

PNRS – PSYCHIATRIC NURSING

PNRS 150

Introduction to the Discipline of Psychiatric Nursing

3 Credits Weekly (3-0-0)

Historical, current, and future perspectives on the discipline of psychiatric nursing are introduced. Philosophical and theoretical perspectives, nursing models, frameworks, and phenomena are integrated alongside the realities of current psychiatric nursing practice. The roles, scope, and standards of psychiatric nursing practice are examined from provincial, national, and international perspectives and in terms of organizations and legislation. The professional code of ethics of psychiatric nursing and approaches to clinical decision-making are introduced.

PNRS 152

Foundations of Health for Psychiatric Nursing Practice

6 Credits Total (45-30-75)

Perspectives of health and well-being are explored along with the role of the psychiatric nurse. Learners acquire beginning-level clinical judgment, holistic assessment, and fundamental nursing skills to implement effective plans of care. Learners incorporate therapeutic communication skills in developing effective nurse-client relationships, collaborating with healthcare providers in the organization and implementation of nursing care.

Prerequisites: Minimum grade of C- in (PNRS 150, PNRS 154, and HLST 133) OR (HLST 154, HLST 159, and NURS 150).

PNRS 154

Developing Therapeutic Relationships for Mental Health Nursing

3 Credits Weekly (3-0-0)

This course prepares learners to develop effective therapeutic relations in the context of individuals, groups, and communities utilizing models and theories of communication. There is a focus on emotional intelligence emphasizing self-assessment, self-reflection, critical thinking, and professionalism. Individual and systemic factors impacting therapeutic relationships are explored. The role of communication and developing therapeutic relationships within mental health assessment is introduced.

PNRS 155

Mental Health Nursing I

4 Credits Total (45-0-40)

Students develop the foundational knowledge, skills and attitudes required to provide client-centred, evidence-informed nursing care to clients in mental health settings. Students focus on recent trends, legislation, and selected ethical-legal and professional issues in mental health nursing; therapeutic milieu; and the application of therapeutic communication techniques across the lifespan. Students further examine nursing models and mental health theory applicable to mental health nursing. Students explore selected mental health pathologies, interventions, therapies, and basic counselling skills. Students apply communication theory and skills for the establishment of therapeutic nurse-client relationships in selected settings.

Prerequisites: Minimum grade of C- in PNRS 152.

PNRS 156

Mental Health Nursing I

4 Credits Total (45-30-0)

Learners will develop and apply foundational knowledge, skills and attitudes required to provide evidence-informed nursing care in mental health and addiction settings. Factors influencing the mental health of individuals, families, groups, and communities are introduced. Selected mental illness pathologies, interventions, and therapies, including psycho-pharmacology, will be explored with a focus on recovery-oriented practice. Nursing models trends, legislation, ethical-legal, and professional issues are explored.

Prerequisites: Minimum grade of C- in PNRS 150, PNRS 154, and HLST 133.

PNRS 252

Mental Health Nursing II

4 Credits Weekly (4-0-0)

Students develop in-depth knowledge as well as the skills and attitudes required to provide client-centred, evidence-informed, holistic nursing care for persons experiencing selected common chronic and acute mental health issues and disorders. Students examine the related mental health pathologies, interventions and therapies, including psycho-pharmacology, psychosocial and alternative therapies. Students also explore selected ethical and legal issues. Students extend knowledge of group process and crisis intervention. The focus is on care of the individual within the context of family, community, and environment, and adaptations of nursing care across the lifespan.

Prerequisites: Minimum grade of C- in PNRS 155, PSYC 104, PSYC 105.

Prerequisites or Co-requisites: HLSC 220, HLSC 222, NURS 252.

PNRS 255

Psychiatric Nursing Practice, Adult Populations

5 Credits Total (10-0-143)

Students focus on the application of knowledge, skills, and attitudes for holistic, client-centred, evidence-informed psychiatric nursing care of adult clients experiencing a broad range of chronic and acute mental health problems and disorders, in an in-patient setting. Students establish therapeutic relationships and collaborate with clients, their families, and members of the interprofessional and intersectoral teams to promote optimal health and provide ethical, culturally sensitive, age-appropriate, client-centred psychiatric nursing care.

Prerequisites: Minimum grade of C- in HLSC 220, HLSC 222, NURS 251, NURS 252, and PNRS 252.

PNRS 256

Mental Health Nursing Practice I

5 Credits 45-0-90

Learners develop in-depth knowledge, skills and attitudes required to provide evidence-informed mental health and addiction nursing care. Selected mental illness pathologies, interventions, and therapies, including psycho-pharmacology, will be explored with a focus on recovery-oriented practice. Applicable mental health nursing and addiction models, multi-disciplinary knowledge, and theory are explored with a focus on recent trends, legislation, and selected ethical-legal and professional issues. Learners will develop therapeutic relationships and demonstrate clinical judgment in the organization and implementation of care in various mental health and addiction settings.

