NURS 4540 Nursing Care of MENTAL HEALTH PATIENTS
COURSE SYLLABUS: SPRING 2015

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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required

Other Resources: Online resources and articles as directed

Course Description (5 credit hours)

Apply theories and implement evidence-based care for clients with psychiatric/mental health issues, including psychosocial concepts; cultural, ethical, and legal influences; and wellness of individuals and family groups. Development of professional role in psychiatric/mental health nursing.
Student Learning Outcomes

1. Analyze selected nursing and psychological theories used in psychiatric/mental health settings.
2. Examine the legal, economic, sociocultural, and ethical issues impacting the psychiatric/mental health delivery system and apply them in the clinical setting.
3. Discuss clinical modalities and psychiatric terminology as it relates to psychiatric/mental health nursing practice.
4. Utilize principles of Evidence-Based Practice in psychiatric mental health nursing.
5. Compare and contrast the difference in mental illnesses in clients in urban and rural geographic areas.
6. Identify barriers to care for patients with psychiatric illnesses in the rural setting.

Clinical Objectives

Use the nursing process to develop a plan of care for the client in a psychiatric/mental health setting.

1. Apply theories about causation and treatment of mental disorders and chemical dependency to clients in a psychiatric setting.
2. Demonstrate increasing competency in using therapeutic communication skills with psychiatric/mental health clients.
3. Demonstrate the ability to observe and describe problematic behavior in a clinical setting.
4. Analyze clinical therapeutic modalities and their effectiveness with clients.
5. Demonstrate professional standards of moral, ethical, and legal conduct.
6. Assume accountability for personal and professional behaviors.
7. Demonstrate professionalism, including attention to appearance, demeanor, respect for self and others, and attention to professional boundaries with patients and families as well as among caregivers.
8. Provide appropriate patient teaching that reflects developmental stage, age, culture, spirituality, patient preferences, and health literacy considerations to foster patient engagement in care.
9. Implement evidence-based nursing interventions as appropriate for managing the acute and chronic care of patients and promoting health across the lifespan.
10. Monitor client outcomes to evaluate the effectiveness of psychobiological interventions.
11. Create and maintain a safe and effective therapeutic milieu that results in high quality patient outcomes.

COURSE REQUIREMENTS

Instructional / Methods / Activities Assessments

This is a blended course without lecture requiring students to complete online activities and independent study to be successful. Course objectives may be met through individual study using suggested resources, active involvement in classroom activities, formal, and informal exchange of ideas with classmates and colleagues regarding specific topics as well as utilizing critical thinking skills. Teaching methods include seminar, discussion, small group work, independent study of texts and library resources, computer-assisted instruction, audio-visual aids, return demonstration, clinical assignments and supervision, post clinical conferences and check-off of appropriate skills and the assignments listed. While the professor will provide guidance and consultation, the student is responsible for identification of learning needs, self-direction, seeking consultation and demonstration of course objectives.
GRADING

Grades will be determined as follows:

Grading Scale:
A = 90-100
B = 80-89
C = 75-79
D = 67-74
F = 66 and Below
A minimum grade of 75 is required to pass the course.

The Course grade will be earned as follows:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Exams (4-12% each)</td>
<td>48%</td>
</tr>
<tr>
<td>In-class Quizzes (6-3% each)</td>
<td>18%</td>
</tr>
<tr>
<td>Online Quizzes (5-2% each)</td>
<td>10%</td>
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<tr>
<td>Group Presentation</td>
<td>10%</td>
</tr>
<tr>
<td>Class/Clinical Experience Paper (2-6% each)</td>
<td>12%</td>
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<tr>
<td>NCLEX Practice Questions</td>
<td>2% Cr/NC</td>
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<tr>
<td>HESI Practice/HESI Exam</td>
<td>Cr/NC</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100%</strong></td>
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</table>

Specifics on course assignments for both class and clinical are in the assignments listed below. The HESI Psychiatric/Mental Health Exam must be passed with a score of 850 or greater. If you do not achieve this score, you will have to undergo remediation and retesting as indicated in the Student Guide.

