



# Psychiatric–Mental Health Nursing Exam Review

## Course Description

This seminar is designed to provide the healthcare provider with a comprehensive review of Psychiatric–Mental Health Nursing Principles. The principle objectives of the course include enhancing professional nursing practice in Psychiatric–Mental Health Nursing as well as providing an outline for nurses preparing for the Psychiatric–Mental Health Nursing Exam. The course follows the outline and core curriculum recommended by the American Nurses Credentialing Center (ANCC). Case presentations will be presented to enhance critical-thinking skills and enhance knowledge of evidence-based practice in psychiatric settings.

## Program Learning Outcomes

*This program prepares the learner to:*

- Describe principles of professional nursing practice in Psychiatric–Mental Health Nursing.
- Review concepts that provide the foundation for Psychiatric–Mental Health Nursing practice.
- Discuss diagnostic criteria and assessment tools utilized to differentiate Psychiatric–Mental Health disorders across the lifespan.
- Identify therapeutic interventions and treatment modalities in Psychiatric–Mental Health Nursing.
- Recognize special populations at risk for developing Psychiatric–Mental Health complications.

## Agenda

*Sign-in begins at 7:30 am.* Each day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

### Day 1, 8:00 am to 5:00 pm

#### **Theories and Frameworks for Psychiatric Nursing Practice**

Theories from Personality Development | Theories from Psychology | Nursing Theory Frameworks

#### **Communication and the Nurse–Patient Relationship**

Therapeutic Communication Skills | Barriers to Communication | Therapeutic Relationships

#### **Evidence-Based Psychiatric Nursing**

Assessment | Diagnosis | Outcome Identification | Planning and Implementation, Evaluation

#### **Lunch 12:00 pm to 1:00 pm**

#### **Provision of Care**

Scope of Practice for Psychiatric Nursing | ANA Code of Ethics | Legal Aspects of Psychiatric Nursing | Culturally Competent Care | Pain Management

#### **Leadership and Management**

Roles of a Nurse Leader | Leadership Style | Leadership Power | Conflict Resolution Skills

#### **Research**

Research: Scope of Practice | Five Steps of Evidence-Based Practice | Ethical Considerations in Research

#### **Disease Prevention, Health Promotion and Education**

Theoretical Frameworks in Preventative Psychiatry | Levels of Prevention | Safety Issues | Patient Education, The Learning Process

# Agenda

## Day 2, 8:00 am to 5:00 pm

### Treatment Modalities

Behavioral Concepts and Strategies | Individual and Group Therapies | Family Therapy | Milieu Therapy | Alternative Therapies | Crisis Intervention | End-of-Life Care

### Psychiatric Disorders

Mood Disorders | Anxiety Disorders | Schizophrenia and Other Psychotic Disorders | Cognitive Disorders

### Lunch 12:00 pm to 1:00 pm

### Psychiatric Disorders (cont.)

Substance-Related Disorders | Personality Disorders | Disorders of Childhood and Adolescence

### Psychopharmacology

Pharmacokinetics and Pharmacodynamics | Antipsychotics | Antidepressants | Antimanic and Mood Stabilizers | Anxiolytics | Cognitive Enhancers for Dementia | Over-the-Counter, Complementary or Herbal Agents

## Accreditation

### RN/LPN/LVN/Other: 15 Contact Hours

MED-ED, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (**ANCC**).

MED-ED, Inc. is an approved provider by the following State Boards of Nursing: **Florida**/FBN 50-1286, **Iowa**/296, **California** #CEP10453.

If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

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