Academic Unit: School of Nursing
Course Prefix: NUR 349
Course Title: Communication and Mental Health Nursing
Term Offered: Fall and Spring
Credit Hours/Clock Hours: 3 credit hours (45 clock hours)
Course Prerequisite: NUR 345, NUR 345L, NUR390W
Course Co-Requisite: NUR 349L, NUR 347, NUR 347L
Mode of Instruction: Online
Instructor’s Name:
Instructor’s Contact Information:
Instructor’s Availability:

Course Description
Emphasis on nursing strategies for promoting, maintaining, and restoring mental health utilizing therapeutic nursing interventions for clients along the mental health/ disorder continuum.

Course Purpose
This third-semester required traditional 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.

**Course Structure/Approach**

NUR 349 will utilize a variety of approaches to meet the course outcomes. These instructional methods may include but are not limited to the following: quizzes and exams, online discussion, audio-visual material, case studies, group work, presentations 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. A required concurrent clinical provides opportunity for the students to apply learning in actual and simulated patient care settings.

**Course Student Learning Outcomes**

Upon completion of the course, the successful student will:

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

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

*Critical Reasoning*
- Synthesize 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*
- Explore cultural beliefs, practices, and stigmas related to patients suffering from alterations in mental health.

*Global Health*
- Examine the impact of health equity and social justice on nursing and health care in a variety of settings.
Assignments/Assessments of Course Student Learning Outcomes

NUR 349 will be graded with a letter grade using the following weighting for each clinical assignment. Total points possible are 100.

Files to be submitted must be saved in the following manner:

NUR349 2017 Fall Lastname Firstname Assignmentname.[file type]
Example: NUR349 2017 Fall Espinoza Miriam AIMS.pdf

<table>
<thead>
<tr>
<th>Item</th>
<th>Percent of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCGNE at ASU Communicating with Older Adults Module</td>
<td>5%</td>
</tr>
<tr>
<td>HCGNE at ASU Dementia Online Learning Modules (5 total)</td>
<td>5%</td>
</tr>
<tr>
<td>Suicide Risk Assessment &amp; Prevention Module</td>
<td>5%</td>
</tr>
<tr>
<td>Evolve Case Studies (8 total)</td>
<td>15%</td>
</tr>
<tr>
<td>Discussion Boards (7 total)</td>
<td>15%</td>
</tr>
<tr>
<td>Chapter Content Quizzes (6 total)</td>
<td>10%</td>
</tr>
<tr>
<td>Psychiatric Medication Exam</td>
<td>5%</td>
</tr>
<tr>
<td>Kaplan Focused Review Tests (3 total)</td>
<td>5%</td>
</tr>
<tr>
<td>Kaplan Psychosocial Integrated Exam</td>
<td>5%</td>
</tr>
<tr>
<td>Final Exam</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

HCGNE at ASU Older Adult Communication Module

- Access this learning module via the following link: [https://ce.asu.edu/continuing-education/courses/health-medicine/healthy-aging-online-series-communicating-older-adults](https://ce.asu.edu/continuing-education/courses/health-medicine/healthy-aging-online-series-communicating-older-adults)
- This module will take approximately one (1) hour to complete. This is a free resource.
- Submit the Certificate of Completion via link in Bb Learn.

HCGNE at ASU Dementia Learning Series

- Access these learning modules via the following link: [https://nursingandhealth.asu.edu/non-degree/continuing-education/caring-for-alzheimer-and-dementia](https://nursingandhealth.asu.edu/non-degree/continuing-education/caring-for-alzheimer-and-dementia)
- This learning series consists of four (4) learning modules that students must register for to complete. This is a free resource.
- Each module contains the Overview of Dementia learning module.
- Student must complete all five (5) learning modules.
- In total, these modules equate to eight (8) hours of learning.
- Submit all five (5) Certificates of Completion via the appropriate link via Bb Learn.
Suicide Risk Assessment and Prevention Module

- Access Columbia’s Lighthouse Project training module via the following link: [http://www.cssrs.columbia.edu/training_cssrs.html](http://www.cssrs.columbia.edu/training_cssrs.html)
- This training consists of a 36-minute video presentation and 8 case studies that students must register for to complete. This is a free resource.
- Submit the CSSR-S Initial Training Certificate of Completion via the appropriate link via Bb Learn.
- Complete the Suicide Risk Assessment and Prevention Worksheet and submit via the appropriate link via Bb Learn.

Discussion Board

- Features seven (7) activities incorporating evidence-based research with investigation of the neurobiological basis of mental illness with psychological and nursing theories.
- Students are to submit their initial post and responses to a minimum of two (2) classmates via Bb Learn by the specified due date. Timeliness is essential to allow your classmates sufficient time to respond. Please show respect and professionalism.
- Discussion posts and responses must follow the specified format. Failure to do so will result in an incomplete grade. See the grading rubric for further information.

Evolve Case Studies

- Access the case studies in your Evolve account via the following link: [https://evolve.elsevier.com/cs/store?role=student](https://evolve.elsevier.com/cs/store?role=student)
- There are a total of eight (8) case studies.
- Points will be awarded based on the percentage scored by the student on the case study.
- Example: 75% on a case study equals 3.28/4.375 points.
- Students will have one attempt and 120 minutes (2 hours) to complete each case study.
- Additional instructions & due dates for case studies are available via Bb Learn.