The clinical component is PASS/FAIL and must be passed in order to pass the course. To receive a passing grade in clinical you must achieve at least 75% on each of the clinical assignments and receive a satisfactory clinical evaluation.

TECHNOLOGY REQUIREMENTS

- This course will be enhanced using eCollege, the Learning Management System used by Texas A&M University-Commerce. To login to the course, go to [http://leo.tamuc.edu/login.aspx](http://leo.tamuc.edu/login.aspx).

- You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamuc.edu

- To fully participate in online courses, you will need to use a current, Flash enabled browser. For PC users, the suggested browser is Internet
Explorer 9.0 or 10. For Mac users, the most current update of Firefox is suggested.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
  - 512 MB of RAM, 1 GB or more preferred
  - Broadband connection required courses are heavily video intensive
  - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- You must have a:
  - sound card, which is usually integrated into your desktop or laptop computer
  - speakers or headphones.

- Depending on your course, you might also need a:
  - webcam
  - microphone

For courses where interactive tools are used, like VoiceThread or Class Live Pro, headphones are suggested for use with recording and playback. We recommend a webcam with an integrated microphone, such as the Microsoft LifeCam Cinema. All devices should be installed and configured before class begins.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. Java can be downloaded at: http://www.java.com/en/download/manual.jsp

- Current anti-virus software must be installed and kept up to date.

- You will need some additional free software for enhanced web browsing. Ensure that you download the free versions of the following software:
  - Adobe Reader
  - Adobe Flash Player

- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet
software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

- For additional information about system requirements, please see: https://secure.ecollege.com/tamuc/index.learn?action=technical

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

It is expected that you will check your eCollege course and email at least DAILY for communication from the instructor.

Communication between faculty and students is primary and taken seriously. Preferred communication methods are individualized office hours, email, or via office phone. If a phone call is not answered, please leave a message and send an e-mail using the direct e-mail link on the course home page. You will be treated with collegial respect and you are expected to communicate likewise in a professional manner.

http://www.albion.com/netiquette/corerules.html

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures

CLASS
1. Class Cancellation: In the event that a class is canceled, the student is expected to do the readings and complete the objectives for that day. The content will still be included on examinations. The material in this syllabus and dates identified in the Course Calendar are subject to change.
2. Class attendance is expected. The students should notify course faculty in advance of any absence.
3. Exam dates are listed in each course syllabus, and the student is expected to be present for exams. In the event that the student will be absent, the course instructor must be notified in advance. Failure to do so may result in the student receiving a zero for the missed exam or quiz. Review the university catalog for excused absence criteria.
4. As an adult learner and responsible professional, the student is responsible for reading and completing assignments prior to class and for being prepared to participate in
discussions over the assigned material. It should not be expected that all material will be covered in class. Students are expected to come to class prepared.

5. Assignments must be handed in on time. Assignments submitted late without prior arrangement with the classroom instructor will receive a zero.

**CLINICAL EXPERIENCE**

1. Clinical attendance is mandatory. Refer to the Nursing Student Guide for absence policy information.
2. Immunizations, CPR, and TB status must be current for students to be able to attend clinical experience at the assigned clinical location.
3. Students are expected to meet clinical expectations outlined in the clinical evaluation tool.
4. Based on student learning needs, the faculty will determine the appropriate amount of time and clinical assignments needed to assess student growth. Faculty may require additional assignments and clinical work to ensure students have met clinical objectives. Students are expected to comply with any additional assignments or clinical hours assigned.
5. Students are expected to prepare for clinical practice in order to provide safe, competent care.
6. Clinical assignments must be handed in on time to the clinical instructor as directed. No exceptions.
7. Clinical is graded Pass/Fail. If the student fails the clinical component, the entire course must be repeated.

