

**ODESSA COLLEGE ASSOCIATE DEGREE NURSING PROGRAM  
SYLLABUS RNSG 2213  
Spring 2013**

**COURSE TITLE:** Mental Health Nursing

**CREDIT:** 2 HOURS (32 CONTACT :) (16 Week Course)

**PLACEMENT:** SECOND SEMESTER OF THE NURSING PROGRAM

**PREREQUISITES:** RNSG 1105, RNSG 1201, RNSG 1215, RNSG 1260, RNSG 1321 for the generic student or consent of the department. RNSG 2207 for the transition student.

**CO-REQUISITES:** RNSG 2161, RNSG 1443, RNSG 1361; BCIS 1305; PSYC 2314 for the generic student. RNSG 1201, RNSG 1412, and RNSG 2263, RNSG 2260 for the transition student.

**Required Text Book:**

Varcrolis, Elizabeth & Halter, Margaret (2010) *Foundations of Psychiatric Mental Health Nursing* (6<sup>th</sup> ed.), Saunders: St. Louis

Varcrolis, Elizabeth, Carson Verna Benner, & Shoemaker, Nancy Christine (2006) *Virtual Clinical Excursions* (5<sup>th</sup> ed.), Saunders: St. Louis (**interactive software**)

**Required computer access:** ATI access is required for weekly assignments.

**LICENSING/CERTIFYING AGENCY:** TEXAS BOARD OF NURSING (BON)

**FACULTY:** Zassar Gatson MSN. CNE, RN  
Office: CT: 209  
Office: 432 335-6333  
Cell: 432-349-3052

**COURSE DESCRIPTION:** This course covers the principles and concepts of mental health, psychopathology, and treatment modalities related to the nursing care of patients and families suffering from mental disorders. (ICO 1, 2, 4, 5, 6).

**END OF COURSE OUTCOMES:** Uses therapeutic communications; utilizes critical thinking skills and a systematic problem-solving process as a framework for providing care to patients and families experiencing mental health problems.

**COURSE OBJECTIVES:** Course objectives utilize the framework of Differentiated Entry Level Competencies for Graduates of Texas Nursing Programs. At the completion of the course, according to the corresponding program outcome (PO), the student should be able to:

**As Member of the Profession:**

Participate in activities that promote the development and practice of professional nursing (PO 3). Demonstrate responsibility for continued competence in nursing practice, and develop insight through reflection, self-analysis, self-care, and lifelong learning (PO 4) Apply the five steps of a systematic process (for care and discharge planning), which includes assessment, analysis, planning, implementation and evaluation in utilizing, evidenced based practice, critical thinking, and decision making processes for the patient with a mental health alteration. (PO 1, 2, 3, 4).

**As a Provider of Patient-Centered Care:**

Use clinical reasoning and knowledge based on the associate degree nursing program of study and evidence-based practice outcomes as a basis for decision making in nursing practice (PO 5). Identify the physical and mental status, needs, and preferences of culturally, ethnically, and socially diverse patients and their families based upon interpretation of comprehensive health assessment findings compared with evidence-based health data derived from the associate degree nursing program of study (PO 6). Evaluate data to identify problems, formulate goals/outcomes, and develop plans of care for patients and their families using information from evidence-based practice in collaboration with patients, their families, and the interdisciplinary health care team (PO 7).

**As a Patient Safety Advocate:**

Comply with mandatory reporting requirements of the Texas Nursing Practice Act (PO 13).

**As a Member of the Health Care Team:**

Describe resources that facilitate continuity of care; health promotion, maintenance, and restoration; and ensure confidentiality (PO 19).

**TEACHING/LEARNING METHODS:** The following methods may be incorporated into 2213: lecture/discussion, technological instructional modalities, role playing, assigned readings, peer interaction, small group discussions, written assignments, oral reports, and multimedia instructional programs quizzes.

