



# Nursing (NURS) 527

## NP: Mental Health

<b>Status:</b>	Replaced with new revision, see the <a href="#">course listing</a> <a href="#">↗</a> for the current revision <a href="#">✕</a>
<b>Delivery mode:</b>	Individualized study online <a href="#">↗</a>
<b>Credits:</b>	2
<b>Area of study:</b>	Health
<b>Prerequisites:</b>	NURS 516 and NURS 517, NURS 518, NURS 526, NURS 610, <a href="#">NURS 614</a>
<b>Precluded:</b>	None
<b>Faculty:</b>	Faculty of Health Disciplines <a href="#">↗</a>

## Overview

Advanced knowledge of mental health and the treatment of mental disorders is germane to the provision of high-quality Nurse Practitioner practice in the

community setting. This course is designed to develop a solid understanding of the approach to the promotion of mental health and the prevention of mental illness, as well as, how to screen for, diagnose and treat mental disorders commonly seen in the primary care setting.

NURS 527 is a required course within the program of study leading to the Post Master's Diploma: Nurse Practitioner or the Master of Nursing: Nurse Practitioner degree.

## Outline

NURS 527 is comprised of 6 modules:

- Module 1: Concepts in Mental Health
- Module 2: The Approach to the Diagnosis of Mental Disorders
- Module 3: Pharmacological Treatment of Mental Disorders
- Module 4: Psychotherapies for Mental Disorders
- Module 5: Special Issues in Mental Health
- Module 6: Mental Health Issues in Pediatrics

## Objectives

Building on knowledge of neurodevelopment, physiology, pharmacology, and the Nurse Practitioner approach to care, NURS 527 is designed to help students achieve the following:

- Identify evidence-based strategies that promote mental health and help prevent mental illness
- Utilize diagnostic and screening tools to assess for and evaluate mental health/illness
- Assess individual risk for mental illness
- Make a mental health diagnosis based on the DSM-5 criteria
- Identify mental health emergencies and respond appropriately
- Articulate an approach to prescribing for mental disorders
- Safely manage and monitor clients receiving selected classes of psychotherapeutic agents

- Discuss special topics like pediatric and pregnancy-related mental disorders, as well as mental health issues in certain settings like prisons or the military
- Describe evidence-based psychotherapies commonly used in community settings
- Discuss strategies to establish therapeutic relationships with clients seeking primary care
- Determine how and when to collaborate with other mental health professionals to optimize care
- Identify ethical and legal issues related to mental health care in NP practice

## Evaluation

### 1. Self-assessment - Quizzes

Students are required to complete several short multiple-choice-type quizzes within each module. Each quiz is designed to provide feedback until the correct answer is selected. In this way, the assessment processes become a secondary learning tool.

### 2. Course assessment - Exams

There are three exams placed at intervals throughout the course. An average mark of 70% is required to successfully pass the course.

Activity	Weight
Quizzes	0%
Exam 1	30%
Exam 2	30%
Exam 3	40%
<b>Total</b>	<b>100%</b>

## Materials

American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5th edition). Washington, DC: Author.

(Recommended, but not supplied)  (Print)


There are no textbooks for this course.

## Other Materials





- Study Guide
- On-line articles, references and websites

## Technical Requirements

### Computer System

In order to successfully complete this course, you must own or have ready access to certain computer hardware and software programs. For complete and up-to-date information on the minimum computer requirements required to complete the graduate nursing courses, visit the **Centre for Nursing and Health Studies**  technical site.

## Important links

- > [Academic advising](#) 
- > [Program planning](#) 
- > [Request assistance](#) 
- > [Support services](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Opened December 18, 2015*

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