Course Specification
— (Bachelor)

Course Title: Mental Health Nursing / Theory

Course Code: NRS 473

Program: Bachelor of Nursing

Department: College of Nursing

College: College of Nursing

Institution: Majmaah University

Version: V4

Last Revision Date: June 2023

Table of Contents

A. General information about the course:

1. Course Identification

1. Credit hours: (3 (3+0+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 is designed to focus on mental health and illness across the lifespan of clients and population groups with acute and chronic psychosocial difficulties and psychiatric illnesses

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

NRS 351

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

7. Course Main Objective(s):

•To provide students with the knowledge, skills and attributes they will require to become compassionate mental health nurses, health practitioners, and future leaders in the discipline of mental health nursing.
•To providing students with evidence-based knowledge and skills required for nursing practitioners to care for their clients and to meet the challenges of mental health nursing while providing high quality health services to individuals and families with diverse mental health needs across the lifespan

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	45	100%
2	E-learning		
3	Hybrid • Traditional classroom • E-learning		
4	Distance learning		

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	**Lectures**	45
2.	**Laboratory/Studio**	
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**			
K2.1	**Outline various types of psychiatric & mental health conditions and disorders, and the psychopathological processes of each disorder and condition. KPI 42**	K2	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Midterm and Final exams
K3.1	Describe various treatment modalities used in psychiatric mental health nursing and basic nursing interventions for each disorder and condition. KPI 37	K3	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Quiz, Group Discussion, Midterm and Final Examinations
...				
2.0	**Skills**			
S1.1	Explain the application of the nursing process in providing care to clients suffering from different psychiatric & mental health disorders and	S1	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Assignment, Midterm and Final Examinations

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
	conditions in hospital and in the community. KPI 21			
S2.1	Understand the major theories interpreting psychiatric & mental health disorders and their symptomatology KPI 12	S2	Classroom lecture discussion, supplemental reading instruction, case-based teaching	Group Discussion, Midterm and Final Examinations
S3.1	Demonstrate competent abilities of team-work and team-cohesion using principles of team work approach in providing care for clients suffering from psychiatric & mental health disorders and conditions. KPI 29	S3	Classroom lecture discussion, and supplemental reading instruction	Group Discussion
3.0	**Values, autonomy, and responsibility**			
V1.1	Assess various therapeutic and non-therapeutic communication skills applied in the context of psychiatric & mental health nursing. KPI 09	V1	Classroom lecture discussion, and case-based teaching	Assignment, and professionalism

C. Course Content

No	List of Topics	Contact Hours
1.	Unit 1: Introduction to Mental Health and Mental Illness	3
2.	Unit 2: Theoretical Models of Personality Development	3
3.	Unit 3: Anxiety, Anxiety Disorders, and Stress-related illness	6
4	Unit 4: Schizophrenia	6
5	Unit 5: Mood disorders	6
6	Unit 6: Personality Disorders	6
7	Unit 7: eating disorders	3
8	Unit 8: somatoform disorders	3
9	Unit 9: sleep disorders	3
10	Unit 10: Cognitive Disorders	6
	Total	45

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Quiz	4th week	10%
2.	Assignment	8th week	10%
3.	Midterm exam	7th-8th week	30%
4	Professionalism & Group discussion	11th week	10%
5	Final exam	12th-13th week	40%
6			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	Sheila L.Videbeck.(2020) **Mental Health Nursing.** 8th edition. Wolters Kluwer. ISBN-13: 978-1-975116-37-8 | eISBN 9781975116385 ISBN-10: 1-975116-37-2 American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.
Supportive References	Sheila L Videbeck. (2014) Psychiatric Mental Health Nursing, 6th Edition. Wolters Kluwer Lippincott Williams & Wilkins. ISBN 13: 9781451188998 ISBN 10: 1451188994 Townsend, C.M., Essentials of Psychiatric Mental Health Nursing, F. A. Davis Company, United States of America, Latest Edition.
Electronic Materials	• www.sdl.edu.sa • www.findarticles.com • www.emedicine.com • www.medscapenurses.com • www.dsm5.org
Other Learning Materials	• 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
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Lecture rooms should be large enough to accommodate 20 students.
Technology equipment (projector, smart board, software)	Every classroom must be equipped with smart or active board, latest Audio-visual aids and computer with internet access.
Other equipment (depending on the nature of the specialty)	• Internet connection to classroom • Seminar room • Special round-table Psychiatric Lab • Psychiatric Simulation • Audio-Visual Psychiatric Library

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching and assessment	Students	• Direct assessment: Course Evaluation Survey. • Quality of Exam Survey.
	Faculty	• Indirect assessment: CLO Mapping with teaching & assessment. • Indirect assessment: Course Blueprinting • Grade Analysis • Psychometric Analysis
	Peers	• Grade Verification
Quality of learning resources	Students / Faculty	• Indirect assessment: Academic advising survey • Student experience survey
The extent to which CLOs have been achieved	Faculty member / Quality assurance committee	• 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**