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| Form: Course Syllabus | Form Number | EXC-01-02-02A |
| | Issue Number and Date | 2/3/24/2022/2963 05/12/2022 |
| | Number and Date of Revision or Modification | |
| | Deans Council Approval Decision Number | 2/3/24/2023 |
| | The Date of the Deans Council Approval Decision | 23/01/2023 |
| | Number of Pages | 17 |

| | | |
|----|---|---|
| 1 | Course title | Psychiatric Mental Health Nursing |
| 2 | Course number | 5701404 |
| 3 | Credit hours | 3 credit hours (Theory) |
| | Contact hours (theory) | 3 contact hours (Theory) |
| 4 | Prerequisites/corequisites | 5701205 |
| 5 | Program title | B.Sc. in Nursing |
| 6 | Program code | 57 |
| 7 | Awarding institution | The University of Jordan - Aqaba Campus |
| 8 | School | Nursing |
| 9 | Department | Nursing Department |
| 10 | Course level | Third year |
| 11 | Year of study and semester (s) | 2024/2025/ First semester |
| 12 | Other department (s) involved in teaching the course | None |
| 13 | Main teaching language | English |
| 14 | Delivery method | <input checked="" type="checkbox"/> Face to face learning <input type="checkbox"/> Blended <input type="checkbox"/> Fully online |
| 15 | Online platforms(s) | <input checked="" type="checkbox"/> Moodle <input type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input type="checkbox"/> Zoom <input type="checkbox"/> Others..... |
| 16 | Issuing Date | 07/10/2024 |
| 17 | Revision Date | ----- |

18. Course Coordinator:

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|------------------------------|
| Name: Dr. Mohammad Abu Sabra |
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Contact hours: 10.00-11.00 on Sundays, 10.00- 12.00 on Tuesdays

Office number: 335

Phone number: 56050

Email: m.sabra@ju.edu.jo

19. Other Instructors:

None

20. Course Description:

This course is designed for the nursing students enrolled in B.Sc. of nursing. The first objective of this course is to provide students with the basic concepts of the value of humanistic & holistic approach to nursing care. It provides them with concepts, theories & principles that will illuminate their clinical experiences. The nursing process is used as organizing framework, each unit in the course will address a mental health concept as related to its clinical manifestation, etiology, assessment, nursing diagnosis, & nursing interventions that reflects the therapeutic use of self in carrying dependent & interdependent nursing roles & the integration of different therapeutic modalities. This course requires the student's participation in class discussions, analyzing case studies & bringing the clinical experience into classroom

21. Program Intended Learning Outcomes:

| PLO's | *National Qualifications Framework Descriptors* | | |
|-------|---|-------------------------------------|-------------------------------------|
| | Competency (C) | Skills (B) | Knowledge (A) |
| 1. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 4. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 7. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

* Choose only one descriptor for each learning outcome of the program, whether knowledge, skill, or competency.

22. Course Intended Learning Outcomes: (Upon completion of the course, the student will be able to achieve the following intended learning outcomes)

| Course ILOs # | The learning levels to be achieved |
|---------------|------------------------------------|
|---------------|------------------------------------|



| | Remember | Understand | Apply | Analyse | Evaluate | Create |
|--|----------|------------|-------|---------|----------|--------|
| 2.1 Identify different types of psychiatric disorders and related interventions | | X | | | | |
| 2.2 Illustrate assessment abilities for clients with different psychiatric disorders | | X | | | | |
| 3.1 Identify different causes of psychiatric diagnosis | X | | | | | |
| 3.2 Illustrate assessment abilities for clients with different psychiatric disorders | | | X | | | |
| 3.3 Differentiate between the different medical | | X | | | | |
| 3.4 Recognize ethical issues related to mental health field | | | | X | | |
| 4.1 Apply systematic problem-solving and decision-making models/tools to maximize the quality of personal decision making. | | | X | | | |
| 4.2 Identify appropriate strategies for actively creating constructive psychiatric nursing care and intervention necessary to achieve to nursing goals of care. | | X | | | | |
| 4.3 Develop political and personal power-building techniques that can be used in the change agent, advocate, and leader-manager roles | | | | | | X |
| 5.1. Describe major components of an effective and efficient psychiatric nursing care | X | | | | | |
| 5.2. Discuss strategies and tools psychiatric nurse can use to assure client safety and to promote quality psychiatric nursing care within organizations. | | | | | X | |
| 6.1 Demonstrate ability to understand concepts, principles regarding psychiatric nursing care | | | | | | X |



