

**Covenant School of Nursing
Instructional Module 6 Learning Guide
Topic: Mood Disorders**

Learning Goals/Outcomes	
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> • Implement plans of care for health issues for patients with mood disorders and suicidal thoughts/behaviors • 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. • Implement teaching plans for patients, families, and caregivers about mood disorders and suicidal thoughts/behaviors. • Promote use of resources to optimize health in persons with mood disorders and suicidal thoughts/behaviors. • Communicate effectively with persons with mood disorders and suicidal thoughts and behavior. • Collaborate with health care team to promote optimal health levels for patients with mood disorders and suicidal thoughts/behaviors. • Evaluate your feelings and attitudes regarding persons with depression. 	
Pre-Class Preparation	
<p>Required: HESI Comprehensive Review for the NCLEX-RN Examination. Additional Resources:</p> <ul style="list-style-type: none"> • Read Varcarolis, E. M. (2023). <i>Essentials of psychiatric mental health nursing</i> (5th ed.): Ch. 15 Mood Disorders: Depression, Ch. 16 Bipolar Spectrum Disorders, Ch. 23 Suicidal Thoughts and Behaviors 	
Learning Activities	
<p>Classroom Activities:</p> <ul style="list-style-type: none"> • Lecture • Discussion • Simulate <i>Patient Teach Back</i> on medications associated with mood disorders. <p>Laboratory/Clinical Activities:</p> <ul style="list-style-type: none"> • Care of patient with mood disorders and suicidal thoughts/behaviors in the clinical setting <p>Out of Class Activities:</p> <ul style="list-style-type: none"> • HESI clinical skills - Mood Disorders Mental Health Collection (Bipolar Disorder, Depression and ECT Therapy). • HESI Case Study – Mood Disorders Mental Health Collection (Depression). • Using informatics, make a resource list of community support groups and hotline numbers for persons with mood disorders and suicidal thoughts/behaviors. 	
Evaluation Methods	
<ul style="list-style-type: none"> • Exam • ATI Mental Health Proctored Assessment • Clinical Performance/Evaluation 	
Texas DECS	QSEN Competencies
<p>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</p>	<p>Patient Centered Care; Teamwork & Collaboration; EBP; Safety, Informatics</p>

Student Learning Outcomes	NCLEX Test Plan
1, 2, 3, 4, 5, 6, 7, 8	<p>Safe and Effective Care Environment</p> <ul style="list-style-type: none"> • Management of Care (Advocacy, Client rights, Collaboration with interdisciplinary team, Confidentiality, Establishing priorities, Informed consent, Referrals) • Safety and Infections Control (Use of restraints/safety devices) <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"> • Pharmacological and Parenteral therapies (Adverse effects/Contraindications/Side effects/ Interactions, Dosage calculation, Expected outcomes, Medication administration, parenteral/Intravenous therapies) • Reduction of risk potential (Changes/abnormalities in vital signs, Diagnostic tests, Laboratory values, System specific assessments) <p>Physiological Adaptation (Illness management, unexpected response to therapies)</p>
Concepts	Faculty
Mood and Effect: Bipolar Disorder, Major Depressive Disorder, Suicide	Jaynie Maya MSN, RN-BC
Date originated: 12/22/17	Revision Dates: 1/24/23, 6/17/23

LVN-RN Track Learning Guide

Topic: Mental Health - Mood Disorders

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