



"التربية جوهر الحياة"
"Nursing is the Essence of Life"

جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
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Study plan No.	2025-2026	University Specialization	Nursing
Course No.	0301342	Course name	Psychiatric Nursing/ Practice
Credit Hours	3	Prerequisite Co-requisite	Psychiatric Nursing/Theory
Level of the course	3rd years	Language of instruction	English
Course type	<input type="checkbox"/> Mandatory university requirement <input type="checkbox"/> University elective requirements	<input type="checkbox"/> Faculty mandatory requirement <input type="checkbox"/> Support course family requirements	<input checked="" type="checkbox"/> Mandatory requirements <input type="checkbox"/> Elective requirements
Teaching style	<input type="checkbox"/> Full online learning	<input type="checkbox"/> Blended learning	<input checked="" type="checkbox"/> Traditional learning
Teaching model	<input type="checkbox"/> 1 Synchronous: 1 asynchronous	<input type="checkbox"/> 1 face to face: 1 synchronous	<input checked="" type="checkbox"/> 2 Traditional

Faculty member and study divisions' information (to be filled in each semester by the subject instructor)

Name	Academic rank	Office No.	Phone No.	Office hours	E-mail
Other instructors	Academic rank	Office No.	Phone No.	Office hours	E-mail
Division number	Time	Place	Number of students	Teaching style	Approved model
				Traditional	2
				Traditional	2
				Traditional	2



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Brief description

This course is designed to help students utilize knowledge, skills, and attitudes gained from the mental health nursing theory course and apply them in clinical areas. The students will be able to explore and gain insight into the problems experienced by mentally ill clients. This course will provide students with an opportunity to interact and communicate effectively with patients with mental illness and their families in mental health care settings. The students will be able to integrate scientific knowledge and evidence-based findings into practice.

Learning resources

Course book information (Title, author, date of issue, publisher ... etc)	1. Videbeck S.L. (2023). Psychiatric Mental health nursing. (8th ed.) Library of congress Cataloging-in-Publication.			
Supportive learning resources (Books, databases, periodicals, software, applications, others)	1. Steele, D. (2022). Keltner's Psychiatric Nursing E-Book: Keltner's Psychiatric Nursing E-Book. Elsevier Health Sciences. 2. Townsend, M. C., & Morgan, K. I. (2017). Psychiatric mental health nursing: Concepts of care in evidence-based practice. FA Davis.			
Supporting websites	https://internationalmedicalcorps.org/story/mental-health-care-in-jordan-is-just-a-click-away/ http://www.worldcat.org/oclc/960964818 . https://au.reachout.com/ . headtohealth.gov.au .			
The physical environment for teaching	<input type="checkbox"/> Class room	labs	<input type="checkbox"/> Virtual educational platform	<input checked="" type="checkbox"/> Others (National mental health centers)
Necessary equipment and software	<ul style="list-style-type: none"> • Web sites and Internet. • Computer assisted instructions. • Data-show. 			
Supporting people with special needs	-----			



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For technical support	Contact the e-learning center and open resources First floor – faculty of science and information technology Dr. kaled jaber Tel : 064291511. Ext. 425 e-mail: k.jaber@zui.edu.jo

Course Intended Learning Outcomes (CILOs):

Upon successful completion of this course, students will be able to achieve the following Program and Course Intended Learning Outcomes

PILO #2: Provide high quality comprehensive nursing care in accordance with the legal, ethical and professional standards of practice.	
Course Intended Learning Outcomes (CILO)	<ul style="list-style-type: none"> • Differentiate between the roles of psychiatric nurses and other mental health team members. • Recognize ethical and legal issues related to mental health field to enhance provide high quality of comprehensive nursing care for adult patients with mental illness.
Concept based competency1: (Safe and Effective Care Environment)	Professional and Core Values, Professional Growth and Development, Accountability and Responsibility, Advocacy, Client rights, Collaboration, Continuity of Care, Referrals, Concept of management, Case manager, Performance and Quality Improvement, Injury prevention, use safety devices, handling hazardous and infection material, safety, Standard precautions/ transmission-based precautions/ surgical asepsis, Member of the Nursing Profession, Evidence-Based Practice, Caring and Spirituality.
Relevant Competency (JNC)	Standard 1 (core competencies 1,2,3,4,5,6), Standard 3 (core competencies 1,2,3,4), Standard 4 (core competencies 1,2,3,4), Standard 5 (core competencies 1,2), Standard 6 (core competencies 1,2,3).
National framework	MS1
Weight	20%
Learning Methods	Group discussion, case study scenarios, Role- play, Demonstration – Re demonstration
Evaluation Methods	Midterm Evaluation, Case study, Seminar.,final exam
PILO # 3: Master critical thinking, problem-solving, reasoning and clinical judgment skills to provide comprehensive nursing care and adopt these skills to enhance lifelong professional development	