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|--|--|---|--|---|--|--|
| 6.2. Analyze selected psychiatric theories pertinent to the delivery of quality healthcare in various settings. | | | | X | | |
| 6.3 Examine the process, principles and strategies of problem-solving and decision making in psychiatric nursing care. | | X | | | | |
| 6.4 Apply systematic problem-solving and decision-making models/tools to maximize the quality of personal decision making. | | | | X | | |
| 7.1. to enhance undersigning of mental health needs of individuals and their families | | X | | | | |
| 7.2 Apply principles of individuals and groups therapy | | | | X | | |
| 7.3 understand the role of families as caregivers of individuals with mental illnesses. | | X | | | | |

23. The matrix linking the intended learning outcomes of the course -CLO's with the intended learning outcomes of the program -PLOs:

| PLO's CLO's | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Descriptors** | | |
|----------------|---|---|---|---|---|---|---|---------------|---|---|
| | | | | | | | | K | S | C |
| 2.1 | | X | | | | | | X | | |
| 2.2 | | X | | | | | | X | | |
| 3.1 | | | X | | | | | X | | |
| 3.2 | | | X | | | | | | X | |
| 3.3 | | | X | | | | | X | | |
| 3.4 | | | X | | | | | | | X |
| 4.1 | | | | X | | | | | X | |
| 4.2 | | | | X | | | | X | | |
| 4.3 | | | | X | | | | | | X |
| 5.1 | | | | | X | | | X | | |
| 5.2 | | | | | X | | | | | X |
| 6.1 | | | | | | X | | | | X |



| | | | | | | | | | | |
|-----|--|--|--|--|--|---|---|---|---|---|
| 6.2 | | | | | | X | | | | X |
| 6.3 | | | | | | X | | | | X |
| 6.4 | | | | | | X | | | X | |
| 7.1 | | | | | | | X | X | | |
| 7.2 | | | | | | | X | | X | |
| 7.3 | | | | | | | X | X | | |

24. Topic Outline and Schedule:

| Week | Lecture | Topic | Intended Learning Outcome | Learning Methods (Face to Face/Blended/ Fully Online) | Platform | Synchronou s / Asynchrono us Lecturing | Evaluatio n Methods | Resource s | | | |
|------|---------|---|---------------------------|---|----------|--|---------------------|-------------------------|--|---------|----------------------|
| 1 | 1.1 | Introduction to mental health Nursing, mental health, and mental illness. | 3.1 | All sessions are conducted FACE to FACE | | | Midterm | Townsen d Chap 1, 11 | | | |
| | 1.2 | | 3.3 6.1 | | | | | | | | |
| | 1.3 | Ethical and legal issues in mental health nursing | 3.4 4.1 5.2 | | | | Quiz1 | Townsen d Chap 14 | | | |
| 2 | 2.1 | Nursing care of patients with schizophre ni a | 2.1 | | | | | | | Midterm | Townsen d Chap 14 |
| | 2.2 | | 2.2 | | | | | | | | |
| | 2.3 | | 3.1. | | | | | | | | |
| | | | 3.2 | | | | | | | | |
| | | | 3.3 | | | | | | | | |
| 4.1 | | | | | | | | | | | |
| 4.2 | | | | | | | | | | | |
| 4.3 | | | | | | | | | | | |
| 5.1 | | | | | | | | | | | |



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| | | | 5.2 5.3 6.2 6.3 6.4 7.1 7.2 7.3 | | |
| 3 | 3.1 | Nursing care of patients with schizophrenia | 2.1 2.2 3.1. 3.2 3.3 4.1 4.2 4.3 5.1 5.2 5.3 6.2 6.3 6.4 7.1 7.2 7.3 | Midterm | Townsend Chap 14 |
| | 3.2 | | | | |
| | 3.3 | | | | |
| 4 | 4.1 | Nursing care of patients with schizophrenia | 2.1 2.2 3.1. 3.2 3.3 4.1 | Midterm | Townsend Chap 14 |



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| | | | 4.2 | | |
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| | | | 7.2 | | |
| | | | 7.3 | | |
| | 4.2 | | | | |
| | 4.3 | | | | |
| 5 | 5.1 | Nursing care of patients with depressive disorders | 2.1 | Midterm | Townsend d Chap 15 |
| | | | 2.2 | | |
| | | | 3.1. | | |
| | | | 3.2 | | |
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| | 5.2 | | | | |



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| | 5.3 | | | | |
| 6 | 6.1 | Nursing care of patients with bipolar disorders | 2.1 | Final exam | Townsend Chap 16 |
| | | | 2.2 | | |
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| | | | 6.4 | | |
| 7.1 | | | | | |
| 7.2 | | | | | |
| 7.3 | | | | | |
| | 6.2 | | | | |
| | 6.3 | | | | |
| 7 | 7.1 | Nursing care of patients with anxiety Disorders. | 2.1 | Final exam | Townsend Chap 18 |
| | | | 2.2 | | |
| | | | 3.1. | | |
| | | | 3.2 | | |
| | | | 3.3 | | |
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| 6.2 | | | | | |



