NURSING 201: NURSING CARE OF SPECIAL POPULATIONS
UNIT I: CLINICAL PREPARATION

UNIT OBJECTIVES
AT THE COMPLETION OF THE CLINICAL UNIT, THE STUDENT:

1. Relates the history of mental health nursing to contemporary nursing practice.

2. Compare and contrast major therapeutic models that contribute to the understanding of psychiatric patients and their needs.

3. Identifies nursing considerations when administering psychiatric medications.

4. Describes the goal of milieu therapy.

5. Discusses the nursing care of the patient and family needing crisis intervention.

6. Identifies components of the psychiatric nursing assessment.

7. Describes factors affecting mental health and mental illness.

8. Describes ethical and legal issues when providing psychiatric care.

9. Demonstrates the use of therapeutic techniques that can enhance communication.

10. Discusses obstetrical terminology and documentation principles.

11. Analyzes basic fetal heart monitoring patterns.

12. Differentiates the normal and abnormal components of a postpartum assessment.

13. Identifies the nursing process and care of the postpartum client.

14. Applies knowledge of proper technique for venipuncture and administration of intravenous (IV) push medications.

15. Explains the physiologic adaptations of the newborn.

16. Describes the findings of a newborn assessment, including normal variations, abnormal findings, and nursing responsibilities.

17. Discusses immediate and ongoing care of the newborn.

18. Compares and contrasts breastfeeding and bottle-feeding practices.

19. Identifies safe sleeping standards and guidelines to teaching clients about safe sleep with newborns.

20.   Selects the most appropriate approach in administering medications to children, including the location of intramuscular injections.

21.   Identifies appropriate pain assessment and pain management for the neonate, infant, and child.

22.   Describes procedures and care specific to the pediatric patient.

23.   Discusses the effects of hospitalization on the pediatric patient.

24.   Describes the findings of a child assessment, including normal variations, abnormal findings, and nursing responsibilities.

25.   Calculates fractional dosages of medications, safe dose ranges, fluid maintenance needs, expected urinary output, estimated weight loss, and nutritional requirements.

26.   Describes general principles of growth and development.

27.   Discusses cognitive growth and development according to Jean Piaget.

28.   Discusses psychosocial growth and development according to Eric Erikson.

29.   Discusses social-moral growth and development according to Lawrence Kohlberg.

30.   Identifies developmental milestones of the infant, toddler, preschooler, school-age child, adolescent, and adults.

31.   Describes health promotion needs for the infant, toddler, preschooler, school-age child, adolescents, and adults.

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

Unit I: Clinical Preparation
Hours – 33C
SLP - 2
 	
 I. Mental Health Nursing
    A. Evolution of Mental Health
       i. The Science of Nursing
      ii. Historical Perspectives
     iii. Deinstitutionalism
 	
    B. Mental Health and Mental Illness
       i. Definitions
      ii. Resilience
     iii. Children and Mental Health
     iv. Trauma Informed Care
      v. Stigma
 	
    C. Mental Health Theories & Therapies
       i. Psychoanalytic Theory
      ii. Interpersonal Theory
     iii. Behavioral Theories
     iv. Humanistic Theory
      v. Cognitive Theory
     vi. The Recovery Model
    vii. Trauma Informed Care
   viii. Cognitive Behavioral Therapy
    ix. Group Therapy
     x. Setting for Psychiatric Care
    xi. Therapeutic Milieu
    xii. Safety
 	
    D. Therapeutic Communication
       i. Effective techniques
	Visual based active learning:
	YouTube- Walter Freeman: Lobotomy
	Jails are the new "insane asylums"
	
	Flipped Classroom Activities:
	Prevalence of Mental Health
	
	Adverse Childhood Experiences (ACEs)
	group discussion
	
	Visual based active learning:
	Youtube- stigma
	
	Visual-based active learning:
	CBT video & activity
	
	Group work- Interpersonal
		OB/ Peds/ MH Clinical observations
		
		Pre/ Post Conference
		
		Defense Mechanisms:
		Crossword Puzzle
			Class Preparation
			
			Clinical Evaluations
			
			Growth and Development Reflection
			
			Simulation
			
			ATI Real- Life
			
			Pre/Post Conference
			
			Concept Map

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

ii. Non-therapeutic Techniques
  iii. Interactions with Selected Behaviors
  iv. The Clinical Interview
 	
