



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 nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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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