

**Lincoln Memorial University
Caylor School of Nursing
Nursing 126**

Lesson Plan: Unit III – NURSING PRACTICE FOR PSYCHIATRIC DISORDERS, PART I

Dates and Times: See Syllabus

Objectives: Upon completion of this unit, the student will demonstrate in the clinical/classroom setting, in individual and group learning opportunities, and on written material an understanding of the following:

1. Define the key terms found in each assigned chapter.
2. Describe anxiety as a response to stress.
3. Describe the levels of anxiety with behavioral changes related to each level.
4. Describe the use of defense mechanisms by people with anxiety disorders.
5. Describe the current theories regarding the etiologies of major anxiety disorders.
6. Evaluate the effectiveness of treatment including medications for clients with anxiety disorders.
7. Apply the nursing process to the care of clients with anxiety and anxiety disorders.
8. Provide teaching to clients, families, caregivers, and communities to increase understanding of anxiety and stress-related disorders.
9. Discuss various theories of the etiology of schizophrenia.
10. Describe the positive and negative symptoms of schizophrenia.
11. Describe a mental status assessment for a client with schizophrenia.
12. Apply the nursing process to the care of a client with schizophrenia.
13. Evaluate the effectiveness of antipsychotic medications for clients with schizophrenia.
14. Provide teaching to clients, families, caregivers, and community members to increase knowledge and understanding of schizophrenia.
15. Describe the supportive and rehabilitative needs of clients with schizophrenia who live in the community.
16. Discuss the theories of the etiology of depression and bipolar disorder.
17. Describe the risk factors for and characteristics of mood disorders.
18. Apply the nursing process to the care of clients and families with mood disorders.
19. Provide education to clients, families, caregivers, and community members to increase knowledge and understanding of mood disorders.
20. Identify populations at risk for suicide.
21. Apply the nursing process to the care of a suicidal client.
22. Describe personality disorders in terms of the client's difficulty in perceiving, relating to, and thinking about self, others, and the environment.
23. Discuss factors thought to influence the development of personality disorders.
24. Apply the nursing process to the care of clients with personality disorders.

25. Provide education to clients, families, and community members to increase their knowledge and understanding of personality disorders.

REQUIRED READINGS:

Videbeck, S.L. (2008). *Psychiatric-Mental Health Nursing* (4th ed.). Philadelphia: Lippincott Williams & Wilkins. Chapters 13 – 16.

TOPICAL OUTLINE:

- I. Anxiety and Stress-Related Illness
 - A. Anxiety as a Response to Stress
 - 1. Levels of Anxiety
 - B. Overview of Anxiety Disorders
 - 1. Agoraphobia w/wo Panic Disorder
 - 2. Panic Disorder
 - 3. Specific and Social Phobias
 - 4. OCD
 - 5. GAD
 - 6. PTSD
 - C. Etiology of Anxiety Disorders
 - D. Treatment

- II. Schizophrenia
 - A. Clinical Course and Related Disorders
 - B. Etiology
 - C. Treatment
 - D. Application of the Nursing Process

- III. Mood Disorders
 - A. Categories of Mood Disorders
 - 1. Major Depressive Disorder
 - 2. Bipolar Disorder
 - B. Related Disorders
 - C. Etiology
 - D. Treatment
 - E. Application of the Nursing Process
 - F. Suicide
 - 1. Assessment
 - 2. Risky Behaviors
 - 3. Lethality Assessment
 - 4. Intervention

5. Family & Nurse's Response
6. Legal and Ethical Considerations
7. Elder Considerations

- IV. Personality Disorders
- A. Categories of Personality Disorders
 1. Cluster A
 2. Cluster B
 3. Cluster C
 - B. Onset/Clinical Course
 - C. Etiology
 - D. Treatment
 - E. Cluster A
 1. Paranoid Personality Disorder
 2. Schizoid Personality Disorder
 3. Schizotypal Personality Disorder
 - F. Cluster B
 1. Antisocial Personality Disorder
 2. Borderline Personality Disorder
 3. Histrionic Personality Disorder
 4. Narcissistic Personality Disorder
 - G. Cluster C
 1. Avoidant Personality Disorder
 2. Dependent Personality Disorder
 3. Obsessive-Compulsive Personality Disorder
 - H. Other (being studied for inclusion as personality disorders):
 1. Depressive Personality Disorders
 2. Passive-Aggressive Personality Disorder

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Unit III – Medication List

Chapter 13 – Anxiety and Stress-Related Disorders

Alprazolam (Xanax)	Buspirone (BuSpar)	Chlorazepate (Tranxene)
Chlordiazepoxide (Librium)	Clomipramine (Anafranil)	Clonazepam (Klonopin)
Clonidine (Catapres)	Diazepam (Valium)	Fluoxetine (Prozac)
Fluvoxamine (Luvox)	Hydroxyzine (Vistaril)	Imipramine (Tofranil)
Meprobamate (Miltown)	Oxazepam (Serax)	Paroxetine (Paxil)
Propranolol (Inderal)	Sertraline (Zoloft)	

Chapter 14 – Schizophrenia

Conventional Antipsychotics

Chlorpromazine (Thorazine)	Perphenazine (Trilafon)*	Fluphenazine (Prolixin)
Thioridazine (Mellaril)	Mesoridazine (Serentil)	Thiothixene (Navane)
Haloperidol (Haldol)	Loxapine (Loxitane)	Molindone (Moban)
Perphenazine (Etrafon)*	Trifluoperazine (Stelazine)	

Atypical Antipsychotics

Clozapine (Clozaril)	Risperidone (Risperdal)	Olanzapine (Zyprexa)
Quetiapine (Seroquel)	Ziprasidone (Geodon)	Paliperidone (Invega)
	Aripiprazole (Abilify)	

Drugs Used to Treat Extrapiramidal Side Effects

Benzotropine (Cogentin)	Trihexyphenidyl (Artane)	Biperiden (Akineton)
Procyclidine (Kemadrin)	Amantadine (Symmetrel)	Diphenhydramine (Benadryl)
Diazepam (Valium)	Lorazepam (Ativan)	Propranolol (Inderal)

Chapter 15 – Mood Disorders

SSRIs

Fluoxetine (Prozac)
Citalopram (Celexa)

Sertraline (Zoloft)
Escitalopram (Lexapro)

Paroxetine (Paxil)

Tricyclic Antidepressants

Amitriptyline (Elavil)
Imipramine (Tofranil)

Amoxapine (Asendin)
Desipramine (Norpramine)

Doxepin (Sinequan)
Nortriptyline (Pamelor)

Atypical Antidepressants

Venlafaxine (Effexor)
Nefazodone (Serzone)

Duloxetine (Cymbalta)
Mirtazapine (Remeron)

Bupropion (Wellbutrin)

Chapter 16 – Personality Disorders

Most of the drugs listed for this chapter have already been listed for prior chapters. Please see Table 16.1 for a discussion of *Drug Choices for Symptoms of Personality Disorders*.