**UNSATISFACTORY CLINICAL PERFORMANCE**

1. There are several infractions that might lead to a student being given a clinical warning for the day, including but not limited to:
   - Absences
   - Tardiness
   - Violation of dress code
   - Incomplete health immunization records
   - Expired CPR certification
   - Failure to turn in written assignments on time
   - Incomplete hospital orientation
   - Lack of preparation
2. Accumulation of two (2) warnings in this clinical course may lead to failure of the clinical rotation and therefore, failure of the entire course.
3. Other offenses which may lead to immediate failure of the course include but are not limited to:
   - A pattern of lack of accountability for class, clinical and lab skills preparation
   - Unsafe or unprofessional practices or behaviors
   - HIPPA violations
   - Inability to pass required clinical assignments
   - Falsification of records
University Specific Procedures

ADA Statement

Students with Disabilities
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library- Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See Code of Student Conduct from Student Guide Handbook).

Refer to the BSN Student Guide

Students must adhere to standards of professional and academic conduct Academic misconduct involves any activity that tends to compromise the academic integrity of the University, or subvert the educational process, including, but not limited to, cheating, plagiarism, falsifying academic records, misrepresenting facts and any act designed to give unfair academic advantage to the student or the attempt to commit such an act. Students are responsible for their own academic honesty and for reporting violations of academic honesty by others.

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.
<table>
<thead>
<tr>
<th>Week</th>
<th>Monday Date</th>
<th>Content</th>
<th>Reading Assignments Varcarolis</th>
<th>Class Meetings/Class Assignments/Exams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/19/15</td>
<td>Course Overview</td>
<td>Syllabus</td>
<td>Orientation 1/20 @0800</td>
</tr>
<tr>
<td>2</td>
<td>1/26/15</td>
<td>Basic Concepts/Effective Communication</td>
<td>Chapters 1, 3, 7 (120-21), 35</td>
<td>Experience Paper due 1/30</td>
</tr>
<tr>
<td>3</td>
<td>2/2/15</td>
<td>Theories &amp; Therapies</td>
<td>Chapters 2, 33</td>
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<tr>
<td>4</td>
<td>2/9/15</td>
<td>Legal, Ethical &amp; Cultural</td>
<td>Chapters 4, 5, 6</td>
<td>Class Meeting 2/12 @0800</td>
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<td></td>
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<td></td>
<td>Online Quiz due 2/13</td>
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<tr>
<td>5</td>
<td>2/16/15</td>
<td>Schizophrenia</td>
<td>Chapters 12, 3 (applicable portion)</td>
<td>Exam #1 2/18</td>
</tr>
<tr>
<td>6</td>
<td>2/23/15</td>
<td>Bipolar</td>
<td>Chapters 13, 3 (applicable portion)</td>
<td>Class Meeting 2/26 @0800</td>
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<td></td>
<td>Online Quiz due 2/27</td>
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<tr>
<td>7</td>
<td>3/2/15</td>
<td>Depression</td>
<td>Chapters 14, 3 (applicable portion)</td>
<td>Exam #2 3/4</td>
</tr>
<tr>
<td>8</td>
<td>3/9/15</td>
<td>Anxiety</td>
<td>Chapters 10, 15, 3 (applicable portion)</td>
<td>Class Meeting 3/12 @0800</td>
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<td>Online Quiz due 3/13</td>
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<tr>
<td>9</td>
<td>3/16/15</td>
<td>SPRING BREAK</td>
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<td>10</td>
<td>3/30/15</td>
<td>Suicide</td>
<td>Chapters 25, 26</td>
<td>Exam #3 4/1</td>
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<td>Class Meeting 4/2 @0800</td>
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<td>Online Quiz due 4/3</td>
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<tr>
<td>11</td>
<td>4/6/15</td>
<td>Personality</td>
<td>Chapters 24, 3 (applicable portion)</td>
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<tr>
<td>12</td>
<td>4/13/15</td>
<td>Violence</td>
<td>Chapters 27, 28</td>
<td>Class Meeting 4/16 @0800-Groups 1-4</td>
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<td>Online Quiz due 4/17</td>
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<tr>
<td>13</td>
<td>4/20/15</td>
<td>Addictive</td>
<td>Chapters 22, 3 (applicable portion)</td>
<td>Exam #4 4/22</td>
</tr>
<tr>
<td>14</td>
<td>4/27/15</td>
<td>Sexual assault</td>
<td>Chapters 16, 29</td>
<td>Class Meeting 4/30 @0800-Groups 5-8</td>
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<td></td>
<td>NCLEX Questions due in class</td>
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<tr>
<td>15</td>
<td>5/4/15</td>
<td>Eating</td>
<td>Chapters 18, 3 (applicable portion)</td>
<td>Experience Paper due 5/8</td>
</tr>
<tr>
<td>16</td>
<td>5/11/15</td>
<td>Finals Week</td>
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<td>HESI Practice exam due 5/12</td>
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<td>HESI Exam 5/15 @0930</td>
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Lecture Assignments

