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**

The Clinical Intensive portion of Psychiatric and Mental Health Nursing is integrated with the didactic course. 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 therapeutic environments.
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

Nursing Dispositions Statement
Please review the Statement of Nursing Dispositions.

Course Instructor Assistance
As you prepare to successfully 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.

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. 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; 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**

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**

**Pacing Guide**
The pacing guide suggests a weekly structure to pace your completion of learning activities. It is provided as a suggestion and does not represent a mandatory schedule. Follow the pacing guide carefully to complete the course in the suggested timeframe.

- **Pacing Guide: Psychiatric and Mental Health Nursing Clinical**

*Note: This pacing guide does not replace the course. Please continue to refer to the course for a comprehensive list of the resources and activities.*

**Psychiatric and Mental Health Clinical**
The topics and activities below will help you prepare for and complete your clinical experience.

**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.

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 and timing 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 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 student-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 student-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 (IPR).

Complete: Pre-Clinical Journal Entry

Download and reach the journal linked below:

- Pre-Clinical Journal Entry

Download and review the steps required to complete an IPR during your clinical experience:
Overview of an Interpersonal Process Recording (IPR)

Finally, log into your Pass-Port account and create a field experience.

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.

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 assigned scheduled hours (72 hours) and their student-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 Student-Scheduled Community Clinical Hours

Performance Assessment and Key Behaviors

Read the following documents:

- Key Behaviors
- Clinical Journal Guidelines
- 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 student-scheduled).

Acceptable clinical hours are outlined in the sample time log and in Guidelines for Student-Scheduled Community Clinical Hours.

Download the Time Log form to use during your clinical:

- Time Log Form
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:

- Review sample time log

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.

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.
Final Steps

Congratulations on completing the activities in this course! This course has prepared you to complete the assessments associated with this course. If you have not already been directed to complete the assessments, schedule and complete your assessments now.

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.

Student Support

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

Access the WGU Library 24 hours a day, 7 days a week:
Visit the Student Success Center to access a variety of topics that will help you succeed at WGU:

Contact the WGU Writing Center for help with any part of the writing or revision process: