

# TEXAS LUTHERAN UNIVERSITY

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Department of Nursing – Baccalaureate Program



## NURSING 342 **Behavioral Health Nursing across the Age Span**

Cecilia S. Trinidad, MSN, RN – Lead Faculty  
Terri Dutton, MSN, RN – Clinical Instructor  
Diana R. Sharp, MSN, RN, - Clinical Instructor

## COURSE SYLLABUS

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Spring 2016

**Texas Lutheran University**  
**Baccalaureate Nursing Program – Spring 2015 Semester**

**Course Number and Title:** *NURS 342 Behavioral Health Nursing across the Age Span*

**Faculty Names/Email, Room & Phone Number: Lead Faculty:** Cecilia S. Trinidad, MSN, RN, [ctrinidad@tlu.edu](mailto:ctrinidad@tlu.edu), Nursing Building – Room 104, 830-372-6932 (office number) or 830-560-0380 (cell number). Office Hours: Tuesday from 9:00 a.m. to 12 Noon and by appointment as needed.

**Clinical Instructors:** Terri Dutton, MSN, RN, Krost Building – Room 309-2, (830) 372-6917, cell number – 1- 210- 204-7872, email address: [tdutton@tlu.edu](mailto:tdutton@tlu.edu). and Diana R. Sharp, MSN, RN, Krost Building – Room 309-2, office # (830) 372-6917, cell number is 1-405-513-1688, email address: [dsharp@tlu.edu](mailto:dsharp@tlu.edu).

**Placement within the Program of Study:** Junior (2nd Semester)

**Credit Hours/Class/Clinical:** Five (5) semester credit hours; three (3) classroom hours per week; six (6) clinical/lab hours per week.

**Pre-Requisite/Co-Requisites:** NURS 330,332/NURS 340

**Course/Catalog Description:** Focuses on behavioral/psychiatric nursing concepts related to preventive and therapeutic measures for psychiatric and behavioral health applied to individuals of all ages, families and communities. Emphasis includes cultural and social influences and perceptions related to mental illness, as well as concepts related to emotions such as mood, affect and anxiety, coping and stress and cognitive functioning including psychosis and maladaptive behavior related to addiction, violence and sexuality.

**Course Objectives/Outcomes:** After successful completion of this course, the student will be able to:

1. Analyze the history and cultural issues related to psychiatric and behavioral health including theories and therapies and managed care issues. (PO 1, 2 and 7).
2. Clarify the causes and risk factors of psychiatric/behavioral disorders, the pathophysiologic changes that result, and the clinical manifestations that are produced across the age span from various cultures. (PO 2, 4, and 6).
3. Utilize the nursing process, critical reasoning, and evidence-based practice in the care of clients with psychiatric disorders, including aspects related to their families and communities. (PO 2, 4, 5, and 8).
4. Interpret the actions, therapeutic effects, adverse effects, and client education associated with medications as well as complementary and alternative modalities given to treat clients with psychiatric/behavioral disorders. (PO 2 and 8).
5. Utilize therapeutic communication principles and its use with clients with behavioral health issues and in securing a behavioral health history. (PO 7).
6. Analyze the effects on the family system when a member has psychiatric/ behavioral disorder. (PO 2).
7. Differentiate cultural, legal and ethical concepts as well as professional standards concerning providing safe and effective services for clients with behavioral health issues and their rights as client rights. (PO1,2,6, and 8).

**Required Text(s)/Other Required Course Material:**

- Halter. M.J. (2014). *Varcarolis' Foundations of Psychiatric and Mental Health Nursing: A Clinical Approach*. (7<sup>th</sup> Edition or current edition). Saunders/Elsevier.

- Swearingen, P.L. (2007) *All in One Nursing Care Plan Book* (4<sup>th</sup> edition) Mosby/Elsevier. ISBN-13: 978-0323262866.
- Lehne, R. (2007). *Pharmacology for Nursing Care*. (6<sup>th</sup> edition or current edition). Saunders/Elsevier.

**Optional Books:**

- Wilson, D., & Hockenberry, M.J.(2012). *Wong’s Clinical Manual of Pediatric Nursing*. Mosby/Elsevier. ISBN 9780323077828.