Types of Lecture Assignments and Purpose of Each: There is a variety of assignments for this class to accommodate different learning styles.

1. Examinations 48% total, 12% each 2/18, 3/4, 4/1, 4/22

There are four examinations in this class on the dates identified. They will cover all the topics covered in class as of one week prior to the examination date. The examinations will include terminology from the applicable chapters in the textbook. The questions will be in multiple formats: multiple choice, multiple answer, matching, etc.

2. In-Class Quizzes 18% of grade, 3% each 2/12, 2/26, 3/12, 4/2, 4/16, 4/30

There are six in-class quizzes. Quizzes will be from five-ten questions each. Quizzes will take place during each class meeting listed above and can cover any content from the beginning of the course to the content assigned for that week.

3. Online quizzes 10%, 2% each 2/13, 2/27, 3/13, 4/3, 4/17

There are five quizzes on eCollege on the important terminology for the indicated modules. These are due by 2359 on the date indicated.

4. Group Presentation 10% 4/16 or 4/30

Students will be divided into groups and each group will be assigned a theatrical movie that deals significantly with a psychiatric or mental illness. The movies are all available for rental and/or streaming. Each member of the group is to watch the movie. As a group, describe what mental illness or illnesses were portrayed and if it was appropriate to the illness based on the accepted signs and symptoms of the condition. Analyze why you feel the changes were made or not made to the illness for purposes of the movie. Discuss how this portrayal influences society’s view of psychiatric and mental illnesses. There is no paper for this assignment.

The group will present informally to their classmates and lead a discussion (presentation and discussion maximum of 15 minutes) with the following information on the assigned date:

1. Summary of the movie, including illnesses in the movie
2. Were the illness (es) portrayed accurately? Why and/or why not?
3. Why were changes made, if any, for the movie?
4. How does the movie influence society’s view of mental illness?

This presentation is a group or team project. All members of the group receive the same grade, see grading rubric on eCollege. However, a student can be removed from his/her group if the other students in the group come to the instructor and report that a student is not doing his/her fair share of the work. If that happens, the student will be notified in writing by the instructor. The student will then be responsible for doing the assignment on his/her own.

5. Class/Clinical Experience Paper 6% 1/30

Write a paper that includes the following: 1) Discuss at least three (3) aspects of the upcoming class/clinical experience that you are looking forward to. Analyze what factors
in these experiences make you feel positive about them; 2) Describe at least three (3) aspects of the upcoming class/clinical that you are most apprehensive or uncertain about. Analyze the factors in these experiences that are influencing your reaction; 3) Identify how the results of the Strengths quest you completed in therapeutic communication with help and/or hinder you during this class/clinical.

The paper should be no less than two (2) and no more than three (3) pages typed double-spaced in APA format. Place your name at the top of the first page. You do not have to have a title page or reference page. See grading rubric on eCollege. Submit it by 2359 on the due date on eCollege.

