Course Title: Communication Mental Health Nursing

Term Offered: Summer

Credit Hours/Clock Hours: 3 credits/45 clock Hours

Course Prerequisite: Admission to the accelerated nursing program, NUR 330

Co-requisites: NUR 331, NUR 333L, NUR 336, NUR 336L

Mode of Instruction:

Instructor Name:

Instructor Contact Information:

Instructor Availability:

Course Description

Course focuses on developing therapeutic communication skills with clients and other healthcare providers. Additionally, the course will focus on promoting, maintaining, and restoring mental health utilizing therapeutic nursing interventions for clients along the mental health/disorder continuum.

Course Purpose

This first semester required accelerated BSN course, expands student understanding of the continuum of mental health and illness, and builds upon pre-requisite psychology courses. Students explore the theoretical and biopsychosocial underpinnings of mental health and illness. Student understanding of psychotropic medications, as well as, a host of non-pharmacologic nursing and inter-professional team interventions are explored. Throughout the course the importance of therapeutic communication, personal presence, self-awareness and self-reflection are addressed. Students are exposed to a multitude of cultural, ethical and legal issues that nurses confront related to caring for
patients and families with mental illness. Students gain a basic understanding of the wide range of pediatric and adult mental illnesses, including best practices for the vast array of treatment modalities, both acute care and community-based, for each illness, with emphasis on the influences of stress, coping and resilience. By the end of this course students are exposed to a foundational understanding of the many roles nurses fulfill related to mental health and illness throughout the continuum of care which enhance their critical reasoning, clinical practice, and professionalism and leadership abilities. This leads to individualized clinical reasoning and collaborative care planning which sets the stage for caring and successful psychiatric and psychosocial nursing practice in all health care settings.

**Student Learning Outcomes**

Upon completion of the course, the successful student:

**Clinical Practice and Prevention**
- Explores the role of the nurse caring for patients experiencing alterations in mental health.
- Examines the role of the nurse in promoting optimum level of mental health.

**Communication**
- Explores the use and application of therapeutic communication with patients having complex communication difficulties.

**Critical Reasoning**
- Synthesizes knowledge of neurobiology, psychological theory, and nursing theories in order to plan and prioritize nursing care for patients with alterations in mental health.

**Leadership**
- Describes the specialty practice standards for psychiatric nursing care.

**Professionalism and Professional Values**
- Explores cultural beliefs, practices, and stigmas related to patients suffering from alterations in mental health.

**Global Health**
- Examines the impact of health equity and social justice on nursing and health care in a variety of settings.

**Course Structure/Approach**

This course is learner centered. The Arizona Board of Regents (ABOR) is committed to providing quality education and programs at Arizona’s public universities. This commitment includes placing the student and the learning process at the center of education. The NAU - ABOR link for the definition of Learner Centered Education is as follows: [http://www.azregents.edu/specialprogramsandinitiatives/default.aspx](http://www.azregents.edu/specialprogramsandinitiatives/default.aspx)

NUR 333 will utilize a variety of approaches to meet the course objectives. These instructional methods may include but are not limited to the following: lecture, audio-visual material, guided discussion, group work, demonstration and return demonstration, laboratory experiences, role playing, simulations, self-evaluation, computer programs, decision making exercises, written tests and quizzes, and written assignments. While the faculty will provide guidance and consultation, the student is responsible for identification
of learning needs, self-direction, seeking consultation and demonstration of course and clinical objectives.

Textbook and required materials


Texts required for concurrent course, Nursing Fundamentals:

Nursing Diagnosis Text:

Nursing Reference Texts:
Nursing Drug Reference & Lab and Diagnostic Test Manual

Course Outline:

<table>
<thead>
<tr>
<th>Week, Date</th>
<th>Module</th>
<th>Didactic Concepts, Assignments</th>
<th>Quiz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Module 1</td>
<td>Communication, Therapeutic Relationships, Culture, Boundaries in Health Care, Boundaries in the Mental Health Setting</td>
<td>None</td>
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<tr>
<td>Week 2</td>
<td>Module 1</td>
<td>Nursing Theory to Practice, Psychiatric Mental Health Nursing and Practice Settings</td>
<td>Quiz #1 Closes @ midnight 6/12</td>
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<tr>
<td>Week 3</td>
<td>Module 2</td>
<td>Legal and Ethical Standards of Care and Nursing Process in Mental Health Nursing Stress, Suicide, Anger, Aggression, Violence, Sexual Assault</td>
<td>Quiz #2 Closes @ midnight 6/19</td>
</tr>
<tr>
<td>Week 4</td>
<td>Module 2</td>
<td>Biological Foundations, Sleep Disorders, Anxiety, Mood, Personality Disorders Psychiatric Medications</td>
<td>Quiz #3 Closes @ midnight 6/26</td>
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<tr>
<td>Week 5</td>
<td>Exam 1</td>
<td>Exam #1 over Modules 1 &amp; 2</td>
<td>None</td>
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<tr>
<td>Week 6</td>
<td>Module 3</td>
<td>Schizophrenia, Serious Mental Illness, Addictions Post Traumatic Stress Disorder Eating, Somatoform, and Factitious Disorders, Abuse</td>
<td>Quiz #4 Closes @ midnight 7/10</td>
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<tr>
<td>Week 7</td>
<td>Module 4</td>
<td>Personality Disorders, Sleep Disorders Specific Populations: ADHD, Autism, Conduct Disorder, Conversion Disorder, AIDS Dementia Complex Disorder, and Alzheimer’s Disease</td>
<td>Quiz #5 Closes @ midnight 7/17</td>
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<tr>
<td>Week 8</td>
<td>Exam 2</td>
<td>Exam #2 over Modules 3 &amp; 4</td>
<td>None</td>
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<tr>
<td>Week</td>
<td>Kaplan Exam</td>
<td>Kaplan Psychosocial exam to be scheduled individually by the student</td>
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<tr>
<td>10</td>
<td>Final Exam</td>
<td>Comprehensive Final Exam; 75 questions, 2 hour time limit per NAU final exam policy</td>
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**Assessment of Student Learning:**
In order to pass NUR 333, the student must achieve the following:
1. An overall course grade of 78% or higher.
2. A combined average of 78% on all exams and quizzes, except the Kaplan exam; students who do not achieve a 78% exam average will receive an F for the course.

