Your competence will be assessed as you complete the objective assessment for Psychiatric and Mental Health Nursing (PMV1), in conjunction with the clinical performance assessment (DAT1). This course of study may take up to 10 weeks to complete.

**Introduction**

**Overview**
New medications and treatments have afforded those suffering with mental illness a better quality of life. At the same time, the increase in substance abuse, the survival rates of severely head-injured patients, and the continued appearance of Alzheimer's disease among the elderly challenges healthcare providers.

As a nurse, you will encounter many mental health issues regardless of your chosen practice area. How will you deal with patients and family members who are depressed, grieving, or stressed? What about the patient with chronic mental illness who needs care related to other medical problems? You will discover the many faces of mental illness and the role that the nursing profession plays in managing care of patients and families struggling with a mental illness. Caring for patients with mental illness requires patience and true compassion, a commitment to patient advocacy, and an in-depth understanding of psychopharmacology.

**Outcomes and Evaluation**
There are 6 competencies covered by this course of study; they are listed in the “Competencies for Psychiatric and Mental Health Nursing (PMV1)” page.

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

You will complete the following assessments as you work through the course of study.

**Outside Vendor Pre-Assessment and Assessment**
You will complete the following outside vendor pre-assessment:

- ATI Mental Health 2010 practice assessment

You will complete the following tutorial:

- ATI Pharmacology Made Easy 2.0: The Neurological System (Part 2)

You will complete the following outside vendor objective assessment:

- ATI Mental Health 2010 proctored assessment

**Preparing for Success**

The information in this section is provided to help you become ready to complete this course of study. As you proceed, you will need to be organized in your studies in order to gain
PMV1 - Psychiatric and Mental Health Nursing
Course of Study

competency in the indicated areas and prepare yourself to pass the final assessments.

Your Learning Resources

The learning resources listed in this section will be required to complete the activities in this course of study. Follow the instructions provided to access these resources as early as possible in order to give yourself time to become familiar with them.

Automatically Enrolled Learning Resources

You will be automatically enrolled at the activity level for the following learning resources. Simply click on the links provided in the activities to access the learning materials.

Soomo Learning Environment

The following learning environment will be utilized as the primary learning resource for completion of this course of study:

- [Psychiatric and Mental Health Nursing](#)

This learning environment will contain links at the activity level to the following additional learning resources:

Enroll in Learning Resources

You will need to enroll in or subscribe to learning resources as a part of this course of study. You may already have enrolled in these resources for other courses. Please check the “Learning Resources” tab and verify that you have access to the following learning resources. If you do not currently have access, please enroll or renew your enrollment at this time.

Note: For instructions on how to enroll in or subscribe to learning resources through the "Learning Resources" tab, please see the "Acquiring Your Learning Resources” page.

MyNursingLab

MyNursingLab is an online, interactive, independent learning resource that contains the following e-textbooks:


To access the PMV1 learning environment in MyNursingLab, be certain to select Psychiatric and Mental Health Nursing My Nursing Lab.

Note: Due to recent upgrades, some browser updates may be required in order to utilize
MyNursingLab. If you have browser issues when attempting to log in, see the "Browser Tune-Up" section of the MyNursingLab System Requirements page.

Assessment Technologies Institute (ATI)

Joining ATI Section
You already have an account in ATI, but if you are taking this course prior to taking Nursing Care of Children, you will need to enroll in the ATI Nursing Specialties Section associated with this course of study. See "How to Join a Section in ATI."

Skills Modules and Tutorials
Throughout this course you will be asked to complete skills and pharmacology tutorials available on the ATI website. Please complete the tutorial lessons and the post-tests as assigned. You must pass the post-test with a score of 75% or better. The time you spend in the tutorials is tracked by the program. Although you can repeat the post-test multiple times, only the first two attempts will be considered as an indication of your having mastered the content. The system does not permit you to repeat a post-test for 48 to 72 hours, so plan accordingly. If you do not pass on your second attempt, contact your course instructor for instructions about how you can further your understanding of the material. Be prepared to demonstrate your newly acquired skills in future learning labs and clinicals.

- How to Use Tutorials

Understanding Practice Tests and Remediation
The practice test will help prepare you for the ATI RN Mental Health Online Practice exam you need to pass at the end of this course. Practice tests should always be followed with the remediation exercises recommended by ATI. Plan on taking the practice test when recommended in the course of study; begin the remediation shortly after completing the test. Students who do not pass their proctored exams will be required to complete the remediation plan outlined in ATI before they can repeat their exam.

- How to Take A Practice Assessment
- Remediation Instructions

Evolve Case Studies
These online case studies provide an introduction to a real-world, patient situation - with critical-thinking questions to help students learn to manage complex patient conditions and make sound clinical judgments. These questions cover nursing care for clients with a wide range of physiological and psychosocial alterations, as well as related management, pharmacology, and nursing concepts.