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Course Intended Learning Outcomes (CILO)	<ul style="list-style-type: none"> Recognize principles of effective communication with multidisciplinary team Apply principles of critical thinking to develop nursing diagnoses Discuss strategies and tools that psychiatric nurse can use to assure client safety and to promote quality psychiatric nursing care within organizations 	
Concept based competency 3: (Physiological Integrity)	<p>A. Basic care and comfort (Assistive devices, Elimination, Mobility and Immobility, Non-pharmacological comfort interventions, Nutrition and oral hydration, Personal hygiene, Rest and Sleep, Critical Thinking, Nursing Process / Clinical Competence).</p> <p>B. Pharmacological & Parenteral Therapies (Adverse effects, contradictions, side effects, and interactions of medications, Blood and blood products, Central venous access devices, Medication administration, Dosage calculations, Parenteral and intravenous therapies, Expected actions and outcomes, Pharmacological pain management, Total parenteral nutrition).</p> <p>C. Reduction of Risk Potential (Changes and abnormalities in vital signs, Laboratory values, Diagnostic tests, Potential for alterations in body systems, System-specific assessments, Therapeutic procedures).</p> <p>D. Physiological Adaptation (Fluids and electrolyte imbalances, Hemodynamic, Illness management, Medical emergencies).</p>	
Relevant Competency (JNC)	Standard (7.1, 7.2, 7.3, 7.4, 7.5).	
National framework	MS2	
Weight	20%	
Learning Methods	Group discussion and activities, Case study scenarios, Team work	
Evaluation Methods	Mid-term evaluation, Activity , Final clinical exam	



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PILO # 5: Demonstrate the ability to maintain the physiological integrity of patients while providing high quality nursing care.

Course Intended Learning Outcomes (CILO)

- Recognize the different type of psychotropic medication based on evidence-based practice.

Concept based competency 3: (Physiological Integrity)

A. Basic care and comfort (Assistive devices, Elimination, Mobility and Immobility, Non-pharmacological comfort interventions, Nutrition and oral hydration, Personal hygiene, Rest and Sleep, Critical Thinking, Nursing Process / Clinical Competence).

B. Pharmacological & Parenteral Therapies (Adverse effects, contradictions, side effects, and interactions of medications, Blood and blood products, Central venous access devices, Medication administration, Dosage calculations, Parenteral and intravenous therapies, Expected actions and outcomes, Pharmacological pain management, Total parenteral nutrition).

C. Reduction of Risk Potential (Changes and abnormalities in vital signs, Laboratory values, Diagnostic tests, Potential for alterations in body systems, System-specific assessments, Therapeutic procedures).

D. Physiological Adaptation (Fluids and electrolyte imbalances, Hemodynamic, Illness management, Medical emergencies).

Relevant Competency (JNC)

Standard (7.1, 7.2, 7.3, 7.4, 7.5).

National framework

MC2

Weight

20%

Learning Methods

Group discussion, case study scenarios.

Evaluation Methods

Case study, Seminar.



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PILO # 6: Demonstrate the ability to maintain the psychological and social integrity of patients and to communicate effectively with clients and healthcare professionals while considering cultural

Course Intended Learning Outcomes (CILO)	<ul style="list-style-type: none"> Integrate nursing goals, diagnosis, and outcome criteria to assess the efficacy of nursing interventions designed to maintain the client's psychosocial integrity while considering cultural context. Demonstrate appropriate therapeutic verbal communication skills with clients, their families and health care team members in psychiatric nursing practice.
Concept based competency 4: (Psychosocial Integrity)	Abuse and Neglect, Behavioral Interventions, Chemical and other dependencies and substance abuse disorders, Coping mechanisms, Crisis intervention, Cultural awareness and influences on health, End of life care, Family dynamics, Grief and loss, Mental health concepts, Religious and spiritual influences on health, Sensory and perceptual alterations, Stress management, Support systems, Therapeutic communication, Inter-professional Collaboration and Communication, Verbal, written, and technological communication, Therapeutic environment.
Relevant Competency (JNC)	Standard (7.1, 7.2, 7.3, 7.4, 7.5).
National framework	MC3
Weight	40%
Learning Methods	Group discussion, case study scenarios, Role- play, Demonstration – Re demonstration
Evaluation Methods	Midterm Evaluation, Case study, final clinical exam



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Mechanisms for direct evaluation of learning outcomes

Type of assessment / learning style	Fully electronic learning	Blended learning	Traditional Learning (Theory Learning)	Traditional Learning (Practical Learning)	
Midterm exam includes:				30%	Midterm Evaluation
Participation / practical applications include:				10%	Activity
				10%	Case study
				10%	Seminar
Asynchronous interactive Activities				0	
Final exam includes:				20%	Clinical exam
				20%	Final written