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| | | | 6.3 6.4 7.1 7.2 7.3 | | |
| | 7.2 | | | | |
| | 7.3 | | | | |
| 8 | 8.1 | Nursing care of patients with OCD & other disorders | 2.1 | Final exam | Townsend Chap 18 |
| | 8.2 | | 2.2 | | |
| | | | 3.1. | | |
| | | | 3.2 | | |
| | | | 3.3 | | |
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| | | | 5.2 | | |
| 5.3 | | | | | |
| 8.3 | 6.2 | | | | |
| | 6.3 | | | | |
| | 6.4 | | | | |
| | | | 7.1 | | |
| | | | 7.2 | | |
| | | | 7.3 | | |
| 9 | 9.1 | Nursing care of patients with eating disorders | 2.1 | Quiz 2 | Townsend Chap 19 |
| | | | 2.2 | | |
| | | | 3.1. | | |
| | | | 3.2 | | |
| | | | 3.3 | | |
| | | | 4.1 | | |
| | | | 4.2 | | |



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| | | | 4.3 5.1 5.2 5.3 6.2 6.3 6.4 7.1 7.2 7.3 | | | |
| | 9.2 | | | | | |
| | 9.3 | | | | | |
| 10 | 10.1 | Nursing Care of patients with substance related and addictive disorders | 2.1 2.2 3.1. 3.2 3.3 4.1 4.2 4.3 5.1 5.2 5.3 6.2 6.3 6.4 7.1 7.2 7.3 | | | |
| | 10.2 | | | | Final exam | Townsend Chap 14 |
| | 103 | | | | | |
| 11 | 11.1 | | | 2.1 | Final exam | |



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|----|------|---|---|------------|---------------------|
| | | | 2.2 3.1. 3.2 3.3 4.1 4.2 4.3 5.1 5.2 5.3 6.2 6.3 6.4 7.1 7.2 7.3 | | Townsend Chap 14 |
| | 11.2 | Nursing Care of patients with substance related and addictive disorders | | | |
| | 11.3 | | | | |
| 12 | 12.1 | Nursing Care of patients with substance related and addictive disorders | 2.1 2.2 3.1. 3.2 3.3 4.1 4.2 4.3 5.1 5.2 5.3 6.2 6.3 6.4 | Final exam | Townsend Chap 14 |



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|----|------|---|------|------------|---------------------|
| | | | 7.1 | | |
| | | | 7.2 | | |
| | | | 7.3 | | |
| | 12.2 | | | | |
| | 12.3 | | | | |
| 13 | 13.1 | Nursing care of patients with trauma and stress related disorders | 2.1 | Final exam | Townsend Chap 19 |
| | | | 2.2 | | |
| | | | 3.1. | | |
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| | 6.4 | | | | |
| | 7.1 | | | | |
| | 7.2 | | | | |
| | 7.3 | | | | |
| | 13.3 | | | | |
| 14 | 14.1 | Nursing care of patients with Personality disorders | | Final exam | Townsend Chap 23 |
| | 14.2 | | | | |
| | 14.3 | | | | |
| 15 | 15.1 | Nursing care of patients with Personality disorders | 2.1 | Final exam | Townsend Chap 23 |
| | 15.2 | | 2.2 | | |
| | | | 3.1. | | |
| | | | 3.2 | | |
| | 15.3 | | 3.3 | | |
| | 4.1 | | | | |



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| | | | 7.2 | | | |
| | | | 7.3 | | | |
| 16 | Final exam | | | | | |

25. Evaluation Methods:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

| Evaluation Activity | *Mark wt. | 2.1 | 2.2 | 3.1 | 3.2 | 3.3 | 3.4 | 4.1 | 4.2 | 4.3 | 5.1 | 5.2 | 6.1 | 6.2 | 6.3 | 6.4 | 7.1 | 7.2 | 7.3 |
|---------------------|-----------|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | Quiz 1 | 10 | | | | | | X | X | | | | X | | | | | |
| Midterm Ex. | 30 | X | X | X | X | X | | X | X | X | X | X | | X | X | X | X | X | X |
| Quiz 2 | 10 | X | X | X | X | X | | X | X | X | X | X | | X | X | X | X | X | X |
| Final Ex. | 50 | X | X | X | X | X | | X | X | X | X | X | X | X | X | X | X | X | X |
| Total 100% | 100 | | | | | | | | | | | | | | | | | | |



