

**Spokane Community College**

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**Course Title:** Care of the Mental Health Patient

**Prefix and Course Number:** NURS 138

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**Course Learning Outcomes:**

**By the end of this course, a student should be able to:**

- Assess attitudes toward the mentally ill person that contribute to stigma and/or negative stereotypes
- Explore the components of psychotherapeutic management
- Compare and contrast the pathophysiology and behaviors associated with a variety of mental illnesses and verbalize appropriate intervention techniques
- Determine how to incorporate patients and families into the planning and delivery of care to mental health patients
- Establish the therapeutic communication skills necessary to provide professional care to clients with mental health disorders

**Course Outline:**

- I. Assessment
  - A. Mental Status Examination
- II. Stress and coping
- III. Therapeutic Communication
- IV. Behaviors
- V. Cognition
- VI. Mood and Affect
- VII. Self
- VIII. Development