**Assessment of Student Learning Outcomes (NUR 333)**
1. 5 Quizzes (graded)
2. 3 Exams (graded)
3. Kaplan exam at end of course (5% of total points)
4. Group WIKI project, Psychosocial Chart Review (graded)

<table>
<thead>
<tr>
<th>Quizzes</th>
<th>Quiz #1 = 5 points</th>
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<tbody>
<tr>
<td></td>
<td>Quiz #2 = 5 points</td>
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<td></td>
<td>Quiz #3 = 5 points</td>
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<td>Quiz #4 = 5 points</td>
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<td>Quiz #5 = 5 points</td>
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<td><strong>Quiz Total = 25 points</strong></td>
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<tr>
<th>Exams</th>
<th>Exam 1 &amp; 2 = 50 points each</th>
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<tr>
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<td>Exam 3/Final Exam = 75 points</td>
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<td><strong>Exams Total = 175 points</strong></td>
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<tr>
<th>Kaplan Exam</th>
<th>(must achieve mastery to receive the 5%)</th>
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<tr>
<td></td>
<td><strong>5% of course total = 11 points</strong></td>
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<tr>
<th>Group WIKI</th>
<th>20 points</th>
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**Total Points**

| = 231 points |

**Grading System**
A = 232+ points
B = 209- 231 points
C = 194-208 points
F = <194

*A grade of "C" or above is a passing grade in this course.*

**Quizzes: ALL quizzes will be open Monday am to Tuesday midnight**
- Quizzes are DUE by midnight on Tuesdays
- 48 hours will be given for all 5 quizzes
  - Students have 20 minutes to complete 10 question quizzes on Bb Learn
- Students are to take all quizzes individually
- No sharing of questions or answers is permitted.

**Course policies:**
Retests/makeup tests: Make up tests may be arranged for valid reasons such as illness or personal/family emergencies. ARRANGEMENTS TO TAKE A MAKE UP EXAM MUST BE MADE WITH THE FACULTY WITHIN ONE WEEK OF THE EXAM. Make up tests may be in any form (oral, written, essay) over the same objectives as the multiple choice exam. There are no re-tests. Kaplan achievement exam must be taken at assigned time; alternative arrangements for testing schedule cannot be made with vendor.

Attendance Policy
Under NAU Policy, students are expected to attend every session of class in which they are enrolled. Attendance is considered to be essential to the learning process, as the faculty believes that active participation and engagement facilitate learning. As you will be responsible for the content in the lectures, it is to your advantage to attend classes.

Withdrawal Policy
If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course before the withdrawal deadline (see current NAU Schedule of Classes for deadline).

Plagiarism, Cheating, and Academic Dishonesty:
Please refer to Appendix G of the NAU Student Handbook (http://home.nau.edu/images/userimages/awf/9476/ACADEMIC%20DISHONESTY.pdf) for definitions, policies, penalties, and procedures related to various forms of academic dishonesty.

Northern Arizona University, School of Nursing and NUR 333 Course Policies
Policies and guidelines in NUR 333 course syllabi apply to all aspects of this course. You are responsible for review and compliance with NUR 333, NAU School of Nursing, and NAU policies. You are also responsible for review and adherence to the professional standards and rules of the Arizona Nurse Practice Act and Board of Nursing, and the American Nurses’ Association Code of Ethics. All policies are described in the NAU School of Nursing BSN Handbook and the NAU Student Handbook. For full handbook descriptions, visit these websites:

- Social Media Guidelines: https://www.ncsbn.org/2930.htm

University Policies:
Review the following policies available on the Northern Arizona University Policy Statement website (http://nau.edu/OCLDAAA/_Forms/UCC/SyllabusPolicyStmts2-2014/):

1. Safe Environment Policy
2. Students with Disabilities Policy
3. Academic Contact Hour Policy
4. Academic Integrity Policy (also see http://home.nau.edu/images/userimages/awf/9476/ACADEMIC%20DISHONEST Y.pdf)

5. Research Integrity Policy

6. Sensitive Course Materials Policy

7. Classroom Disruption Policy (also see http://nau.edu/uploadedFiles/Administrative/EMSA_Sites/Folder_Templates/_For ms/Classroom_Disruption_Policy.pdf)

The Impaired Student policy will be strictly adhered to; there will be no tolerance in for any evidence of substance abuse.