



# 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:*

- Pass the ANCC board examination.

## 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

#### **ANCC Exam**

Eligibility, About the Exam and Application | Why Become Board Certified? | Test-Taking Recommendations | Sample Questions and Components

#### **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

#### **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

#### **Practice Questions**

# 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 | Suicide | Anxiety Disorders | Coping and Defense Mechanisms | Trauma and Stress Disorders | Obsessive-Compulsive Disorders | Schizophrenia | Other Psychotic Disorders | Neurocognitive Disorders

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

### Psychiatric Disorders (cont.)

Feeding and Eating Disorders | Substance Use Disorders | Dissociative Disorders | Personality Disorders | Autism Spectrum Disorder | Intellectual Development Disorders | Disorders of Childhood and Adolescence | Sexual Disorders | Sleep-Wake Disorders | Somatic Disorders

### Psychopharmacology

Pharmacokinetics and Pharmacodynamics | Terminology | Gender and Age Considerations | Anticholinergics | Anti-psychotics | Antidepressants | Antimanics | Anticonvulsants | Beta Blockers | Anxiolytics | Sedatives | Psychostimulants | Cognitive Enhancers | Barbiturates | OTC Aids | Herbal/Complimentary 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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