**EVALUATION AND GRADING:** The grading policy for the Associate Degree Nursing Program will be followed. There will be **six** unit exams consisting of no more than 60 questions. The final exam will consist of approximately 100 questions. Questions may be multiple choice, matching or fill in the blank. **No assignments/exams are optional.** All work must be submitted in order to earn a grade in this course unless the student has made arrangements with the instructor to receive a grade of incomplete (I) or withdrawal (W).

Students will earn grades in RNSG 2213 according to the following grade distribution:

**Weighting of Grades:**

Unit Exams (6) 60%

Concept Map 2.5%  
 Daily Grade 2.5%  
 ATI proctored 10%  
 Final Exam 25%  
**TOTAL 100%**

### **Grading Scale**

A 90-100  
 B 80-89  
 C 75-79  
 D 60-74.99  
 F 59 or below

A final grade of C or higher must be attained in order to pass RNSG 2213. Grades are carried to two decimal places until the final grade that is rounded to the appropriate whole number. No grades will be rounded up to 75 to pass. (Example: 74.99 = D)

### **A.T.I. Policy**

Students in Semesters one (1), two (2), and three (3) will take Practice Exams 1 and 2 relevant to each course. Students may take each practice exam twice (and only twice for a grade). The highest grade on each of the Practice Exams will be counted as a daily grade. Proctored exams will be given near the end of each semester in semesters one (1), two (2), and three (3) and Management.

**All students are required to remediate.** If a student score is:

**level 3:** receive 80 points plus 20 points for completion of remediation = 100 or an A.

**level 2:** receive 65 points plus 20 points for completion of remediation = 85 or an B

**level 1:** receive 55 points plus 20 points for completion of remediation = 75 or an C

**Below level 1:** receive 40 points plus 20 points for completion of remediation = 60 or D

### **Attendance Policy:**

Students are expected to regularly attend classes. Each session is one class. The student **must sign in for confirmation of attendance**. Failure to do so will be recorded as an absence. The student is responsible for the course material presented during any absence from class. Instructors will keep records of attendance. Excessive absences and tardiness may contribute being unsuccessful. Students are encouraged to be on time for each class. The door to the classroom will be closed 5 minutes after the appointed start time. If the classroom door is closed when the student arrives, he/she should knock on the door to enter. It is the student's responsibility to make arrangements for alternate testing should a major exam be missed. These arrangements must be made **in advance** if the student knows they are going to be absent on the day of testing. If a student has an unforeseeable absence, arrangements must be made with the instructor within 24 hours of the absence, in order for the exam to be made up. If arrangements are not made the grade will default to a "0". The same exam given to the class or the scheduled exam will not be used for the make-up exam. The instructor must be contacted **BEFORE THE TIME OF THE EXAM** and a time scheduled

for the make-up exam. **YOU MUST LEAVE A MESSAGE IF THE INSTRUCTOR IS NOT IN.** You may notify me by phone at **432 335-6333 office or 432 349-3052 cell.** If leaving a message please include your name and phone number or it may not be considered a valid notification. I will call you to discuss circumstances and make-up testing. Each student must give the instructor notification of when they plan to take the make-up exam. Make-up examinations will be sent to the testing center. The make-up period for the exam will be up to one week after the exam is given. For example, if the test is given at 8am on Thursday, you will have until 8am on the following Thursday in which to make it up. You must arrive at least 2 hours before their closing time to take the test. It is your responsibility to know the testing center hours and comply with their schedule and rules. After this time period, if the test has not been made up, your grade for the test will be **zero**.

**Electronic Devices during an exam:** Mobile phones or any other communication device (e.g. pagers, iPods, MP3 players) must be turned off during class. Students who use mobile phones during class will be asked to leave class. Any use of mobile phones, recording devices, electronic readers, or scanning technologies or other communication device during an exam or quiz will result in a score of **zero (0)** for that exam.

### **Learning Resource Center (Library)**

The library, known as the Learning Resources Center, provides research assistance via the LRC's catalog (print books, videos, e-books) and databases (journal and magazine articles). Research guides covering specific subject areas, Tutorials, and the "Ask a Librarian" service provide additional help.

