

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

Learning Goals/Outcomes
Upon completion of this lesson, you will be able to: <ul style="list-style-type: none">• Integrate evidence based data in making clinical decisions for patients with mood disorders and suicidal thoughts/behaviors• 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 mood disorders and suicidal ideations
Pre-Class Preparation
Required: <ul style="list-style-type: none">• Read ATI Nursing Education. (2016). <i>RN mental health nursing</i> (10th ed.): Ch. 10 Brain Stimulation Therapies, Ch. 13 Depressive Disorders, Ch. 14 Bipolar Disorders, Ch. 22 Medications for Depressive Disorders, Ch. 23 Medications for Bipolar Disorders, Ch. 30 Suicide• Pearson, Comprehensive Review for NCLEX-RN 2nd edition. (2012). Read Ch. 19, Ch. 22, Ch. 24 and Ch. 36 Additional Resources: <ul style="list-style-type: none">• Read Varcarolis, E. M. (2017). <i>Essentials of psychiatric mental health nursing</i> (3rd ed.): Ch. 15 Mood Disorders: Depression, Ch. 16 Bipolar Spectrum Disorders, Ch. 23 Suicidal Thoughts and Behaviors
Learning Activities
Classroom Activities: <ul style="list-style-type: none">• Lecture• Discussion• Simulate <i>Patient Teach Back</i> on medications associated with mood disorders Laboratory/Clinical Activities: <ul style="list-style-type: none">• Care of patient with mood disorders and suicidal thoughts/behaviors in the clinical setting Out of Class Activities: <ul style="list-style-type: none">• Complete <i>ATI Real Life RN Mental Health Mood Disorder</i>• 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 DEC's	QSEN Competencies
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
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 Disorders: Bipolar Disorder, Major Depressive Disorder, Suicide	Jeremy Ellis MSN, RN
Date originated: 12/22/17	Revision Dates: NA