COURSE TITLE: Mental Health  
COURSE NUMBER: NUR 2522C

COURSE DESCRIPTION (with prerequisites):
This course provides the student with the opportunity to acquire knowledge and skills needed to care for patients with maladaptive coping disorders. Therapeutic nurse/patient interaction skills are stressed. Clinical experiences are selected to help students increase their understanding of the interdisciplinary health team and the nurse’s role as a member of the team. Clinical practice is provided in a psychiatric setting.

Prerequisites: NUR1020 C/L, NUR1280 C/L, NUR1141, BSC 2086 C/L, PSY2012

Corequisites: NUR 2522L & NUR 1211C/L. Microbiology with Lab must be completed by the end of the semester listed on the academic advising guide. Humanities must be completed by the end of the semester listed on the academic advising guide. 3 semester hours' credit. [A]

NAME(S) OF INSTRUCTORS:
Dr. Karen Lipford PMHNP-BC, EdD
Office- Bldg. Q, Room 217
Phone- (850) 718-2346
E-mail- lipfordk@chipola.edu

EFFECTIVE ACADEMIC YEAR:
2014-2015

REQUIRED TEXTBOOKS AND INSTRUCTIONAL SUPPLIES:

GRADING POLICY:
The standing of a student in each course is expressed by one of the following letters and corresponding grading system:
A – 100 – 90
B – 89 – 80
C – 79 – 75
D – 60 – 74
F – 0 - 59

PLEASE NOTE THAT AN UNROUNDED GRADE OF 75% OR ABOVE WILL BE REQUIRED TO CONTINUE PROGRESSION IN THE NURSING PROGRAM.
The Chipola Catalog provides policies and procedures regarding the grading system. A student’s Grade Point Average is derived from the grading system/quality point scale.

**ATTENDANCE AND WITHDRAWAL POLICIES:**
Chipola College expects regular attendance of all students. Students who are absent from classes for any reason other than official college activities must satisfy the instructor concerned that the absence was due to illness or other clearly unavoidable reasons. Otherwise, the student may suffer grade loss at the discretion of the instructor. Chipola policy allows each instructor to specify in the Instructor First Day Handout whether or not an absence is excusable and what affect the absence or tardy may have on the grade.

A student is allowed to repeat a course a maximum of three (3) times. **On the third attempt a student (1) must bear the full cost of instruction (unless waived by Student Services), (2) cannot withdraw, and (3) must receive a grade.**

**MAKE-UP POLICY:**
Chipola allows each instructor to specify in the Instructor First Day Handout the makeup policy.

**ACADEMIC HONOR CODE POLICY:**
Students are expected to uphold the Academic Honor Code. Chipola College’s Honor Code is based on the premise that each student has the responsibility to (1) uphold the highest standards of academic honesty in his/her own work; (2) refuse to tolerate academic dishonesty in the college community; and (3) foster a high sense of honor and social responsibility on the part of students. Further information regarding the Academic Honor Code may be found in the Chipola Catalog, Student Governance section.

**STUDENTS WITH DISABILITIES POLICY:**
Chipola College is committed to making all programs and facilities accessible to anyone with a disability. Chipola’s goal is for students to obtain maximum benefit from their educational experience and to effectively transition into the college environment. Students with disabilities are requested to voluntarily contact the Office of Students with Disabilities to complete the intake process and determine their eligibility for reasonable accommodations.

**LIBRARY AND ON-LINE REFERENCE MATERIALS:**
The library is a comprehensive learning resource center providing information in print, electronic, and multimedia format to support the educational objectives of the College. On-line catalogs, e-books and electronic databases can be accessed by using the **LINCCWeb** icon on the Chipola Library website at [www.chipola.edu/library](http://www.chipola.edu/library). If you have questions about database usage consult the “How to Use the Chipola Databases” on the Library website or call the Library at 850/718-2274 during regular hours. Library hours are posted each semester at the building entrance and on the Library website. See your Instructor First Day Handout for individual instructor recommendations and resources.
TECHNOLOGY RESOURCES:
The college’s learning management system is Canvas. Classes become available on Canvas on the first day of the semester. It is the student’s responsibility to log onto the Canvas system the first day of class to establish the first day of attendance and to check announcements. All official class communication must be through Canvas. For further information, contact your instructor or the Director of eLearning. The Canvas support hotline is available online in live chat and on the phone, toll-free, at 855-308-2812 for any issues in accessing or utilizing Canvas. The Information Technology Center, located in the library, is equipped with computer workstations. Lab hours are posted each semester at the building entrance and on the Library website.

