



Course Specification

— (Bachelor)

Course Title: **Mental Health Nursing / Clinical**

Course Code: **NRS 474**

Program: **Bachelor of Nursing**

Department: **College of Nursing**

College: **College of Nursing**

Institution: **Majmaah University**

Version: **V4**

Last Revision Date: **June 2023**



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A. General information about the course:

1. Course Identification

1. Credit hours: (2 (0+2+0))

2. Course type

A. University College Department Track Others
 B. Required Elective

3. Level/year at which this course is offered: (7th level, 4th year)

4. Course general Description:

This course will introduce the principles and practices of psychiatric/mental health nursing care of the adult population, enabling students to gain the basic knowledge and ability required. Clinical practice occurs in a range of healthcare settings and with a variety of patient populations requiring psychiatric nursing care, treatment, and intervention. Students will be expected to apply previously learned theory concepts, treatment modalities, and clinical techniques to acquire and apply clinical skills. Students are provided with the opportunity to practice basic interpersonal communication skills, physiologically oriented interventions, and skills and interventions geared towards meeting the social, intellectual/ emotional, and spiritual needs of diverse patients' populations.

5. Pre-requirements for this course (if any):

NRS 351

6. Pre-requirements for this course (if any):

NRS 474

7. Course Main Objective(s):

The main purpose of this clinical course is to prepare students mentally, psychologically, and behaviorally for various nursing roles within the context of clinical psychiatric nursing practice as safe and legal practitioners.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom		
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> • Traditional classroom • E-learning 	60	100%
4	Distance learning		





3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	
2.	Laboratory/Studio	60
3.	Field	
4.	Tutorial	
5.	Others (specify)	
Total		

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
K3.1	Define various theoretical concepts related to functional health patterns for individuals with diverse mental health problems across lifespan. KPI 37	K3	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Exams and Assignment
K3.2	Explain important concepts in the practice of mental health nursing such as critical thinking, self-awareness, therapeutic use of self, clinical decision-making, and problem-solving. KPI 04	K3	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Exams and Assignment
2.0	Skills			
S3.1	Demonstrate appropriate professional communication in written and oral forms, through shift handovers, reflective case review, written documentation, telephone and face-to-face communication with clients, families and other	S3	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Examinations





Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
	health professionals. KPI 18			
S4.1	Illustrate certain clinical skills in performing various clinical nursing roles while providing nursing care for clients with different mental health problems KPI 30	S4	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Examination, Assignment and Case Presentation
3.0	Values, autonomy, and responsibility			
V2.1	Initiate and maintain professional therapeutic relationships and rapport with multidisciplinary team, patients, and families. KPI 44	V2	Classroom lecture discussion, and Supplemental reading instruction	Examination and Case Presentation
V2.2	Understand and maintain personal and professional boundaries and limitations while interacting with patients and colleagues. KPI 27	V2	Classroom lecture discussion	Examination and Case Presentation
V3.1	Establish proficiency in applying physical procedures, safety measures, and de-escalation procedures in clinical psychiatric practice in safe therapeutic environment. KPI 13	V3	Classroom lecture discussion, demonstration, and case-based teaching	Examination

C. Course Content

No	List of Topics	Contact Hours
1.	Unit 1: Foundation in Practice (Lab) * Basic concepts of Clinical Psychiatric-Mental Health Nursing * Basic clinical skills in individual and group therapies * Ethical and legal issues in mental health nursing * Clinical reasoning, caring and evidence-based practice and standards of best practice * Standards of care and the nursing process in clinical psychiatric nursing practice * Self-Awareness (Johari window model)	4
2.	Unit 2: Therapeutic Client-nurse Relationship (Lab) * Phases of the relationship * Barriers of the relationship	4