6. Class/Clinical Experience Paper Evaluation 6% 5/8

Write a paper that evaluates the results of your experience in class/clinical during the semester. Refer to the paper you wrote at the beginning of the semester. Analyze both the positive and negative experiences you were expecting. Discuss how the Strengths quest results helped and/or hindered you during the class/clinical.

The paper should be no less than two (2) and no more than three (3) pages typed double-spaced in APA format. Place your name at the top of the first page. You do not have to have a title page or reference page. See grading rubric on eCollege. Submit it by 2359 on the due date on eCollege.

7. NCLEX Review Questions 2% Cr/NC 4/30

To assist in preparing students for the HESI examinations and the NCLEX examination, you are required to complete 250 NCLEX questions related to psychiatric/mental health and/or therapeutic communication during the semester. NCLEX review questions must be taken via computer (CD-ROM or any other computer application) and must be completed and submitted as one grade on April 30. You must complete 250 questions to receive credit.

8. HESI Psych/Mental Health Practice Examination Cr/NC 5/12

Complete online non-proctored exam by May 12th with a score of 90% or better to receive credit.

9. HESI Psychiatric/Mental Health Examination Cr/NC 5/15

Complete proctored exam on May 15th with a score of 850 or better to receive credit. If you receive below 850, you will have to complete remediation and re-take the examination to receive credit. For scores on the initial HESI examination of 900-949, you will receive 1 extra point for your grade; for scores of 950-999, you will receive 2 extra points and for scores of 1000 and greater, you will receive 3 extra points.
Clinical Assignments

Types of Clinical Assignments and Purpose of Each: There is a variety of assignments for this class to accommodate different learning styles.

Inpatient Assignments

1. Glen Oaks (A/P/T), Bonham VA (V/C), HRMC (H), Texoma (X) 63%, 7% each
   a. On your schedule, you have three (3) assigned days at Glen Oaks and at least three (3) assigned days at the VA. In addition, you will have another three (3) days assigned at the VA, HRMC and/or Texoma.
   b. The clinical will be from 0800-1500 with 30 minutes for lunch.
   c. Wear your uniform and name badge. Have your car keys, writing instrument, and note paper in your pockets. You can bring a lunch in to place in the refrigerator at the facility. EVERYTHING else remains in your car, this includes cell phones, clipboards, backpacks, etc. When you are assigned to V or C at the Bonham VA, park only in parking lot #2 (gravel lot), smoke only in gazebos on campus; have NO firearms/weapons in your car, do not eat/pick the pecans (even if they are on the ground).
   d. On your assigned unit, you will discuss with the nurse/be assigned an appropriate client for you for the day. You will remain with this client throughout your clinical day. The activities, etc. the client attends you will also attend. During the day, you also have to participate in therapeutic communication activities with the client based on the client situation.
   e. You will be assigned by your clinical instructor psychiatric medications to research and discuss in post-conference throughout the semester.
   f. You have to complete a clinical journal for each of the in-patient days and submit it by 2359 the day after the experience on eCollege. See grading rubric on eCollege.
   g. During these nine (9) clinical days, you need to have a client with the following disorder and/or perform the screening. The three screenings MUST be completed with an adult client. One client can fit more than one category:

<table>
<thead>
<tr>
<th>Disorder/Medication</th>
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</thead>
<tbody>
<tr>
<td>Schizophrenia spectrum</td>
</tr>
<tr>
<td>Depression screening</td>
</tr>
<tr>
<td>Family Interventions (on a child/adolescent client)</td>
</tr>
<tr>
<td>Survivor of violence</td>
</tr>
<tr>
<td>Bipolar</td>
</tr>
<tr>
<td>Anxiety/OCD</td>
</tr>
<tr>
<td>Alcohol screening</td>
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<tr>
<td>Suicide screening</td>
</tr>
</tbody>
</table>

Glen Oaks 301 Division St Greenville
VA Bonham 1201 E 9th St Bonham
HRMC 5th floor 4215 Joe Ramsey Blvd Greenville
Texoma BHC 2601 Cornerstone Dr Sherman

2. Comprehensive Plan of Care

The purpose of this assignment is to provide students an opportunity to demonstrate their knowledge and application of psychiatric/mental health nursing to the care of a client. **On one (1) of your in-patient clients, you need to complete the Psych**
database/NCP, and medication sheet. This CANNOT be completed on your first day of clinical. It is due by 2359, 5/8, submitted on eCollege.

