



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

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	1.5	27
		Lab:	1.5	27
		Other:	0	0
		Total:	3	54

Out of Class Hrs: 54.00

Total Learning Hrs: 108.00

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
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB

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

GAV GE:

GAV Area 1B

GAV Area 5

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