### **Student E-mail**

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

### **Student Portal**

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

### **Technical Support**

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432 335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

### **Important School Policies**

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#)

**\*\*Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations. If you need accommodations, please provide Janice Pullig, the nursing supervisor a copy of your stated disability and your accommodations needs for your file. Please also, provide a copy to the instructor.**

### **Expectations for Engagement-Face to Face Learning**

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

#### **Reasonable Expectations of Engagement for Instructors:**

1. As an instructor, I will communicate with my students in a timely and clear manner. In order to maintain sufficient communication, I will

- ☐ Provide my contact information.
- ☐ Respond to all messages in a timely manner through telephone, email or next classroom contact and notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable

2. As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will

- ☐ Provide clear information about grading policies and assignment requirements in the course, syllabus, and
- ☐ Communicate any changes to assignments and/or to the course calendar to students as quickly as possible

3. As an instructor, I understand that I need to provide regular timely feedback to students about their performance in the course. To keep students informed about their progress, I will

- ☐ Return classroom activities and homework within one week of the due date and
- ☐ Provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

#### **Reasonable Expectations for Engagement for Students**

1. As a student I understand that I am responsible for keeping up with the course. To help with this, I will

- ☐ Attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable;
- ☐ Recognize the college provides free Wi-Fi, computer labs and library resources during regular campus hours to help me with completing my assignments; and,
- ☐ Understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my persona. Computer equipment or internet service is unreliable.

2. As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to ,

- ☐ Missing class when a major test is planned or a major assignment is due
- ☐ Having trouble submitting assignments
- ☐ Dealing with a traumatic personal event:, and
- ☐ Having to work or childcare schedule changed so that my classroom attendance is affected.

3. As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will,

- ☐ Seek out help from my instructor and/or from tutors
- ☐ Ask questions if I don't understand and
- ☐ Attend class regularly to keep up with assignments and announcements.

If the instructor sees that a student may need extra help or success coaching, she may submit a Retention Alert or Starfish Alert to alert the Odessa College Student Success Coaches. The Student Success Coaches will help the student stay focused and on track to complete their educational goals.

## **Course Calendar for 2213**

All assigned reading for the week must be completed before class. Class time will be used for group activities that will require you already be familiar with the material.

Lecture will also be utilized. There will be a quiz at the beginning of every class period starting at 9:10am. The door will be closed and locked at 5 minutes after 9 am in order to take the quiz. Please wait until 9:30 am if you are not there before the door is closed and locked. You may enter the classroom at that time, once the quiz is completed.

There will be no make-ups for any quiz missed. This rule goes for the whole semester.

Your study notes will be taken up at the beginning of each class period and returned at the end of each class period. If you take electronic notes, please email them the night before class is scheduled.

## Week 1

### January 23<sup>rd</sup>

Class in room 206, at 9:00 am-10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis, chapters 1-10, pgs 2 through 193.

ATI Modules 1, 2, 3 and 5. Please read the material and take notes. Write down any questions you may have regarding the material. Do the quiz at the end of each chapter. Be sure and watch the videos in each unit, they have valuable material that we will cover. Notes will be taken up at the beginning of each class period and returned at the end of each class period.

**Directions to access modules:** Open your ATI page and click on my e-learning.

Click on Resources

Click on RN Review Module

Click on 2010 Edition- Once open, scroll down to Mental Health Nursing RN 8.0

## Week 2

### January 30<sup>th</sup>

Class in room 206, 9:00 am-10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis, Continue chapters 5-10

ATI Chapters 4 and 6. Please read the material and take notes. Write down any questions you may have regarding the material. Do the quiz at the end of each chapter. View any videos included in the modules. These instructions apply to each ATI assignment you have throughout the semester.

## Week 3

### Feb 6<sup>th</sup>

Class in room 206, 9:00 am- 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis,  
Chapters 11, Understanding Responses to Stress, pages 195-203,  
Chapter 12, Anxiety and Anxiety Disorders, pages 212- 239,  
ATI Modules 7, 10, 11, 12, 19

[Exam #1](#) (1st Major Exam starting at 9:10am. Exam will cover all material assigned to date.)