E. Mental Health Disorders & Pharmacology
   i. Depression
     1. Overview & Antidepressants
  ii. Bipolar Disorder
     1. Depression & Mania
     2. Mood Stabilizers
  iii. Schizophrenia
     1. Positive vs. Negative Symptoms
     2. Antipsychotics
  iv. Anxiety
     1. Overview & Anxiolytics
   v. Substance Use Disorder
     1. Alcohol Withdrawal
       a. Treatments
       b. CIWA
     2. Opiates
       a. Overdose vs. Withdrawal
       b. Treatment
       c. COWS
 	
F. Legal and Ethical Considerations
   i. Mental Health Laws
  ii. Admission & Discharge Procedures
  iii. Patient Rights
     a. Restraint and Seclusion
  iv. Documentation
 	
G. The Mental Health Nursing Process
	communication techniques
	Listening exercise: "a thousand words for one picture"
	
	Visual-based active learning:
	Identifying therapeutic vs non-therapeutic techniques
	
	ATI- Nurse's Touch Communicator 2.0 Policy Review
	
	Interactive Lectures:
	Group Work – Psychotropic medications
	
	ATI Video Case Study: Patient Rights
	Interactive Lectures
		
		Class Preparation:
		Therapeutic Communication
		
		ATI Video Case Study:
		Therapeutic Communication
		Interpersonal
		Communication Techniques
		Worksheet
		
		ATI: Pharmacology Made Easy	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
i. Psychiatric Nursing Assessment 1. Mental Status Examination (MSE) ii. Psychiatric Nursing Diagnoses iii. Basic Level Interventions iv. Screening Tools	Visual-based active learning - Charting a mental status examination - Group work - Case Study	ATI Engage Fundamentals-Ethical and Legal Considerations	

H. Crisis Intervention
  i. Characteristics of a Crisis
  ii. Phases of a Crisis
  iii. Crisis Interventions
  iv. Types of Crises
  v. Crisis in the Inpatient Unit
	Game-based Learning: Kahoot!		

II. Maternity Nursing
A. Fetal Heart Monitoring
  i. Purposes and Method
  ii. Placenta Pathophysiology
  iii. Basic Patterns
  iv. Variations
    1. Baseline Changes
    2. Periodic Changes
    3. Variability
  v. Intrauterine Resuscitation
	Fetal monitoring equipment in room
	
	Interactive Lectures:
	"Go, Slow, Whoa" game for interpretation; Identification of EFM patterns
		Class Prep: Fetal Monitoring Basics	

B. OB Terminology/Documentation			

C. Maternal and Newborn Nursing Process
  i. Assessment & Analysis
  ii. Planning
  iii. Nursing Interventions
  iv. Evaluation
	Flipped Classroom Activities:
	NGN Style Case Studies – Identifying Risk Factors for Patient Problems
		ATI: Video Case Study: "Fundal Assessment"
		ATI: Engage Maternal Newborn and Women's Health Postpartum Period
			Quiz
			
			Unit I Exam I (#1)

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

III. IV Procedures
  A. Intravenous Therapy
  B. IV Push Medications
	IV demonstration/return demonstration
	Policy Review
	Pharmacy Resources Review
		"On The Road to Successful IV Starts" article
		Class Prep: Beebe Policy Review
		ATI Skills Module: Intravenous Access
		IV Learning Lab	

IV. Pediatric Nursing
  A. Immediate Care of the Newborn
    i. Identifying Risk
    ii. APGAR Scoring
    iii. Resuscitation and Stabilization
    iv. Initial Assessment
    v. Safety Standards
    vi. Standards of Care
 	
  B. Baby Friendly Initiative/Lactation
 	
  C. Newborn Assessment
    i. Head-to-toe Assessment
    ii. Reflexes
    iii. Gestational Age Assessment
 	
  D. Newborn Care
    i. Diapering
    ii. Feeding
      1. Lactation
    iii. Bathing
    iv. Safe Sleep
    v. Universal Screening
	ATI: Video Case Study: "APGAR Score"
	Interactive Lectures: BVM hands on
	Flipped Classroom Activities:
	NGN Style Case Study – APGAR scoring, newborn immediate care, newborn assessment
	
	Guest Lecture: Lactation Consultant
	
	Visual-Based Learning- Identifying Parts of the Newborn Assessment
	
	Engage
	Interactive Lectures: Safe sleep practices and video
		ATI Skills Modules 3.0: APGAR Scoring
		Vital Signs and Measurements
		