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Evaluation Methods:

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

Evaluation Activity/Purpose	Covered PILO	Mark	Topic(s)	Period (Week)	Platform
Mid-term Exam	PILO 2 PILO 3 PILO 5 PILO 6	40%	1. Definition of mental health & mental illness. 2. Principles of psychiatric nursing. 3. Roles & Responsibilities of Psychiatric Mental Health Nurse. 4. Interview with psychiatric patient and the phases of nurse- patient relationship. 5. Therapeutic Communication. 6. Psychosocial assessment. 7. Nursing process. 8. Nursing care of client with different psychiatric disorders 9. Treatment Modalities overview. 10. Evidence-based nursing	From 1 st week to 15 th week	Clinical exam
Activity	PILO 2 PILO 3 PILO 5 PILO 6	5%	ALL TOPICS	7 th week	



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Seminar	PILO 2 PILO 3 PILO 5 PILO 6	5%	<ul style="list-style-type: none"> Nursing intervention with hallucination and delusion Nursing intervention with mania Nursing intervention with depression Legal and ethical issue in psychiatric nurse Nursing intervention with aggression Seclusion and Restrain Nursing intervention with social interaction and isolation Nursing intervention with low self- esteem and Johari windows Nursing intervention with suicide Cognitive Behavior Therapy (CBT). Electro Convulsion Therapy (ECT) Occupational therapy Milieu therapy Personality disorder cluster A +B+C Social skill training Addiction concept Stress management Medication Adherence/compliance 	6 nd week -16 th week	
Case study	PILO 2 PILO 3 PILO 5 PILO 6	10%	ALL TOPIC	10 th week	
Final	PILO 2, 3,5,6	40%	All	16 th week	

Note 1: Asynchronous interactive activities are activities, tasks, projects, assignments, research, studies, projects, and work within student groups ... etc., which the student carries out on his own, through the virtual platform without a direct encounter with the subject teacher.

Note 2: According to the Regulations of granting Master's degree at Al-Zaytoonah University of Jordan, 40% of final evaluation goes for the final exam, and 60% for the semester work (examinations, reports, research or any scientific activity assigned to the student).



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Schedule of simultaneous / face-to-face encounters and their topics

Week	Subject	learning style*	Reference **
1	<ul style="list-style-type: none"> Orientation to the course syllabus, and papers Definition of mental health & mental illness Explain the principles of psychiatric nursing Roles & Responsibilities of Psychiatric Mental Health Nurse. 	<ul style="list-style-type: none"> ✓ Interactive lecturing ✓ Group discussion ✓ Cooperative learning ✓ Demonstration – Re demonstration ✓ Case study 	Videbeck P 25-27 P223-227
2	<ul style="list-style-type: none"> Explain and Demonstrate Therapeutic & non-therapeutic communication technique. Interview with client with psychiatric disorder and the phases of nurse- patient relationship. 	<ul style="list-style-type: none"> ✓ Interactive lecturing ✓ Group discussion ✓ Cooperative learning ✓ Demonstration – Re demonstration ✓ Case study. 	P211-220 P236-252
3	<ul style="list-style-type: none"> Psychosocial assessment. 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P 308-325
4	<ul style="list-style-type: none"> Nursing process. 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P385, P424, P500, P539, P579, P608, P677, P705, P762, P773



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5+6	<ul style="list-style-type: none"> Nursing care of client with different psychiatric disorders. 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P385, P424, P500, P539, P579, P608, P677, P705, P762, P773
7	Midterm Exam		
8+9	<ul style="list-style-type: none"> Treatment Modalities Overview: part 1 -Psychopharmacological therapy 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P72-102
10	<ul style="list-style-type: none"> Treatment Modalities Overview: part 2 -Psychotherapy 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P139
11	<ul style="list-style-type: none"> Different types of nursing interventions and their rationales. 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P58, P63, P67, P243, P257, P275, P318, P383, P240, P271, P331, P375
12	<ul style="list-style-type: none"> Evidence-based nursing 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P240, P271, P331, P375.



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13	<ul style="list-style-type: none"> Substance abuse and dependency 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P807
14	<ul style="list-style-type: none"> Types of nursing interventions with different type of addiction materials 	<ul style="list-style-type: none"> ✓ Group discussion ✓ Cooperative learning ✓ Role- play ✓ Demonstration – Re demonstration ✓ Case study 	P831
15	Final Exam		
16	Final Exam		

* Learning styles: Lecture, flipped learning, learning through projects, learning through problem solving, participatory learning ... etc.