TUTORING RESOURCES:
Chipola College has contracted Smarthinking, a Pearson Company, for online tutoring services, accessible especially from 5 p.m. to 8 a.m. It can be accessed through Canvas. Additionally, the Academic Center for Excellence (ACE) Lab, located in Building L, offers free tutoring from 8 a.m. to 5 p.m. and is equipped with computer workstations. Lab hours are posted each semester at the room entrance.

ELECTRONIC DEVICE USAGE:
All electronic devices such as cell phones, beepers, pagers, and related devices are to be silenced prior to entering classrooms and/or laboratories to avoid disruption. Should it become necessary for a student to leave his/her “device” on in order to send or receive an emergency call and/or text message, the student must inform the instructor prior to class. If the student finds it necessary to send and/or receive an emergency call and/or text message during class/lab time, he/she is instructed to take all books and belongings and step outside the classroom to deal with the situation. To minimize classroom disruption and the distraction to classmates, the student will not be permitted to reenter the classroom during that class period. Any time a test is being administered, all such devices must be turned off and put away. If a device is seen or heard during an exam, a score of zero will be given for that exam. Initial and repeated infractions may result in disciplinary action.

DISCIPLINE SPECIFIC COMPETENCIES / LEARNING OUTCOMES:
Professional standards that guide the student learning outcomes include the following sources: Healthy People 2020, National Patient Safety Goals, and NLN standards.

N1. Demonstrate knowledge of common, well-defined health needs with predictable outcomes and prioritize and perform therapeutic interventions using current nursing care standards.
N2. Apply foundational knowledge of the nursing process on providing advanced nursing care for clients throughout the life span.
N3. Apply therapeutic communication techniques in providing advanced nursing care for clients throughout the life span.
N4. Utilize critical thinking skills in providing collaborative care for clients with selected health alterations.
N5. Identify culturally diverse populations and formulate and care to reflect diversity throughout the life span.
N6. Demonstrate use of relevant technology for client care and documentation.
N7. Synthesize the use of safe, legal, ethical and professional practices to meet the needs of individuals throughout the life span.

**Professional Standards**

*Healthy People 2020*

*National Patient Safety Goals*

*NLN Standards*

### LINKING COURSE-LEVEL STUDENT LEARNING OUTCOMES WITH DISCIPLINE-SPECIFIC COMPETENCIES, ASSESSMENT METHODS, AND ARTIFACTS

<table>
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<th>DISCIPLINE-SPECIFIC GENERAL EDUCATION COMPETENCIES</th>
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<td>• Differentiate between the different theories of mental disorders.</td>
<td>N1-N7 for all Q, UT, SP, CF, Clin.</td>
<td>Q, UT, SP, CF, and Clin</td>
<td>Portfolio for all</td>
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<tr>
<td>• Demonstrate a therapeutic relationship in the mental health care setting.</td>
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<td>Q, T, and W</td>
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<tr>
<td>• Apply the nursing process in the mental health setting.</td>
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<td>Q, T, and W</td>
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<td>• Discuss and demonstrate therapeutic communication in mental health nursing.</td>
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<td>Q and T</td>
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<td>• Identify the role of family, community, and cultural diversity in mental health nursing.</td>
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<td>• Identify legal and ethical issues in mental health nursing.</td>
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<td>• Apply the foundations of neurology, including psychopharmacology.</td>
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**Assessment Codes**

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<tr>
<td>T</td>
<td>Tests</td>
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<td>Pre/Post</td>
<td>Pre- and Post-Tests</td>
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<td>CF</td>
<td>Cumulative Final</td>
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<td>EX</td>
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<td>SE</td>
<td>Nat'l or State Standardized Exam</td>
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<td>Skills Demonstration</td>
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<td>Judged</td>
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<td>MEANS OF ACCOMPLISHING STUDENT LEARNING OUTCOMES:</td>
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Lecture, discussions, projects, selected readings, handouts, audio-visuals, and clinical lab.

**Unit Exams**: Unit exams will be provided for each major topic area discussed per the lecture calendar. Unit Exam questions will include questions regarding topic areas, questions that build on past knowledge, and will consist of a variety of formats for questions. Question formats: may be multiple choice, fill in the blank, essay, and/or check all that apply. Make up tests will be different from the test given in class and will be provided to students at the Testing Center. One of your unit exams will be a drug math exam. This drug math unit exam (along with mental health content unit exams) will be scheduled on your course calendar. **Students must have an non-rounded unit exam and mid-term average of 75% or above before they will be allowed to take the final exam. If a non-rounded grade (unit exam and mid-term exam average) is not achieved, the student fails the course if the withdrawal or resignation date has passed.**

Following each examination, students are to review the rationales for each question missed via the computer. Tests are usually computerized, but at times paper testing will be utilized. Any questions that occur from this review must be brought to the instructor’s attention before leaving the computer lab. Assigned seating in the computer lab is at the discretion of the instructor for the course. If a paper test is utilized, a test review will be provided during the next scheduled class period for the course.

