

Nursing (NURS) 435

Professional Practice in Mental Health Promotion (Revision 4)

Delivery mode: Paced study [↗](#)

Credits: 6

Area of study: Applied Study

Prerequisites: This course is only open to **Post-LPN BN** program students. NURS 436 and Professor approval is required. Program Grade Point Average (GPA) of 3.0 required.

Precluded: None


Challenge: NURS 435 is not available for challenge.

Faculty: Faculty of Health Disciplines [↗](#)

Status: Replaced with new revision, see the [course listing](#) [↗](#) for the current revision [✕](#)

Notes: Please consult the [Program summary](#) [↗](#) for the most recent information relating to clinical course registration and start dates. Online course

materials cannot be accessed before your course contract start date.

College of Registered Nurses of Alberta
(2021). **Requisite skills and abilities for becoming a registered nurse in Alberta** 

Overview

Nursing 435: Professional Practice in Mental Health Promotion This 16-week paced online course provides opportunities to integrate theory and develop further skills related to mental health promotion with a focus on individuals, families and groups experiencing mental health alterations. Consideration will be given to mental health promotion with vulnerable aggregates and recognition of psychiatric mental health disorders that emerge across the lifespan. Opportunities to apply nursing assessment skills, such as mental status examination, and nursing intervention strategies such as therapeutic communication will be facilitated. A current snapshot of the field of psychiatric nursing, including both current practice and future research possibilities will be presented. A major focus of the course is a mental health promotion project. Nursing 435 is a six-credit course.

NURS 435 provides you with practice opportunities using a variety of online tools and experiential activities. Some of these practice opportunities will use video conferencing. Video conferencing allows course participants (students and instructors) to see and hear one another using a computer equipped with a speaker/microphone and camera. Unit 1 includes a learning activity that guides you through set-up and use of the selected video conferencing platform utilized. This activity also provides you with an opportunity to use video conferencing to meet your instructor and classmates “face to face” in real-time.

There are several times during this course when you will be required to participate in mandatory real-time video conference learning activities.

The exact dates and times for these mandatory real-time experiential learning activities will be set at the beginning of the course with the course instructor. Participation in these mandatory real-time experiential learning activities is a graded element of the course. A pass in the mandatory real-time experiential learning activities is required to pass NURS 435.

Outline

Section 1: Overview of Mental Health Alterations (5 weeks)

- **Week 1** – *Unit 1* – Introductions: Getting to Know One Another
- **Weeks 2-5** – *Unit 2* – Mental Health Disorders and Societal Issues

Section 2: Assessment, Screening, and Relational Practice (5 weeks)

- **Weeks 6-7** – *Unit 3* – Assessment Skills and Screening Tools and Assignment 1 Quiz
- **Week 8** – *Unit 4* – Affective Change: Understanding the Lived Experience of Mental Illness
- **Weeks 9-10** – *Unit 5* – Relational Practice, Interviewing Skills, History Taking and Functional Assessment

Section 3: Interventions (2 weeks)

- **Weeks 11-12** – *Unit 6* – Psychopharmacology, Electro Convulsive Therapy, Cognitive Behavioural Therapy, Neuroplasticity and Legal Considerations

Section 4: Community Health and Mental Health Promotion Project (2 weeks)

- **Weeks 13-14** – *Unit 7* – Assessing and Analyzing Impact of the Determinants of Health on Mental Health Treatment, Supports, and Recovery. Assignment 2 – Community Mental Health Promotion Project

Section 5: Reflections on Mental Health Practice and Me (2 weeks)

- **Week 15** – *Unit 8* – Attitudes toward Mental Illness, Stigma, Vulnerable Populations
- **Week 16** – *Unit 9* – Continued Self-Assessment and Self-Directed Learning Related to Knowledge Gaps in Community Mental Health Practice

Adobe Seminars (Synchronous)

- **Seminar 1** – *Unit 2* – Adobe Connect Set-Up and Mental Health Disorders and Societal Issues – Adobe Connect Seminar 2 (Week 3) (3 hours)
- **Seminar 2** – *Unit 4* – The Lived Experience of Mental Illness (Week 8) (3 hours)
- **Seminar 3** – Week 13 or 14 Adobe Connect Seminar - What we have learned and how will our nursing practice change? (3 hours)

Skills Demonstrations

- **Skills Demonstration 1** – *Unit 3* – Mental Status Examination Skills Demonstration (Weeks 6 and 7) – with study-buddy in Adobe Connect
- **Skills Demonstration 2** – *Unit 5* – Suicide Assessment or Intimate Partner Violence Assessment and Relational Practice Skills Demonstration (Week 9) – with a tutor in Adobe Connect

Learning outcomes

Upon completion of NURS 435, students will achieve or exceed the following learning outcomes:

- Critically examine the unmet mental health needs, across the lifespan, of clients, families, and groups within the community;
- Uncover personal bias and prejudice by reflecting on your attitudes, beliefs, and values related to mental health/illness;


- Explain mental health conditions related to mood, thought, and behaviour;
- Assess and know how to intervene with individuals presenting with acute or chronic mental illness;
- Demonstrate skills in psychosocial nursing assessment and interviewing;
- Demonstrate relational practice skills;
- Understand the legal processes and ethical dilemmas related to mental health nursing practice;
- Reflect upon personal and societal stigma and barriers that exist within the field of mental health;
- Sensitize to the societal impact of mental illness arising from the potential association between mental illness and homelessness, incarceration and family violence;
- Analyze the implications of addictions, family violence, and suicide for individuals, families, and the community;
- Actively incorporate mental health promotion into practice in the workplace as well as with vulnerable aggregates;
- Assess the impact of a mental illness in your community; and
- Identify and evaluate the resources available to meet the mental health needs of people in your community.
- Comply with current College and Association of Registered Nurses of Alberta (CARNA) Entry-to-Practice Competencies.

Evaluation


NURS 435 is graded on a Pass/Fail basis. To [receive credit](#) for NURS 435, all practice and assignment requirements must be successfully completed and submitted. Effective January 1, 2010, all papers submitted must follow the guidelines of the *APA Publication Manual* (6th ed.) (2010).

The required assignments are as follows:

Activity	Weight
Quiz (Minimum 80% to Pass)	Pass/Fail
Health and Mental Health Promotion Project	Pass/Fail
Real-Time Seminars	Pass/Fail
Skills Demonstrations	Pass/Fail
Forum participation	Pass/Fail

To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#) .





Materials

W. Austin and M.A. Boyd (Eds.), *Psychiatric & mental health nursing for Canadian practice* (4th ed.) Philadelphia, PA: Wolters Kluwer.  (Print)

Other Materials

In addition, multimedia learning resources (print, audio, and video) are part of many learning activities in the course. Many of these learning resources are Open Educational Resources (OER). OER are online resources available to all without cost.

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.

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View [previous revision](#) 