** Reference: Pages in a book, database, recorded lecture, content on the e-learning platform, video, website ... etc.

Course Intended Learning Outcomes Matrix	
Course Name: Psychiatric Nursing/ practice	
Course Number: 0301342	
PILO #2: Provide high quality comprehensive nursing care in accordance with the legal, ethical and professional standards of practice.	
CILOS	<ul style="list-style-type: none"> Differentiate between the roles of psychiatric nurses and other mental health team members. Recognize ethical and legal issues related to mental health field to enhance provide high quality of comprehensive nursing care for adult patients with mental illness.
PILO 3: Master critical thinking, problem-solving, reasoning and clinical judgment skills to provide comprehensive nursing care and adopt these skills to enhance lifelong professional development.	
CILOS	<ul style="list-style-type: none"> Recognize principles of effective communication with multidisciplinary team Apply principles of critical thinking to develop nursing diagnoses Discuss strategies and tools that psychiatric nurse can use to assure client safety and to promote quality psychiatric nursing care within organizations



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PILO # 5: Demonstrate the ability to maintain the physiological integrity of patients while providing high quality nursing care.										
CILOS		•Recognize the different type of psychotropic medication based on evidence-based practice.								
PILO # 6: Demonstrate the ability to maintain the psychological and social integrity of patients andto communicate effectively with clients and healthcare professionals while considering cultural diversity.										
CILOS		<ul style="list-style-type: none">Integrate nursing goals, diagnosis, and outcome criteria to assess the efficacy of nursing interventions designed to maintain the client's psychosocial integrity while considering cultural context.Demonstrate appropriate therapeutic verbal communication skills with clients, their families and health care team members in psychiatric nursing practice.								
Week	Course contents	Intended Learning Outcomes								
		PILOS	PILO 2		PILO3			PILO 5	PILO 6	
		CILOS	2.1	2.2	3.1	3.2	3.3	5.1	6.1	6.2
1	<ul style="list-style-type: none">Orientation to the course syllabus, and papersDefinition of mental health& mental illnessExplain the principles of psychiatric nursingRoles & Responsibilities of Psychiatric Mental Health Nurse.	X	X							



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2	<ul style="list-style-type: none">Explain and Demonstrate Therapeutic &non-therapeutic communication technique.Interview with client with psychiatric disorder and the phases of nurse- patient relationship.	X		X	X	X		X	X
3	<ul style="list-style-type: none">Psychosocial assessment			X				X	X
4+5	<ul style="list-style-type: none">Nursing process.				X	X		X	X
6	<ul style="list-style-type: none">Nursing care of client with different psychiatric disorders.		X		X	X		X	
7	Midterm Exam								
8+9	<ul style="list-style-type: none">Treatment Modalities Overview: part 1 -Psychopharmacological therapy		X			X	X		
10	<ul style="list-style-type: none">. Treatment Modalities Overview: part 2 - Psychotherapy	X	X	X	X	X			X
11	<ul style="list-style-type: none">Different types of psychiatric problems and the nursing care of them		X		X	X		X	X
12	<ul style="list-style-type: none">Evidence-based nursing	X	X	X	X	X	X	X	X
13	<ul style="list-style-type: none">Substance abuse and dependency		X	X	X	X	X		X
14	<ul style="list-style-type: none">Types of nursing interventions with different type of addiction materials						X	X	X
15+16	Final Exam								
Course coordinator:			Head of department:						



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Teaching Methods Matrix					
Course Name: Psychiatric Nursing/ practice					
Course Number: 0301342					
Teaching methods: Interactive lecturing, Discussion and activities and teamwork, case study scenarios, Audio-Visual aids, and evidence-based reviews					
Week	Course contents	Course Teaching methods			
		Group discussion	Role- play	Case study	Demonstration – Re demonstration
1	<ul style="list-style-type: none"> Orientation to the course syllabus, and papers Definition of mental health& mental illness Explain the principles of psychiatric nursing Roles & Responsibilities of Psychiatric Mental Health Nurse 	X			
2	<ul style="list-style-type: none"> Explain and Demonstrate Therapeutic & non-therapeutic communication technique. Interview with client with psychiatric disorder and the phases of nurse- patient relationship. 	X	X		X



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3	• Psychosocial assessment	X	X	X	X
4	• Nursing process.	X	X		X
6	• Nursing care of client with different psychiatric disorders	X	X	X	X
8	• . Treatment Modalities Overview: part 1 Psychopharmacological therapy	X		X	X
9	• Treatment Modalities Overview: part 2 - Psychotherapy	X		X	X
11	• Different types of psychiatric problems and the nursing care of them	X	X	X	
13	• Evidence-based nursing	X	X	X	
14	• Substance abuse and dependency	X		X	X
15	• Types of nursing interventions with different type of addiction materials.	X		X	
Course coordinator:			Head of department:		