled Clinical
Completion

Complete the following:

- Make sure to follow the guidelines for journaling in PASS-PORT. Continue to attend clinical per your cohort calendar.
- Take your objective assessment week 8 and send results to program mentor and course instructor.
- *Work on your self-scheduled clinical requirements* – see list under Required Clinical Time in this course. Find the link for guidelines for self-scheduled community clinical hours.
- Work on completing your Student Scheduled hours and submit your time log to your CI no later than the 15th of the 3rd month per your cohort calendar
- Participate in your scheduled post conference. You can find your cohort and course here in the Nursing Prelicensure Program Community.
- If you haven’t already done so, make sure to submit your request for recommendation.

**Interpersonal Process Recording (IPR)**

The Interpersonal Process Recording (IPR) is a tool used to help student nurses in developing therapeutic relationships with clients. It is expected that you will meet with your clinical instructor or course instructor to discuss your written IPR. The IPR must be completed during your clinical intensive.

**Complete: IPR**

Complete the steps in completing an Interpersonal Process Recording:

- Read the document [IPR Overview](#).
- Study the documents related to good therapeutic communication skills.
  - Communication Skills
  - Phases of Therapeutic Communication
  - Do's and Don'ts in Communication
- Review the sample IPR provided.
- Download your IPR form.
- Discuss any questions or concerns you have with your course instructor or clinical instructor.

The following tips will help you in writing your IPR:

- Do not take notes during your interaction; instead make notes on your interaction as soon as possible.
- Use the blank forms provided to write your IPR experience.
- Use quotation marks to record exact words spoken.
- Include the verbatim statements of the nurse and the client during the interaction.
- Be as specific as possible in your observations of non-verbal behaviors such as posture, eye contact, gestures, distance, facial expressions, tone of voice.
- Record time lapses and silences.
- Write in an objective manner without personal interpretation.
- Record non-verbal behaviors (i.e., posture, gestures, facial expressions, voice volume, tone, rate of speech, etc.) in parentheses.

Finally, upload your completed IPR, and submit it to your Clinical Instructor.

- PASS-PORT

Final Steps

Congratulations on completing the activities in this course! This course has prepared you to complete the assessments associated with the C476 course. Please make sure this assessment is scheduled during week 8 of your C476 Psychiatric and Mental Health Nursing course. This will allow for any remediation prior to the end of the term if required.

Access the WGU Library 24 hours a day, 7 days a week:

WGU Library

WGU values your input! Please submit any feedback you have using the following form:

Course Feedback