* Tasks of the relationship		
3.	Unit 3: Communication Skills (Lab) * Therapeutic Communication skills * Non-therapeutic Communication skills	8
4	Unit 4: The Nursing Process in Mental Health Nursing (Lab) * The nursing processes * Applying the nursing process in the psychiatric setting * Documentation of the nursing process	4
5	Unit 5: Clinical Setting Placement and/or Simulation * Clinical Orientation * Patient Mental Status Assessment * Documentation, Reporting, Admission & Discharge * Aggression Management and Seclusion * Electroconvulsive Therapy * Treatment Modalities: Occupational Therapy, Group	4
6	Therapy, Millie Therapy, Art Therapy, Psychopharmacology * Ethical and Legal Issues in Clinical Practice * Psych-education and Counseling * Multidisciplinary Team Work * Case Presentation (14 th Week) * Final Objective Clinical Examination (15 th Week)	36
Total		60

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Midterm Examination	6 th week	30%
2.	Assignment	9 th week	15%
3.	Case Presentation and Professionalism	11 th week	15%
4	Final exam	12 th -13 th week	40%
			100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References

Barker P. (2009). Psychiatric and Mental Health Nursing: The Craft of Caring (2nd Ed.) – Edward Arnold (Publishers) Ltd. ISBN-13: 978-0-3409-47630





	<p>Norman I., Ryrie I., (2009). The Art and Science of Mental Health Nursing: A textbook of Principles and Practice. Open University Press – UK ISBN-13: 978-0335-22293-3 ISBN-10: 0-335-22293-5</p> <p>Kirby S., Hart D., Cross D., Mitchellan G., (2004): Mental Health Nursing Competencies for Practice. Palgrave Mcmillan – UK</p>
Supportive References	<p>Halter, M. (2014): Foundation of Psychiatric Mental Health Nursing A Clinical approach, 7th Ed. Elsevier Saunders</p> <p>Townsend, C.M., Essentials of Psychiatric Mental Health Nursing, F. A. Davis Company, United States of America, 7th Edition.</p>
Electronic Materials	<ul style="list-style-type: none"> • www.apna.org (American Psychiatric Nursing Association) • www.rcnpublishing.com/journal/mhp (Royal College of Nurses) • www.ispn-psych.org (International Society of Psychiatric Mental Health Nurses) • www.psychiatricnursing.org (Archives of Psychiatric Nursing) • www.nmc-uk.org/guidelines (Nursing and Midwifery Council – UK) • www.pubmed.com • www.allnurses.com
Other Learning Materials	<ul style="list-style-type: none"> • www.apna.org (American Psychiatric Nursing Association) • www.rcnpublishing.com/journal/mhp (Royal College of Nurses) • www.ispn-psych.org (International Society of Psychiatric Mental Health Nurses) • www.psychiatricnursing.org (Archives of Psychiatric Nursing) • www.nmc-uk.org/guidelines (Nursing and Midwifery Council – UK) • www.pubmed.com

2. Required Facilities and equipment

Items	Resources
<p>facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)</p>	Laboratory should be large enough to accommodate 10 students.
<p>Technology equipment (projector, smart board, software)</p>	Every classroom must be equipped with smart or active board, latest Audio-visual aids and computer with internet access.
<p>Other equipment (depending on the nature of the specialty)</p>	<ul style="list-style-type: none"> • NA





F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching and assessment	Students	<ul style="list-style-type: none"> • Direct assessment: Course Evaluation Survey. • Quality of Exam Survey.
	Faculty	<ul style="list-style-type: none"> • Indirect assessment: CLO Mapping with teaching & assessment. • Indirect assessment: Course Blueprinting • Grade Analysis • Psychometric Analysis
	Peers	<ul style="list-style-type: none"> • Grade Verification
Quality of learning resources	Students / Faculty	<ul style="list-style-type: none"> • Indirect assessment: Academic advising survey • Student experience survey
The extent to which CLOs have been achieved	Faculty member / Quality assurance committee	<ul style="list-style-type: none"> • Direct assessment outcome analysis • Course report preparation
Quality of learning resources	Program Leaders	Availability of the resources

Assessors (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	DEPARTMENT COUNCIL
REFERENCE NO.	4
DATE	19.09.2023