**Description of Instructional Methodologies:**

This course is taught by lecture with discussion, case study breakout groups, on-line activities, and ATI. The breakout groups provide for synthesis of clinical content with critical reasoning and analysis. On-line content and activities are intended to promote student integration and synthesis of content. The course will include interview strategies for securing a behavioral health history and creating a nursing care plan. Client privacy training is required to assignment to clinical settings. Refer to TLU *Student Nursing Handbook* for General Course Policies.

**Assessment of Student Learning/Evaluation Methods/Grading Criteria:**

Student learning is assessed at specified times during and at the end of the course using grades from examinations, completing ATI exam in mental health, weekly quizzes, clinical competency/proficiency and final exam.

The evaluation methods include two (2) course exams, a final/comprehensive exam, completion of ATI mental health assessment at a specified level and clinical proficiency documental on the clinical evaluation tool. The following indicates the percentage for each evaluation method as applied to the total grade and assignment dates:

Assignment/Evaluation Method	Due Date	Percentage of Final Grade
<b>Two Exams</b>		Each Exam is 20% x = 40%
<b>Exam 1</b>	Exam 1 – 02-18-16	
<b>Exam 2</b>	Exam 2 – 04-07-16	
<b>Final exam</b> – course subject content from all weeks and will evaluate course outcomes	Final Exam 04-29-16	Final Exam = 30%
<b>ATI Proctored Exam</b> (Refer to Student Handbook for specific grading criteria)	April 14, 2016	10%
<b>Quizzes</b> ( to be given at the beginning or end of class a total of 10 quizzes to given)		20%
<b>Clinical Evaluation Performance</b> – must achieve satisfactory in all aspects of the clinical/lab competencies by final clinical evaluation to pass	April 22, 2016	Pass/Fail
<b>Total percentage</b>		<b>100%</b>

***NOTE: The student must successfully pass the clinical component of this course as indicated by a Pass on the clinical evaluation tool and the Medication Exam in order to pass the course. Failure to receive satisfactory on the clinical evaluation tool and the Medication Exam will result in a failing grade for the course. In addition, the student must achieve an average of 75 for all course exams before other assignment grades are computed for the final grade.***

**Grading Scale: 90 to 100 = A; 80 to 89 = B; 75 to 79 = C; 74 to 70 = D; and below 69 = F**

**Specific Course Policies:**

- A. Changes to the Syllabus:** This syllabus is not a contract AND can be changed at any time at the sole discretion of the professor. Students are responsible for changes in the course and other announcements in class and by email. The capacity to receive and check email by transferring and receiving electronic files on a regular basis is a requirement as well as the ability to use and navigate eRacer (online learning resource).
- B. Academic Honesty:** Every TLU student is responsible for upholding the provisions of the Student Code of Conduct, as published in the Undergraduate Catalog. The Student Code of Conduct addresses the University's policy on academic honesty, including provisions regarding plagiarism and cheating, unauthorized access to University materials, misrepresentation/falsification of University records or academic work, malicious/intentional misuse of computer facilities and/or services, and misuse of student identification cards. Incidents of alleged academic misconduct will be handled through the established procedures of the University Judiciary Program, which includes either an "informal" resolution by a faculty member, resulting in a grade adjustment, or a formal hearing procedure, which may subject a student to the Code of Conduct's minimum one semester suspension requirement. Please refer to the TLU Student Handbook for specific information.
- C. Accommodations for Students with Disabilities:** *Texas Lutheran University offers a variety of accommodations to students with disabilities based on appropriate documentation, nature of disability and academic need. In order to initiate services, students should meet with the A.D.A. Coordinator (Meadows Center, Alumni Student Center, room 101D) at the start of the semester to discuss reasonable accommodation. If a student does not request accommodation or provide documentation, the faculty member is under no obligation to provide accommodations. You may contact the A.D.A. coordinator at ext. 8009 or through email at [tweers@tlu.edu](mailto:tweers@tlu.edu). If you require accommodation, it will be your responsibility to ask for them as needed. See TLU catalog.*
- D. Classroom/Clinical Conduct and Behavior:** Preparation for class and clinical as well as active participation are expectations. There are specific TLU policies and Nursing Program policies related to attendance, conduct, and dress during class and clinical. Please refer to the University and Department of Nursing Student Handbooks for specifics. Students will be responsible for reading, understanding and adhering to these policies while on campus in the classroom and labs for this course as well as while in the health care agencies during clinical. Policies will be strictly enforced at all times.

