

## Module 9: Mental Health

### Facilitator Notes

This module takes 3 hours to deliver online. In this module students learn that mental health is a state of well-being in which an individual realizes their own abilities to cope with the daily stress of life, to work productively and to make contributions to a changing society. They learn that mental health refers to our behavioural, cognitive and emotional well-being, and that it is very important at every stage of life from childhood to adolescence through adulthood and elder age.

### Student Guide/Material

German, L. M. and Anwar, R. (2018). *Neeb's Mental Health Nursing*. F.A. Davis Company, 5<sup>th</sup> Edition, Philadelphia.

Government of Alberta. *Mental Health Act*. Revised statues of Alberta, 2000, Chapter M-13 (2021). Alberta Queen's Printing. Retrieved from <http://www.qp.alberta.ca/documents/acts/MBpdf>

### Skill Assessment

In this module students will be assessed for the following skills:

- Excellent empathetic skills
- Good understanding of the theories of mental health illness
- Excellent teamwork
- Verbal and written communication
- Resilience
- Stamina

### Learning Activity

Locate and review the Alberta *Mental Health Act* to learn about the policy and standards. Quiz your partner while relating the policies to your current practice and case scenarios.

### **Clinical Scenario 1**

*50-year-old Sally lost her spouse 2 weeks ago. She was brought to the emergency room by EMS after she was found wandering on the street in insufficient clothing and talking to herself. There are no signs of physical trauma.*

You have two (2) minutes to read the scenario. You will have seven (7) minutes to:

- Obtain a brief, focused and relevant history
- Address client concern
- Conduct a physical assessment as needed

NOTE: As they proceed with the examination, the candidates must explain to the examiner what they are doing and describe any findings

At the seven (7) minute mark, you will have four (4) minutes to answer the examiner's questions related to the scenario.

Candidates will have eleven (11) minutes to complete the station

### **Clinical Scenario 2**

*19-year-old Sally is brought to the emergency room with cut marks on both of her wrists.*

You have two (2) minutes to read the scenario. You will have seven (7) minutes to:

- Obtain a brief, focused and relevant history
- Address client concern
- Conduct a physical assessment as needed

NOTE: As they proceed with the examination, the candidates must explain to the examiner what they are doing and describe any findings

At the seven (7) minute mark, you will have four (4) minutes to answer the examiner's questions related to the scenario.

Candidates will have eleven (11) minutes to complete the station

### **Clinical Scenario 3**

*17-year-old Sally has recently had her first child. You have been assigned to pay her a home visit.*

You have two (2) minutes to read the scenario. You will have seven (7) minutes to:

- Obtain a brief, focused and relevant history
- Address client concern
- Conduct a physical assessment as needed

NOTE: As they proceed with the examination, the candidates must explain to the examiner what they are doing and describe any findings

At the seven (7) minute mark, you will have four (4) minutes to answer the examiner's questions related to the scenario.

Candidates will have eleven (11) minutes to complete the station