

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:

- 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:

- Read ATI Nursing Education. (2016). *RN mental health nursing* (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:

- Read Varcarolis, E. M. (2017). *Essentials of psychiatric mental health nursing* (3rd ed.): Ch. 15 Mood Disorders: Depression, Ch. 16 Bipolar Spectrum Disorders, Ch. 23 Suicidal Thoughts and Behaviors

Learning Activities

Classroom Activities:

- Lecture
- Discussion
- Simulate *Patient Teach Back* on medications associated with mood disorders

Laboratory/Clinical Activities:

- Care of patient with mood disorders and suicidal thoughts/behaviors in the clinical setting

Out of Class Activities:

- Complete *ATI Real Life RN Mental Health Mood Disorder*
- Using informatics, make a resource list of community support groups and hotline numbers for persons with mood disorders and suicidal thoughts/behaviors.

Evaluation Methods

- 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
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