\*Please refer to the TLU Nursing Program Student Handbook regarding Policy on Bloodborne Pathogens and other requirements for clinical rotations.

*(Every TLU student is responsible for upholding the provision of the Student Code of Conduct, as published in the Undergraduate Catalog. Student Code of Conduct addresses the University's policy on academic honesty, including provision regarding plagiarism and cheating, unauthorized access to University materials, misrepresentation/falsification of University records or academic work, malicious removal, retention or destruction of library materials, malicious/intentional misuse of computer*

*facilities and/or services, and misuse of student identification cards. Incidents of alleged academic misconduct will be handled through the established procedures of the University Judiciary Program which includes either an “informal” resolution by a faculty member, resulting in a grade adjustment, or a formal hearing procedure, which may subject a student to the Code of Conduct’s minimum one semester suspension requirement)*

\*Failure to practice within the Texas Nursing Practice Act and the Code for Nurses with Interpretive Statements (American Nurses Association, 2001) will result in failure of the course.

**E. Withdrawing from Course:** The Policy and Procedure for withdrawing from the University or a particular class are printed in the TLU Catalog and Student Handbook. The last day to withdraw from this course without academic penalty is **March 28, 2016.**

**F. Written Work:** All written work by students must be turned in on time in order to get full credit. Failure to turn in required assignments on the due dates will result in a loss of “10 points per day” passed the assigned due date.

**G. The Academic Support Center:** *The Academic Support Center provides Collaborative Learning Assistance (CLA, previously known as Tutoring) and Supplemental Instruction (SI) in addition to workshops and individual assistance with study skills, time management, and learning strategies. Whether you want to strengthen your learning with extra reinforcement and review, or feel you're struggling in a class, the Academic Support Center can help.*

*For CLA and SI schedules as well as information about study strategies workshops, or to make an appointment for individual assistance, see the Academic Support Center pages on the TLU website at [https://my.tlu.edu/ICS/Student\\_Life/Academic\\_Support.inz](https://my.tlu.edu/ICS/Student_Life/Academic_Support.inz), call extension 6305, email [lcredit@tlu.edu](mailto:lcredit@tlu.edu), or drop by the Meadows Center in the ASC. CLA and SI sessions will begin the second week of classes; schedules are currently being set so check the CLA/SI Schedules web page often for dates and locations.*

### **Lab/Clinical Learning Outcomes:**

1. Provide and maintain a safe environment for the client during all aspects of care. (CO 1 & 2).
2. Demonstrate safe patient-centered nursing care using evidence-based practice for the adult/pediatric/adolescent and family of the adult/pediatric. (CO 2, & 4)
3. Demonstrate caring behaviors when providing nursing care to the adult/pediatric/adolescent patient and their family. (CO 1 & 2).
4. Demonstrate effective communication skills to promote safety and support decision making when caring for the patient and family. (CO 5, 6 & 8)
5. Apply clinical judgment to ensure quality outcomes when providing care to the adult/pediatric/adolescent patient and family. (CO 2,& 4 )
6. Determine collaborative relationships needed to provide and improve patient care for the patient and family. (CO 1, 2, & 4).

### **Equipment required that student must bring each time:**

- Proper attire as listed in student handbook
- Stethoscope
- Watch with second hand
- Skills Performance Record
- Name tag

**Assignments:** Students are responsible for their Skills Performance Competency as follows:

- Successfully perform the skill safely and accurately by the deadline.
  - Achieve a Satisfactory for Skills Competency to pass the skills be evaluated.
  - Inability to demonstrate proficiency will require documentation of successful remediation within 1 week of first unsuccessful attempt.
  - Student will reschedule skills testing within 1 week of completion of remediation and provide Instructor testing the signed copy of the remediation report prior to testing.
  - Student must meet a Satisfactory **on 2nd attempt if not successful the student will fail the entire course.**
  - Skills demonstration will be in sequential order.
  - Student will be responsible for setting up appointment with the Instructor when Skills Competency testing as scheduled.
  - Students **who do not adhere** to the Skills Competency demonstrations deadlines **will not pass the course.**
  - ***Refer to Student Handbook for specific remediation criteria.***

**Open Labs:** Please refer to Student Calendar for dates and times lab is open for practice.

- Students must wear the nametag and have their student ID to gain entrance.
- Available audiovisual and written resources must be signed out and in, and **may not leave the Skills Lab.**

**Late Assignment Policy:** Completed assignments are submitted by assigned deadline dates. Incomplete work will result in failure. Class tardiness may result in inability to attend the class thus resulting in a counseling report for non-professional behavior.