Mid-term exam specifications table*

| No. of questions/ cognitive level | | | | | | No. of questions per CLO | Total exam mark | Total no. of questions | CLO/ Weight | CLO no. |
|-----------------------------------|----------|---------|-------|------------|----------|--------------------------|-----------------|------------------------|-------------|---------|
| Create | Evaluate | analyse | Apply | Understand | Remember | | | | | |
| | | | | 1 | 3 | 4 | 4 | 4 | | 1 |
| | 1 | 1 | 1 | | | 3 | 3 | 3 | | 2 |
| | | | 1 | 2 | 1 | 4 | 4 | 4 | | 4 |
| | | 1 | | 1 | 1 | 3 | 3 | 3 | | 5 |
| | 2 | 2 | 1 | | | 5 | 5 | 5 | | 7 |
| | 1 | 2 | 1 | 2 | | 6 | 6 | 6 | | 12 |
| | 1 | 1 | 1 | 1 | 1 | 5 | 5 | 5 | | 13 |

Final exam specifications table

| No. of questions/ cognitive level | | | | | | No. of questions per CLO | Total exam mark | Total no. of questions | CLO Weight | CLO no. |
|-----------------------------------|--------------|-------------|-----------|----------------|--------------|--------------------------|-----------------|------------------------|------------|---------|
| Create %10 | Evaluate %10 | analyse %10 | Apply %20 | Understand %20 | Remember %30 | | | | | |
| | | 2 | 1 | 3 | 2 | 8 | 8 | 8 | | 3 |
| | 1 | 2 | 2 | 2 | 2 | 9 | 9 | 9 | | 5 |
| | | 1 | 3 | 3 | 1 | 8 | 8 | 8 | | 6 |
| | | 3 | 3 | 2 | 1 | 9 | 9 | 9 | | 8 |
| 1 | 1 | 1 | 1 | 1 | 1 | 5 | 5 | 5 | | 9 |
| 1 | 1 | 1 | 1 | 1 | 1 | 5 | 5 | 5 | | 10 |
| | 1 | 1 | 1 | | | 3 | 3 | 3 | | 11 |
| | | 1 | 1 | 1 | | 3 | 3 | 3 | | 14 |

26. Course Requirements

- Each student registered in this course should have a smart device, such as computer, laptop, tablet or smart phone.
- Each student registered in this course should have stable access to the internet
- All announcements of the course will be posted on the university e-learning website (Moodle)

27. Course Policies:



A- Attendance policies:

According to university regulations please refer to

<http://units.ju.edu.jo/ar/LegalAffairs/Lists/Regulations/DispForm.aspx?ID=246&ContentTypeId=0x0100C7850F392E786A439F935E088708707E>

B- Absences from exams and submitting assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

Cheating, plagiarism, misbehaviour are attempts to gain marks dishonestly and includes; but not limited to:

- Copying from another student's work.
- Using materials not authorized by the institute.
- Collaborating with another student during a test, without permission.
- Knowingly using, buying, selling, or stealing the contents of a test.
- Plagiarism which means presenting another person's work or ideas as one's own, without attribution.

Using any media (including mobiles) during the exam

- **The participation or the commitment of cheating will lead to applying penalties according to the University of Jordan Students' Discipline rules and regulations No. (94, 49, 47,27, 29): <http://units.ju.edu.jo/ar/LegalAffairs/Regulations.aspx>**

E- Grading policy:

According to university regulations

F- Available university services that support achievement in the course:

28. References:



A- Required book(s), assigned reading and audio-visuals:

Townsend Mary C., Morgan, K.I. (2017). Essentials of psychiatric mental health nursing: concepts of care in evidence-based practice. (7th Ed) F.A. Davis Company; Philadelphia

B- Recommended books, materials, and media:

Videbeck Sheila A. (2014) Psychiatric-Mental Health Nursing (6th Ed). Wolters Kluwer health; New York

Boyd, M.A. (2017). Psychiatric Nursing: contemporary practice (6th ed). Lippincott Williams & Wilkins; Philadelphia, PA.

www.apa.org

[www. Ipna.org](http://www.Ipna.org)

www.apna.org

www.nimh.org

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1365-2850](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1365-2850)

<http://www.journals.elsevier.com/archives-of-psychiatric-nursing>

<http://jap.sagepub.com>

29. Additional information:

- Instructional and evaluation methods are subject to change according to the University's and/or School's policies during this semester

Name of the Instructor or the Course Coordinator

Signature:

Date:

Mohammad Abu Sabra

M. sabra

7/10/2024

Name of the Head of Quality Assurance
Committee/ Department

Signature:

Date:

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Name of the Head of Department

Signature:

Date:



..... Signature: Date:
Name of the Head of Quality Assurance
Committee/ School or Center

..... Signature: Date:
Name of the Dean or the Director

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