## Week 4

### Feb 13<sup>th</sup>

Class in room 206 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 13, Depressive Disorders, pages 246-273

Chapter 14, Bipolar Disorders, pages 280-299.

Chapter 24, Suicide, pages 548-559.

ATI Module 7, 8, 10, 13, 21, 28

## Week 5

**Feb. 20<sup>th</sup>**

Class in room 206 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 18, Addictive Disorders, pages 402-408,

Chapter 25, Anger, Aggression, and Violence pages 565-580.

ATI modules 9, 10, 11, 12, 24, 31

[Exam #2](#) (1st Major Exam starting at 9:10am. Exam will cover all material assigned to date.)

## Week 6

**Feb. 27<sup>th</sup>**

Class in room 206 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 15, Schizophrenia, pages 306 – 337

Chapter 19, Personality Disorders, pages 433-444

ATI Modules 14, 15, 22

[#1 ATI Practice Test Due in room 216 at 1:30pm-2:45pm](#)

## Week 7

**March 6<sup>th</sup>**

Class in room 206 at 9:00 am – 10:50 am

Chapter 20, Sleep Disorders, pages 461-477

Chapter 22 Somatoform, Factitious, and Dissociative Disorders, pages 502-523

[Exam #3](#) (1st Major Exam starting at 9:10am. Exam will cover all material assigned to date.)

## Spring Break Week 10-17

## Week 8

**March 20<sup>th</sup>**

Class in room 206 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 26 Child, Older Adult, and Intimate Partner Abuse, pages 584-603

Chapter 27 Sexual Assault, pages 609-619

ATI Modules 30, 31

## Week 9

**March 27<sup>th</sup>**

Class in room 206 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 28 Disorders of Children and Adolescents, page 626-634

Chapter 17 Cognitive Disorders, pages 369-395

Chapter 16, Eating Disorders pages 344-357



ATI Modules 16, 18, 26

Major Exam #4 starting at 9:10 am. Exam will cover all material assigned to date.

## Week 10

April 3<sup>rd</sup>

Class in room 206 at 9:00 am – 10:50 am

Concept Maps and presentations

## Week 11

April 10<sup>th</sup>

Class in room 206 at 9:00 am – 10:50 am

Continue presentations of concept maps

## Week 12

April 17<sup>th</sup>

Class in room 206 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 23, Crisis and Disaster, pages 528-540

Chapter 29 Psychosocial needs of the Older Adult 653- 672

Chapter 30 Serious Mental Illness 677-690

ATI Modules 27

2<sup>nd</sup> Practice ATI Due room 216 at 1:30pm-2:45pm

## Week 13

April 24<sup>th</sup>

Material still covered, but assignments will be on BlackBoard

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 31 Psychological Needs of Patients with Medical Conditions, page 694-703

Chapter 32 Care of the Dying and for Those Who Grieve, page 707 – 721

Chapter 33 Forensic Psychiatric Nursing, page 725- 731

ATI Modules 25

Major Exam #5 starting at 9:10 am. Exam will cover all material assigned to date.

## Week 14

May 1<sup>st</sup>

Class in room 204 at 9:00 am – 10:50 am

Foundations of Psychiatric Mental Health Nursing-Varcarolis

Chapter 34 Therapeutic Groups, 736-746

Chapter 35 Family Interventions, pages 749-764

Chapter 36 Integrative Care, pages 767-769

Proctored ATI Room 216 at 1:30 pm-2:45 pm

**Week 15****May 8<sup>th</sup>****Proctored ATI Remediation Due****Exam #6****Final Exam Review****Week 16****May 15<sup>th</sup>****Final Exam at 9:00 am & 6pm room 206**

The instructor reserves the right to amend or change assignments in order to cover material that is deemed necessary for students learning and success, or in the event of departmental changes.