**Make-up Labs or Exam Policy:** Opportunities are provided to successfully complete each skill by the scheduled deadlines. **There is no make-ups for either lab or exams.**

**Methods of Instruction used in Lab are:**

- Demonstration
- Audiovisuals
- Skills Practice and Performance
- Multi-media activities
- On-line activities
- Student return demonstrations
- Interactive educational activities
- Critical thinking exercises
- Simulation – High Fidelity

**Evaluation Methods used in Lab:**

- Objective Observation
- Skills Performance
- Attendance and participation

### **Methods of Instruction to be used for Clinical**

- Simulation experiences in the TLU Simulation Lab

### **Evaluation Method for Clinical:**

- Completion of the clinical evaluation tool by the faculty and student at midterm and at the end of the course.
- Clinical is a pass/fail course. However, unsuccessful completion of either clinical or didactic components will result in failure of both courses as they are co-requisites

**\*\*\* Detailed information regarding Clinical requirements, please refer to the TLU Student Handbook.**

Modules	Content	Dates
I. Foundations of Behavioral Health Nursing	<ul style="list-style-type: none"> <li>• Review of Syllabus &amp; Course Content</li> <li>• Introduction to Mental Health Illness and Nursing Process</li> <li>• The use of therapeutic communication skills as they relate to behavioral health and illness.</li> <li>• Completing and learning how to complete a nursing health history and formulate nursing care plan.</li> <li>• Cultural and Age Span issues related to behavioral health</li> <li>• Classification of Mental Illness using DSM – IV Classifications</li> <li>• Legal and Ethical Guidelines for Safe Practice</li> <li>• Medications used to treat</li> <li>• Creating a safe and therapeutic environment</li> </ul>	January 14, 25, and 28
II. Psychobiological Disorders  <b>Exam 1 – 02-18-16</b>	<ul style="list-style-type: none"> <li>• Recognize the symptoms of mental health diseases, their progression, nursing care and treatment and medications used for these diseases listed below:</li> <li>• Depressive Disorders,</li> <li>• Bipolar Disorders,</li> <li>• Anxiety</li> <li>• Obsessive Compulsive Related Disorders,</li> <li>• Personality Disorders.</li> <li>• Psychotic Disorders w Delusions</li> <li>• Cognitive Disorders</li> <li>• Traditional Nonpharmacological Therapies               <ul style="list-style-type: none"> <li>➤ Group &amp; Family Therapy</li> <li>➤ Stress Management</li> <li>➤ Brain Stimulation Therapies</li> <li>➤ Electroconvulsive Therapy</li> </ul> </li> </ul>	Feb 4,11, 18, and 25



<p>III. Addictive Disorders, Defense Mechanisms, Eating Disorders,</p>	<ul style="list-style-type: none"> <li>• Understand the difference between substance abuse and addiction, its risks factors related to withdrawal and its impact on the community, and family.</li> <li>• Recognize the symptoms of mental health diseases, their progression, nursing care and treatment and medications used for these diseases listed below:</li> <li>• Somatoform and dissociative disorders,</li> <li>• Eating disorders</li> <li>• Neurocognitive Impulse Disorders.</li> </ul>	<p>March 3, 10, and 31</p>
<p>IV. Trauma and Special Populations</p> <p><b>Exam 2 04-07-16</b></p> <p><b>ATI Proctored 04-14-16</b></p> <p><b>Final Exam 04-29-16</b></p>	<ul style="list-style-type: none"> <li>• Psychiatric Emergencies such as indicated below to include care, management and treatment modalities used in the care of the groups. <ul style="list-style-type: none"> <li>○ Crisis Management</li> <li>○ Suicide</li> <li>○ Anger Management</li> <li>○ Family &amp; Community Violence</li> <li>○ Sexual Assault</li> <li>○</li> </ul> </li> </ul>	<p>April 7, 14 and 21</p>