GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: NURS 123 DIVISION: 40 ALSO LISTED AS:

TERM EFFECTIVE: Summer 2026 CURRICULUM APPROVAL DATE: 12/12/2025

SHORT TITLE: MENTAL HEALTH

LONG TITLE: Mental Health Nursing

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours/Units
3	18	Lecture:	1.5	27 / 1.5 Units of Lecture
		Lab:	4.5	81 / 1.5 Units of Lab
		Other:	0	0
		Total:	6	108

Out of Class Hrs:	54.00
Total Learning Hrs:	162.00

COURSE DESCRIPTION:

This course focuses on the nurse’s role in the care, evaluation, and implementation of nursing interventions with diverse adult patients with mental health disorders. Risks for suicide, substance abuse, and other mental health disorders are covered. The effect of mental illness on the patients? lives, relationships, employment, and coping daily living is a focus of this course. PREREQUISITES: NURS 110, NURS 111, NURS 112, NURS 113, NURS 114. COREQUISITES: NURS 122 and NURS 124.

PREREQUISITES:
NURS 110, NURS 111, NURS 112, NURS 113, NURS 114.

COREQUISITES:
NURS 122
NURS 124

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES
L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

02 - Lecture and/or discussion
03 - Lecture/Laboratory
04 - Laboratory/Studio/Activity
04B - Laboratory - LEH 0.75
05 - Hybrid
71 - Dist. Ed Internet Simultaneous
72 - Dist. Ed Internet Delayed
73 - Dist. Ed Internet Delayed LAB
73B - Dist. Ed Internet LAB-LEH 0.75

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate theoretical knowledge related to the care of the adult patient with psychiatric mental health nursing needs.
2. Use therapeutic communication techniques to build trust with diverse patients and their families experiencing mental health challenges.
3. Implement nursing interventions that promote safety and mental well-being.
4. Reflect on the ethical, cultural, and legal issues in psychiatric nursing.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Identify best practices for mental health education for diverse patients and their families.
2. Explain the role of the nurse as an advocate when collaborating with the healthcare team in providing safe, quality care for mental health patients.
3. Analyze the basic neurological theories of pharmacotherapeutics used to treat mental health disorders.
4. Describe the ethical, legal, and professional standards involved in the care of patients experiencing mental illness.
5. Analyze the role of the nurse as an active member of the inter-professional team to provide and improve patient outcomes for patients needing mental health

support.

6. Provide safe quality patient-centered nursing care for adults with mental health disorders.
7. Describe the principles and procedures associated with a mental health examination of adults.

COURSE CONTENT:
Curriculum Approval Date: 12/12/2025
LECTURE CONTENT:
Foundations of Mental Health
Mental Health Assessment
Therapeutic Communication
Working with Diverse Patients
Mental Health Team
Mental Health Nursing Theories
Neurobiological Needs
Legal/Ethical Issues
Restraints and Seclusion
Patient Rights
Crisis Intervention
Abnormal Psychology
Evidence-Informed approaches to trauma
Grief
Anxiety and Obsessive-Compulsive Disorders:
Contributing Factors to Anxiety and OCD
Effects on work, relationships, school
Nursing Interventions
Pharmacology
Mood Disorders and Suicide:
Nursing Interventions
Pharmacology
Personal and Social Consequences
Suicide Prevention and Assessment
Safety and Behavioral Interventions
Crisis Intervention
Personality and Somatic Disorders:
Types of disorders
Clusters of disorders
Pharmacology
Safety
Nursing interventions
Eating Disorders:
Nursing Process and Interventions
Assessment for Disordered Eating
Signs and Symptoms of Eating Disorders
Crisis Interventions
Pharmacology
Substance Abuse and Addiction:
Anti-Addictive Medications
Nursing Process and Interventions
Crisis Interventions
Final Exam

COURSE CONTENT(CONTINUED):

LAB CONTENT:

Therapeutic communication

Interventions

Safety

Restraints

MSE

Risk Assessments

Psychosocial Functioning Assessment

Non-Pharmacological Interventions

Coping Strategies

METHODS OF INSTRUCTION:

Lecture and discussion of weekly and course topics; Demonstrations; Clinical Experiences; Guided Practice; Readings and Videos

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours 54

Assignment Description

Students will engage in 54 hours of out-of-class assignments, including written assignments, studying, reading assignments, projects, case-studies, and discussion preparation.

METHODS OF EVALUATION:

Other methods of evaluation

Evaluation Percent 20

Evaluation Description

Clinical observations will be made to ensure mastery of course content.

Objective examinations

Evaluation Percent 20

Evaluation Description

In preparation for the NCLEX, students will demonstrate knowledge acquisition through quizzes and exams covering course material.

Problem-solving assignments

Evaluation Percent 20

Evaluation Description

Case studies and critical thinking assignments will be sprinkled throughout the course to ensure transference to the clinical environment. This will be rubric-graded.

Skill demonstrations

Evaluation Percent 20

Evaluation Description

Students will demonstrate accurate and successful completion of skills through a skills checkoff with their faculty.

Writing assignments

Evaluation Percent 20

Evaluation Description

Students will reflect, complete case studies, and otherwise demonstrate mastery of content through written assignments.

REPRESENTATIVE TEXTBOOKS:

Calculation of Drug Dosages: A Work Text , Ogden, S. J., OgdenN, S. J., & FluhartyN, L. , Elsevier, 2022 or a comparable textbook/material.

ISBN: 9780323826228

12 Grade Verified by: Publisher

All-in-One Nursing Care Planning Resource, Julie S. Snyder and Christine A. Sump, Elsevier, 2024 or a comparable textbook/material.

ISBN: 9780323825382

12 Grade Verified by: Publisher

Mosby’s Drug Guide for Nursing Students , Linda Skidmore-Roth, Elsevier, 202 or a comparable textbook/material.

ISBN: 9780443380716

12 Grade Verified by: Publisher

Varcarolis' Foundations of Psychiatric Mental Health Nursing , Halter, M. J. , Elsevier, 2026 or a comparable textbook/material.

ISBN: 9780323697071

ARTICULATION and CERTIFICATE INFORMATION

CSU TRANSFER:
Transferable CSU

UC TRANSFER:
Not Transferable

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education: N
Program Status: 1 Program Applicable
Special Class Status: N
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: C
Course Control Number: CCC000656837
Sports/Physical Education Course: N
Taxonomy of Program: 123000
CIP: 513801