To access the Evolve case studies, you must first be enrolled in Evolve, which you should have done in previous courses. If you have not yet done so, enroll now through the Learning Resources tab. To access the case studies, use the following directions:
1. Log in to your Evolve account.
2. Under the "My Evolve" tab (top left).
3. Click on "HESI Complete RN Collection."
4. Click on "HESI Case Studies."
5. Click on the folder "Psychiatric/Mental Health".
6. Select the assigned case and read the directions.

You will be provided with feedback throughout the case study and a performance score upon completion.

**Other Learning Resources**

You will use the following learning resources for this course of study.

**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, but 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, or to remediate after failing to successfully pass an assessment or practice assessment.

**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](#).

**Additional Preparation**

There are many different learning tools available to you within your course of study in addition to the learning resources already discussed. Take the time to familiarize yourself with them and determine how best to fit them into your learning process.

**Message Boards, FAQs, Note-Taking Tool, Communities**

Message boards, FAQs, and a note-taking tool are available in every course of study.

Use the "Additional Learning Tools" page to review these tools.
The WGU Central Library

The WGU Library
The WGU Library is available online to WGU students 24 hours a day.

For more information about using the WGU Library, view the following videos on The WGU Channel:

Introducing the WGU library

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

Searching the WGU library

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

Center for Writing Excellence: The WGU Writing Center

If you need help with any part of the writing or revision process, contact the Center for Writing Excellence (CWE). Whatever your needs—writing anxiety, grammar, general college writing concerns, or even ESL language-related writing issues—the CWE is available to help you. The CWE offers personalized individual sessions and weekly group webinars. For an appointment, please e-mail writingcenter@wgu.edu.

Course Instructor Assistance

Course instructors are available to help you. Their job is to aid understanding in areas where you need to improve and to guide you to learning resources. Request their help as needed when preparing for assessments.

Course instructors cannot provide reviews of entire assessments. If you fail assessment attempts, review the provided feedback first, then ask the course instructor specific questions about what you can do to meet the competency standard. Do not hesitate to request assistance from your course instructor to prepare for second attempts at objective assessments. Mentors cannot guarantee you pass as they do not evaluate assessments; however, they can provide the assistance and advice necessary to help you succeed.

Psychiatric and Mental Health Nursing Learning Environment

All reading activities, discussion questions, quizzes, and learning resources for this course of study are found by accessing the Psychiatric and Mental Health Nursing learning environment. Competencies covered by this subject
- Neurobiological Basis of Psychotherapeutic Interventions
The graduate implements safe, quality care integrating knowledge of neurological functioning and psychopharmacology.

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

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

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

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

- Safe and Therapeutic Milieu
The graduate establishes professional boundaries while promoting safe and therapeutic environments.

Learning Environment

The material for this course of study is housed in a separate learning environment. In this learning resource, you will be able to

- complete the activities and reading assignments to prepare for the assessment for this course;
- answer the quizzes to gauge your learning; and
- communicate with your mentor and other students as you study.

Once you have completed the material within the learning environment, you should return to this course of study for the information for your exam.

Learning Materials

Access the learning environment for this course at the link below and complete the readings, activities, and quizzes for the following section:

Launch Course

Final Steps

Congratulations on completing the activities in this course of study! This section will guide you through the assessment process.

Assessment Information

The activities in this course of study have prepared you to complete the PMV1 objective assessment. If you have not already completed this assessment, you will do so now.
Accessing Outside Vendor Assessments

Complete the following outside vendor assessment:

Outside Vendor Pre-Assessment

You will complete the following pre-assessment:

- ATI Mental Health 2010 practice assessment

You will complete the following tutorial:

- ATI Pharmacology Made Easy 2.0: The Neurological System (Part 2)

Outside Vendor Objective Assessment

You will complete the following objective assessment:

- ATI Mental Health 2010 proctored assessment

This 65-item test offers an assessment of the student’s basic comprehension and mastery of mental health nursing principles. Assessed concepts include:

- basic concepts in mental health nursing (assessment, legal/ethical principles, therapeutic communication, therapeutic nurse-client relationship, anxiety and defense mechanisms, mental health nursing in diverse populations);
- non-pharmacologic therapy of mental health disorders;
- pharmacologic therapy of mental health disorders; and
- nursing care of clients with various mental health disorders.

The student has 65 minutes to complete this assessment. The student has a maximum number of 4 attempts to reach a passing score of “Level 2” on this exam.

You will need to submit your scores to WGU after completing this exam.

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

Submitting Outside Vendor Assessment Scores

After completing an external assessment, follow the directions for submitting a score report on the “Following Outside Vendor Assessments” page.