**Pop Quizzes**: Quizzes are given at the discretion of the instructor. Students who come to class late will not be allowed to participate in the pop quiz and will receive a grade of zero (0) for the quiz grade.

**Special Assignment Grade**: (Evolve case studies). The special assignment grade counts 10% towards the final grade but is only added after a 75% non-rounded average is achieved on the course grade (unit exam average percentage, mid-term exam grade, and final exam grade). Students that have not achieved a non-rounded 75 for the course grade will **not** have their case studies added in order to pass the course.
Mid-term Exam: An instructor generated mid-term exam will be utilized for this course. This exam will hold equal weight (percentage) as the final exam. The purpose of the mid-term exam is to allow the student to go back and review older material that will be incorporated into a unit exam. This exam will contain new material of the current topic, plus older material from previously testing topics, unless voiced otherwise by the lecture instructor.

Final Exam: A cumulative final exam (of all course material) will be provided as an evaluation method to determine the level of learning for the student for the entire course. The final exam will be provided by HESI and will be scheduled for the student on the computer. The final exam must be taken at the college with faculty monitoring the exam. The schedule of the HESI final is subject to change depending upon availability of the computer lab for testing.

The HESI Confidentiality Statement:

All HESI exams are secure exams. In order to take the exam, all examinees will sign a confidentiality statement prior to logging onto the exam and will agree to not discuss the exam questions, rationales, or answers with any other possible examinee.

Additionally, legal action will be taken by HESI against any known violator.

Further information on the final exam:

A Health Education Systems, Inc. (HESI) final exam will be administered in each course within the nursing program. Upon completion of the HESI final exam, a remediation packet will be emailed to the address supplied by the student.

The recommended HESI benchmark score is 900, however an 850 is considered acceptable in the Chipola College Nursing Program. Students are encouraged to review and remediate any areas of weakness as indicated on their individual HESI final exam score report.

ASSIGNMENT AND/OR COURSE OUTLINE

<table>
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<td>Unit exam #2</td>
<td>Chapters 9-15</td>
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<td>Unit exam #3</td>
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<td>Unit exam #4</td>
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<td>Mid-term exam</td>
<td>Chapters 23-28 and previously covered course materials</td>
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<td>Unit exam #5</td>
<td>Chapters 29-36</td>
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<tr>
<td>Final exam</td>
<td>All course materials</td>
</tr>
</tbody>
</table>

Case studies this semester (Evolve):
Case study 1: Alcoholism
Case study 2: Alzheimer’s disease
Case study 3: Attention Deficit Hyperactivity Disorder
Case study 4: Depression
Case study 5: Major Depressive Disorder
Case study 6: Psychosis
Case study 7: Schizophrenia

Case studies will be open starting the first day of the semester and may be done ahead of schedule. They will close by the date noted on the calendar. Feedback will be dated to be released to the student after the date they are due. Students may work on case studies together and utilize their books and other resources to obtain the best grade possible. However, they will only be open once for the grade.

This course provides the student with the opportunity to acquire knowledge and skills needed to care for patients with maladaptive coping disorders. Therapeutic nurse/patient interaction skills are stressed. Clinical experiences are selected to help students increase their understanding of the interdisciplinary health team and the nurse’s role as a member of the team. Clinical practice is provided in a psychiatric setting. Three semester hour credit.

**Further Evaluation methods:**

1. Clinical grade:
   S – Satisfactory
   U – Unsatisfactory

   Clinical evaluation covering critical elements of patient care. Students will be graded in the clinical, simulation, or skills lab the same and unsatisfactory (U) grades received in any of these areas count together. Three U’s in the same critical area involving three different situations will constitute a failing clinical grade and the student will not be allowed to progress.

2. Psychiatric Grand Rounds: This is a group assignment to be completed by each of the clinical groups. A document has been downloaded to Canvas with specific criteria. Failure to complete this exercise will result in an incomplete for the course and the student will not be allowed to progress until coursework is complete. Remember this will be the artifact item for the student’s portfolio for this semester and must be saved for the last semester of the nursing program. The power point presentation must be downloaded under assignments for the course as well. Even though this is a group project, each student must download the group power point to their perspective assignment area. Since this is a group assignment, any problems encountered by students with the assignment must be brought to the lecture instructor’s attention prior to the presentation in simulation lab. Blue scrubs are to be worn during the presentation.
Clinical written requirements:
1. Student questionnaire
2. Three personal, professional goals
3. Nanda Nursing Diagnosis/Problem List: The focus for this semester will be on mental, emotional, safety, and educational nursing priorities. The student is to list the problems and develop the top 2 nursing diagnoses into the NANDA format.
4. One satisfactory nursing care plan with your top two nursing diagnoses, plus a related internet article of your patient’s psychiatric diagnosis.
5. A journal entry each clinical day (except the last clinical day)
6. Psychiatric Nursing Assessment
7. Support group meeting report (There are many different types of support groups but must be with clinical instructor approval). Must attend (one) meeting. The meeting report must be downloaded under assignments for the course as well.
8. Co-lead one patient group, choosing a patient teaching need as the topic

Regular attendance is required of all students and excessive absences for any reason are grounds for dismissal from the nursing program.