Prerequisite: Minimum grade of C- in PNRS 152 and PNRS 156.

PNRS 257**Mental Health Nursing Practice II****7 Credits Total (10-15-192)**

Learners focus on the application of knowledge, skills, and attitudes for ethical, holistic, evidence-informed psychiatric nursing care of adults experiencing chronic and acute mental illness and addiction in an in-patient setting. Principles of recovery-oriented practice and a trauma and violence-informed approach are applied to promote mental well-being. Collaboration with individuals, families, and inter/intra-professional teams and clinical judgment to organize and implement nursing care are developed.

Prerequisites: Minimum grade of C-in NURS 234, HLSC 220, and NURS 251.

PNRS 259**Psychiatric Nursing Practice, Special Populations****5 Credits Total (10-0-143)**

Students focus on the application of knowledge, skills, and attitudes for holistic, evidence-informed psychiatric nursing care of special populations, for clients experiencing a broad range of chronic and acute mental health problems and disorders. Students establish therapeutic relationships and collaborate with clients, their families, and interprofessional and intersectoral team members to promote optimal health and provide culturally sensitive, age-appropriate, ethical, client-centred psychiatric nursing care in a variety of settings.

Prerequisites: Minimum grade of C- in HLSC 220, HLSC 222, NURS 251, NURS 252 and PNRS 252.

PNRS 310**Mental Health Nursing II****3 Credits 45-0-0**

In-depth knowledge, skills, and attitudes required to provide evidence-informed mental health and addiction nursing care are advanced. Responses to complex mental illness pathologies, interventions, and therapies, including psycho-pharmacology, with a focus on select specialized populations, are addressed. Transition to the role of the practicing psychiatric nurse, including appraisal of professional and disciplinary trends, are examined.

PNRS 311**Individual and Group Counselling for Mental Health Nursing****3 Credits Weekly (3-0-0)**

Foundational knowledge and skills required to provide individual and group counselling are advanced. Application of principles and theories of counselling in psychiatric nursing practice are analyzed. Therapeutic modalities, as well as advanced therapeutic communication skills, techniques, and the importance of the therapeutic alliance will be emphasized.

Prerequisites: Minimum grade of C- in PNRS 256.

PNRS 320**Trends and Issues in Mental Health Care****3 Credits Weekly (3-0-0)**

Learners focus on evolving trends related to the management of complex mental health care problems experienced by at risk groups across the lifespan. Consideration is given to culturally diverse individuals and groups with acute and chronic mental health issues. Emphasis is also placed on analyzing how legislative, technological, economic, and social forces impact health care planning and decision making in settings where mental health services are delivered.

Prerequisites: RPN or minimum grade of C- in PNRS 252.

PNRS 321**Child and Adolescent Mental Health Nursing****3 Credits Weekly (3-0-0)**

Learners focus on evidence-informed holistic care of the child/adolescent with a mental health issue or disorder within the context of family and community. Also explored are the role and responsibilities of the psychiatric/mental health nurse in promoting optimal wellness with children, adolescents, families and communities that are affected by a mental health issue. Learners examine selected trends and issues specific to child/adolescent mental health.

Prerequisites or Co-requisites: HLST 320 and HLST 321.

PNRS 325**Addiction and Mental Health Nursing****3 Credits 45-0-0**

This course analyzes the complex relationship between mental health and addiction. The impacts of evidence-informed interventions specific to promoting mental health and recovery are emphasized within a person-centred approach. A focus on specific ethical psychiatric nursing care and trauma and violence informed care assists learners in understanding the concurrent nature of mental health challenges and addictions.

Prerequisites: Minimum grade of C- in PNRS 257, NURS 243.

PNRS 352**Mental Health Nursing III****4 Credits Total (60-0-0)**

Students develop in-depth knowledge as well as the skills and attitudes required to provide client-centred, evidence-informed nursing care for clients experiencing selected complex mental health issues and disorders. Students examine the related mental health pathologies, interventions, and therapies, including psychopharmacology, psychosocial, and alternative therapies, as well as related ethical and legal issues. Focusing on care of the individual within the context of family, community, and environment, students explore adaptations to nursing care across the lifespan. Knowledge and skills in group process, counseling, and crisis intervention are further enhanced. Transition to the role of the practicing psychiatric nurse is explored.

Prerequisites: NURS 255, PNRS 255, and PNRS 259.

PNRS 353**Mental Health Nursing Practice III****3 Credits 10-0-120**

Learners focus on holistic psychiatric nursing care of specialized populations. Principles of recovery-oriented practice and a trauma and violence-informed approach are utilized in working with individuals, families, groups, and communities who present with or may be at risk for chronic or acute alterations in mental health and substance use. Learners demonstrate advocacy through collaboration with inter/intra-professional and intersectoral teams to promote health and well-being.