Outpatient Assignments

3. Heritage Program (Z) 7% Varies
   a. On your assigned day, you are to arrive at the Heritage Program by 0715 to ride the bus while the participants are picked up from their homes. Attend the programs/activities throughout the day as an observer, assisting the staff as needed. You will be done about 1400. Have your attendance sheet signed at the facility.
   b. After your experience, complete a reflective journal (see outline/grading rubric on eCollege) about the experience by 2359 the day after the experience and submit it along with your attendance sheet on eCollege.
   c. Heritage Program
       2904 Sterling Hart Drive
       Commerce, TX 75428

4. Transitions Program (D) 7% Varies
   a. On your assigned day, you will meet at Glen Oaks at the regular pre-conference time of 0800. After pre-conference, you will attend the program at Glen Oaks until post-conference.
   b. After your experience, complete a reflective journal (see outline/grading rubric on eCollege) about the experience by 2359 the day after the experience and submit it on eCollege.

5. Tour 1/27 or 1/28
   a. On your assigned day, ALL students will be having a tour of the Terrell State Hospital starting at 0900. After the tour, we will be having orientation to Glen Oaks Hospital and the Hearing Voices Experience. There is no assignment for this experience.
   b. You are to wear your uniform and name badge.
   c. For the tour, leave everything in your car except something to write with and a piece of paper for notes if you choose. NO cellphones, etc.
   d. Terrell State Hospital
       1200 East Brin Street
       Terrell, TX 75160

6. Support Groups (S) 7% varies
   a. You are to attend two (2) support groups during the semester. One of the groups have to be focused on alcohol and the other group on drugs. It is recommended that you do NOT go to groups in the town that you reside in. Due to the nature of these meetings, do not wear your uniform or name badge. However, if you are asked, explain that you are a nursing student observing how various support groups assist clients with their overall well-being. **ONLY ONE STUDENT CAN ATTEND A**
SUPPORT GROUP AT ANY ONE TIME-YOU CAN'T GO TOGETHER TO THE MEETINGS.

b. For each group meeting, in the paper, name the group, indicate the location where you attended, the date attended, the length of time the group met and the purpose of each support group. For each group meeting, the paper should be no longer than one (1) typed double-spaced page. See grading rubric on eCollege. All papers are due by 2359, one (1) week after the day assigned on your clinical schedule. Use the following to guide your paper.

- Relate the function of the support group to three psychiatric principles utilizing concepts from your text on Self-help Groups

- Analyze the group functions:
  - Did it meet the general criteria of a group?
  - Did it provide support for the members?
  - Were all members involved?
  - What was the NATURE of the support offered?
  - Was there a designated leader? If so, describe the role of the leader.
  - What did you learn about the support group that can be used in your practice?

7. Simulation Day Reflection Journal (SIM) 5% 4/29

The purpose of this assignment is to provide the students an opportunity to reflect on their experiences during the simulation day. Complete the simulation effectiveness tool (posted on eCollege, along with grading rubric) and in the comment area reflect on your experience. It is due by 2359 the day of your simulation experience and is to be submitted on eCollege.

8. Clinical Evaluation Cr/NC End of semester

You will be evaluated by your clinical instructor at the end of the semester. The overall evaluation of your clinical performance must be satisfactory. You must pass the clinical evaluation to pass the course regardless of the rest of your clinical grade.