1. Three or more absences of lecture constitute excessive absences. Three (3) tardy for classes, equals one (1) absence, three (3) absences is considered excessive in one semester and may result in dismissal from the program and a failing grade (F) for the course(s) in which she/he is currently enrolled. Students that make a habit of being tardy (2 during the course) or being absent (2 during the course), will receive formal counseling with the instructor and will be placed on monitoring. Emergency and/or prolonged illness will be evaluated on a case by case basis by the faculty with input from the Director of Health Sciences. A student is expected to notify the instructor when absent from class or clinical. Class absence on an exam day, without notification by class time, will result in loss of grade, “0”, for any assignments, exams, or quiz. The student is expected to make up a missed exam on their first day back on campus.
2. The student is responsible for any material covered or schedule changes that may have occurred during this absence.
3. Student’s make up work will be scheduled at the instructor’s convenience/availability and must be initiated by the student.
4. Make up work for absences must be completed at the instructor’s discretion or loss of grade (“0”) will result.
5. When absent on a clinical day, the student is expected to notify the instructor or unit secretary one (1) hour before time to report to duty.
6. Students that must miss a clinical, must provide a copy of a doctor’s slip or court summons in order for the absence to be excused. All other absences will be considered unexcused and a grade of unsatisfactory “U” will be assigned under professionalism on the clinical evaluation. Extenuating circumstances will be reviewed at the discretion of the course instructor. A make up activity, for the missed clinical (either excused or unexcused) will be assigned and must be
completed by the time indicated by the instructor or a grade of Incomplete or “I”
will be assigned until the activity is complete.
7. If a student is unprepared for clinical experience, he/she may not be allowed to
participate in patient care and this will be considered an unexcused absence.

Clinical dress regulations:

1. Students are to wear blue, Chipola College nursing scrubs.
2. Shoes should be enclosed toes, comfortable, and follow guidelines noted in
nursing handbook (white leather).
3. Cleanliness of person, clothing, shoes, good oral hygiene, and the use of an
effective deodorant are all components of good grooming and should be adhered
to at all times. Nails are to be clean and short. Clear nail polish is appropriate.
No acrylic nails. No cologne, perfume, or after-shave may be worn. No smoking
at clinical and students may not smell like smoke at clinical.
4. Beards are to be short and neatly trimmed. Hair must be neatly contained
and not brushing the collar of their shirt. No butterfly hair clamps.
5. Students may wear a wedding ring, watch, and one pair of small stud pierced
earrings. No other item of jewelry is allowed, including necklaces.
6. Makeup should be conservative. No extremes of hair color. No false eyelashes.
Tattoos must be covered up.
7. For mental health clinical, students will wear their Chipola name badge and place
tape over their last name.

Miscellaneous

1. Cell phones, beepers, or any other electronic devices which may cause potential
disruption of the classroom environment must be turned off and out of sight in the
classroom. Cell phones may not be taken in the clinical area. This is a facility
requirement.
2. Cheating or plagiarism is not allowed. Cheating or plagiarism will result in a
grade of “0”.
3. Students displaying disruptive behavior will be asked to leave the classroom for
the remainder of the class for that day. Students asked to leave the classroom
will be absent for that class day. Examples of disruptive behavior, although not
an exhaustive listing are:
   a. Sleeping in class
   b. Entering class late or departing early (routinely)
   c. Personal hygiene problems impacting fellow students
   d. Repeatedly talking in class without being recognized
   e. Talking while others are talking
   f. Physical display of anger
   g. Threatening faculty or fellow students
   h. Verbal abuse of faculty, staff, or student
   i. Eating, drinking, gum-chewing
4. Children or other people not enrolled in a class are not allowed in the classroom
under any circumstances.
5. Tape recording in class is at the discretion of the instructor.
6. Profanity is not tolerated in the classroom or the clinical area.
7. No eating is allowed in the classroom. The only open beverage allowed in the classroom is water.
8. Students are expected to attend clinical well rested and alert in order to be safe practitioners. Students who fail to comply will be sent home with an unsatisfactory for that clinical day. Students who are working may not work the previous 8 hours prior to clinical.

See your Instructor First Day Handout for individual instructor assignment schedule.