Prerequisites: Minimum grade of C- in PNRS 310 and PNRS 311.

PNRS 355**Clinical Preceptorship****7 Credits Total (12-0-375)**

Students focus on extension and consolidation of knowledge and skills related to the roles, functions, and competencies of the entry level psychiatric nursing graduate in a selected setting. With guidance and mentoring from a professional nurse preceptor, students gradually assume the role and responsibilities of that position while working within clinical practice guidelines for nursing students.

Prerequisites: Minimum grade of C- in PNRS 352.

PNRS 356**Psychiatric Nursing Practice Preceptorship****10 Credits 0-0-385**

Learners focus on applying and consolidating knowledge and skills related to the roles, functions, and competencies of entry-level psychiatric nursing graduates in a selected setting. Understanding of the complexities of psychiatric nursing care is broadened. Learners transition to independent roles and responsibilities of a graduate psychiatric nurse while working within clinical practice guidelines for psychiatric nursing students.

Prerequisites: Minimum grade of C- in PNRS 353.

PNRS 357**Diversified Mental Health Nursing Practice****5 Credits Total (10-0-160)**

Advanced holistic psychiatric nursing care of specialized populations experiencing complex mental health and substance use issues is emphasized. Recovery-oriented practice and trauma and violence informed approaches in working with individuals, families, groups, and communities who present with or may be at risk for chronic or acute alterations in mental health and substance use. Advocacy through collaboration with interdisciplinary teams to promote health and well-being is developed.

Prerequisites: Minimum grade of C- in PNRS 311, PNRS 325, PNRS 321.

PNRS 420**Community Mental Health****4 Credits Total (45-0-30)**

Learners explore and apply theories and concepts related to community-based mental health nursing and examine health care initiatives applicable to community mental health. Emphasis is placed on health promotion/wellness, risk reduction, and therapeutic management across the lifespan within a framework that incorporates interprofessional and intersectoral collaboration.

Prerequisites: Minimum grade of C- in NURS 341 and HLST 320.

PNRS 421**Mental Health and the Law****3 Credits Weekly (3-0-0)**

Learners analyze moral, ethical, legal, and regulatory issues impacting psychiatric/mental health nursing practice as it interfaces with legislative standards at the provincial and federal levels. Learners gather, research, and analyze several pieces of legislation affecting mental health clients at the macro level. They extend this knowledge to their local clinical/community level by examining operational /legal/ regulatory issues from their local nursing practice.

Prerequisites: Minimum grade of C- in HLST 321.

PNRS 422**Leadership in Psychiatric Nursing****3 Credits Weekly (3-0-0)**

Learners explore leadership models, theories and styles and examine the relationship between leadership and management. A further emphasis is placed on the development and characteristics of effective leadership within the context of psychiatric/mental health nursing practice as well as professional and societal trends that influence psychiatric/mental health nursing practice and advancement of the profession. Consideration is also given to techniques for fostering creativity, influencing health policy, engaging in the change process, nurturing relationships and creating and maintaining a healthy workplace environment.

Prerequisites: RPN OR NURS 255, PNRS 255, PNRS 259 and minimum grade of C- in a 3-credit university level ENGL (<https://calendar.macewan.ca/course-descriptions/engl/>) course (excluding ENGL 111).

PNRS 423**Capstone Course****4 Credits Total (15-0-90)**

Learners synthesize acquired knowledge and skills and extend their depth and breadth in a selected area of psychiatric/mental health nursing. Through supervision by a faculty member and facilitation by approved community professionals, students formulate and operationalize an individual capstone project. Learners undertake a field experience that may take a variety of forms, including research, education, leadership and management in a setting where mental health services are delivered. Learners complete a comprehensive literature review related to their selected topic and a substantive scholarly report/paper.

Prerequisites: Minimum grade of C- in PNRS 320 and PNRS 321, and NURS 341 or NURS 344.

PNRS 454**Emerging Directions for Psychiatric Nursing****3 Credits Weekly (3-0-0)**

Evolving trends related to psychiatric mental health nursing are explored. Political, economic, and social forces contributing to the evolution of mental health service delivery within a national and global context are critically analyzed. Health inequalities and health promotion are discussed in terms of their influence on the role of the psychiatric nurse in contemporary society.

Prerequisites: Minimum grade of C- in PNRS 422, and HLST 354.

PNRS 455**Consolidation of Psychiatric Nursing Practice****10 Credits Total (10-0-375)**

Learners focus on applying and consolidating knowledge and skills related to the roles, functions, and competencies of entry-level psychiatric nursing graduates in a selected setting. Understanding of the complexities of psychiatric nursing care is broadened. Learners transition to the independent roles and responsibilities of a psychiatric nurse while working within clinical practice guidelines for psychiatric nursing students.

Prerequisites: Minimum grade of C- in PNRS 454.