

**Covenant School of Nursing  
LVN-RN Track Learning Guide  
Topic: Mood Disorders**

<b>Learning Goals/Outcomes</b>	
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> <li>• Integrate evidence-based data in making clinical decisions for patients with mood disorders and suicidal thoughts/behaviors</li> <li>• Implement plans of care for health issues for patients with mood disorders and suicidal thoughts/behaviors</li> <li>• Integrate knowledge of medications used to treat persons with mood disorders and suicidal thoughts/behaviors, including the medication's actions, side effects, adverse effects, and nursing implications for patient monitoring and education</li> <li>• Implement teaching plans for patients, families, and caregivers about mood disorders and suicidal thoughts/behaviors</li> <li>• Promote use of resources to optimize health in persons with mood disorders and suicidal thoughts/behaviors</li> <li>• Communicate effectively with persons with mood disorders and suicidal thoughts and behavior</li> <li>• Collaborate with health care team to promote optimal health levels for patients with mood disorders and suicidal thoughts/behaviors</li> <li>• Evaluate your feelings and attitudes regarding persons with mood disorders and suicidal ideations</li> </ul>	
<b>Pre-Class Preparation</b>	
<p>Required:</p> <ul style="list-style-type: none"> <li>• Pearson, Comprehensive Review for NCLEX-RN 2<sup>nd</sup> edition. (2012). Read Ch. 19, Ch. 22, Ch. 24 and Ch. 36</li> </ul> <p>Additional Resources:</p> <ul style="list-style-type: none"> <li>• Read Varcarolis, E. M. (2017). <i>Essentials of psychiatric mental health nursing</i> (3<sup>rd</sup> ed.): Ch. 15 Mood Disorders: Depression, Ch. 16 Bipolar Spectrum Disorders, Ch. 23 Suicidal Thoughts and Behaviors</li> </ul>	
<b>Learning Activities</b>	
<p>Classroom Activities:</p> <ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul> <p>Laboratory/Clinical Activities:</p> <ul style="list-style-type: none"> <li>• Care of patient with mood disorders and suicidal thoughts/behaviors in the clinical setting</li> </ul> <p>Out of Class Activities:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>	
<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>• Exam</li> <li>• Clinical Performance/Evaluation</li> </ul>	
<i>Texas DECS</i>	<i>QSEN Competencies</i>
Knowledge: II. A 2, II. B 1, II. B 2, II. B 3, II B 4, II B 5, II. B 7, II. C 1, II. C 2, II C 3, II C 6, II. C 7, II. E 4a, II. E 6, III. A 5 Clinical Judgment: II. A 2, II. C 7, II. E 9, II. E 11, IV. B 3a	Patient Centered Care; Teamwork & Collaboration; EBP; Safety, Informatics
<i>Student Learning Outcomes</i>	<i>NCLEX Test Plan</i>
1, 2, 3, 4, 5, 6, 7, 8	Safe and Effective Care Environment <ul style="list-style-type: none"> <li>• Management of Care (Advocacy, Client</li> </ul>

	<p>rights, Collaboration with interdisciplinary team, Confidentiality, Establishing priorities, Informed consent, Referrals)</p> <ul style="list-style-type: none"> <li>• Safety and Infections Control (Use of restraints/safety devices)</li> </ul> <p>Health Promotion and Maintenance (Health promotions/disease prevention, High risk behaviors, Self-care)</p> <p>Psychosocial Integrity (Behavioral interventions, Coping mechanisms, Crisis intervention, Mental health concepts, Sensory/perceptual alterations, Therapeutic communication, Therapeutic environment)</p> <p>Physiological Integrity</p> <ul style="list-style-type: none"> <li>• Pharmacological and Parenteral therapies (Adverse effects/Contraindications/Side effects/ Interactions, Dosage calculation, Expected outcomes, Medication administration, parenteral/Intravenous therapies)</li> <li>• Reduction of risk potential (Changes/abnormalities in vital signs, Diagnostic tests, Laboratory values, System specific assessments)</li> </ul> <p>Physiological Adaptation (Illness management, Unexpected response to therapies)</p>
<b>Concepts</b>	<b>Faculty</b>
Mood Disorders: Bipolar Disorder, Major Depressive Disorder, Suicide	Annie M. Harrison, DNP, RN PMH-BC
<b>Date originated:</b> 12/22/17	<b>Revision Dates:</b> 01/13/23

LVN-RN Track Learning Guide

Topic: Mental Health - Mood Disorders cont'd

---

CSON Learning Guide (adopted 5-2015 by Faculty vote) - adapted from Smith, R. M. Conquering the Content. San Francisco: Jossey-Bass, 2008. REV 3-2016