		ATI Skills Modules 3.0: Gestational Age; Reflexes
		
		ATI: Video Case Study: "Breast Feeding"
		
		Engage Pediatrics RN: Caring for Pediatric Clients Across the Lifespan: Newborns 2 to 28 days
		
		ATI Skills Modules 3.0: Umbilical Cord Care; Maternal and Newborn Discharge Teaching	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

1. HMD
2. Hearing Screen
3. Congenital Cardiac Screening
4. Bilirubin
  vi. Circumcision
  vii. Umbilical Cord Care
  viii. Periods of Reactivity
  ix. Discharge Teaching
 	
E. Newborn and Pediatric Pain Management
 	
F. Pediatric Medication Administration
  i. Measuring Devices
  ii. Approach to Medication Administration
 	
G. Pediatric Procedures
 	
H. Assessment of the child
  i. Communication
  ii. Vital Signs
  iii. Systems Assessment
  iv. Family Structures
  v. Socioeconomic Issues
  vi. Infant and Child CPR
	ATI NGN questions for review	ATI Engage Pediatrics: Specific Considerations in the Pediatric Population: Pediatric Clients in the Hospital Setting
		
		ATI Engage Pediatrics: Overview of Pediatric Nursing: Health Assessment of Pediatric Clients
		
		ATI Skills Module: Physical Assessment of a Child	

I. Newborn and Pediatric Calculations
  i. Expected Weight Loss
  ii. Nutritional Requirements
  iii. Fluid Maintenance Needs
  iv. Expected Urinary Output
  v. Safe-Dose Range
	Interactive Lectures –
	Formulas and Calculation problems at front of class
	In-class worksheet
		Class Prep: Equivalents and Formulas
		Additional math available on E360	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

vi. Medications
 	
V. Growth and Development
  A. General Principles
    i. Growth
    ii. Development
 	
  B. Cognitive Development – Jean Piaget
    i. Sensorimotor
    ii. Preoperational
    iii. Concrete Operational
    iv. Formal Operational
 	
  C. Psychosocial Development – Eric Erickson
    i. Trust vs. Mistrust
    ii. Autonomy vs. Shame and Doubt
    iii. Initiative vs. Guilt
    iv. Industry vs. Inferiority
    v. Identity vs. Role Confusion
    vi. Intimacy vs. Isolation
    vii. Generativity vs. Stagnation
    viii. Ego Integrity vs. Despair
 	
  D. Moral-Social Development – Lawrence Kohlberg
    i. Preconventional
    ii. Conventional
    iii. Postconventional
 	
  E. Stages of Growth and Development
    i. The Infant
      1. Developmental Milestones
	Self-Learning Packet (SLP)
	
	Flipped Classroom Activities-
	ATI Active Learning Templates: Growth and Development
		Growth and Development Clinical Reflection Packet
		
		Class Prep: ATI Active Learning Templates: Growth and Development/ATI G&D Custom Assessment
		
		ATI Engage Fundamentals: Human Growth and Development
		EDGT Growth and Development Modules
		
		ATI Engage Pediatrics: Caring for Pediatric Clients Across the Lifespan (infants, toddlers, preschoolers, school-age children, adolescents)	

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

2. Health Promotion
  a. Immunizations
  b. Safety and Injury Prevention
  c. Play
ii. The Toddler
  1. Developmental Milestones
  2. Health Promotion
    a. Safety and Injury Promotion
    b. Play
  3. Age-Specific Concerns
    a. Toilet Teaching
    b. Negativism
    c. Ritualism
    d. Temper Tantrums
iii. The Preschooler
  1. Developmental Milestones
  2. Health Promotion
    a. Safety and Injury Promotion
    b. Play
  3. Age-Specific Concerns
    a. Preparation for School
    b. Fears
iv. The School-age Child
  1. Developmental Milestones
  2. Health Promotion
    a. Safety and Injury Prevention
  3. Age-Specific Concerns
    a. Bullying
    b. Dishonest Behavior
v. The Adolescent
  1. Developmental Milestones
  2. Health Promotion			

CONTENT / HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS

a. Safety and Injury Prevention
  3. Age-Specific Concerns
    a. Substance Abuse
    b. Sexuality
    c. Suicide
 vi. Adulthood
  1. Young Adulthood
    a. Tasks
  2. Middle Adulthood
    a. Tasks
  3. Late Adulthood
    a. Tasks
			Quiz
			
			Unit I Exam II (#2)