Chapter Content Quizzes

- ALL quizzes will be open Mondays at 0800 until Sundays at 2359.
- Students have 25 minutes to complete 10 question quizzes via Bb Learn.
- Students MUST take all quizzes individually.
- No sharing of questions or answers is permitted.
- Collaboration with others will not be tolerated and could result in course failure for academic dishonesty.

Psychiatric Medication Exam

- This exam will be open Monday at 0800 until Sunday at 2359
- Students have 60 minutes to complete this 20-question exam via Bb Learn
- Students MUST take this exam individually.
• No sharing of questions or answers is permitted.
• Collaboration with others will not be tolerated and could result in course failure for academic dishonesty.

Kaplan Focused Review Tests
• Access these tests in your Kaplan account via the following link: http://nursing.kaplan.com
• Students may take the tests more than one time.
• Remediation between attempts is strongly encouraged.
• Students MUST score a 78% on each Focused Review Test in order to receive points. Students achieving a score below 78% will be awarded a zero.

Kaplan Psychosocial Integrated Exam:
In addition to the quizzes and Final Exam, there will also be a Kaplan comprehensive course exam, which will cover all content covered over the semester. To receive the 5% for the Kaplan Psychosocial Integrated Exam you will need to achieve mastery on the exam (score of 66.6%). Students not achieving mastery will be awarded a zero. Kaplan exam is mandatory. Students will take this exam at the NAU Testing Center. Exact dates & times may vary by campus and will be communicated via Bb Learn during the semester.

Final Examination
1. The final exam will be comprehensive and may cover material from lecture, discussions, clinical, previous, and concurrent courses.
2. Medication math problems may be included on each exam.
3. Students must achieve a score of 78% on the final exam to pass the course.
4. The exam will be available during a 4 hour window via BbLearn on the scheduled due date.
5. Students will be allotted two (2) hours to complete the final exam.
6. Any student determined by faculty to have cheated on the exam will receive a score of zero for that exam and may be subject to failure from the course.
7. Exams will be given only on the date and time scheduled. Make-up examinations will be provided only in extraordinary circumstances. Students who are absent from an examination for any reason must call the instructor at least 24 hours prior to the examination. Students who do not call before an examination will receive a zero for that examination and will not be eligible to take a make-up examination except for extreme circumstances. Any make-up exam must be completed within two business days of the original exam date or at the discretion of the instructor; the final exam must be completed within two business days or by the last day of final exams, whichever comes first or students may receive a zero on the exam. Make up tests may be in any form (oral, written, essay) over the same objectives as the multiple-choice exam.

Grading System
In order to pass NUR 349, the student must achieve the following:

1. An overall course grade of 78% or higher.
2. A 78% on the final exam is required. Students who do not achieve a 78% exam average will receive an F for the course.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
<th>Points Range</th>
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<tbody>
<tr>
<td>A</td>
<td>93%</td>
<td>232.5</td>
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<tr>
<td>B</td>
<td>84% - 92%</td>
<td>210 – 232.49</td>
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<tr>
<td>C</td>
<td>78% - 83%</td>
<td>195 - 209</td>
</tr>
<tr>
<td>F</td>
<td>&lt;= 77%</td>
<td>&lt;= 194</td>
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</tbody>
</table>

Note: A grade of C or above is a passing grade in this course

IMPORTANT NOTE: Students MUST pass both NUR 349 & NUR 349L in order to progress in the NAU BSN program.

Readings and Materials

2. Evolve: RN Psychiatric/Mental Health Online HESI Case Studies
4. An up-to-date Nursing Care Planning Book is highly recommended
5. Medscape.com accessed via http://www.medscape.com/psychiatry is highly recommended
6. Journal articles and other websites may be used as resources

Class Outline

<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Unit</th>
<th>Text Readings</th>
<th>Assignments Due Date &amp; Time</th>
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<tbody>
<tr>
<td>8/27-9/3</td>
<td>1</td>
<td>Unit 1: Foundations in Theory</td>
<td>Text chapters: 1-3</td>
<td>9/3 2359 Introductions &amp; Syllabus Agreement</td>
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<tr>
<td>9/4-9/10</td>
<td>2</td>
<td>Unit 2: Foundations for Practice</td>
<td>Text chapters: 4-6</td>
<td>9/10 2359 Quiz #1</td>
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<tr>
<td>9/18-9/24</td>
<td>4</td>
<td>Unit 5: Trauma Interventions</td>
<td>Text chapters: 25-29</td>
<td>9/24 2359 Quiz #2 &amp; Suicide Risk and Prevention Module</td>
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<tr>
<td>9/25-10/1</td>
<td>5</td>
<td>Unit 4.1a: Psychobiological Disorders Neuro-cognitive and -developmental Disorders</td>
<td>Text chapters: 11, 23</td>
<td>10/1 2359 HCGNE Dementia Module &amp; Two (2) Evolve Case Studies</td>
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<tr>
<td>10/2-10/8</td>
<td>6</td>
<td>Unit 4.1b: Psychobiological Disorders Impulse Control and Personality Disorders</td>
<td>Text chapters: 21, 24</td>
<td>10/5 2359 DB #1 post 10/8 2359 DB #1 responses</td>
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<tr>
<td>10/9-10/15</td>
<td>7</td>
<td>Unit 4.2a: Psychobiological Disorders Anxiety, OCD, and Somatic Disorders</td>
<td>Text chapters: 15, 17</td>
<td>10/12 2359 DB #2 post 10/15 2359 DB #2 responses</td>
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<td>Date Range</td>
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<td>Topic</td>
<td>Text Chapters</td>
<td>Dates/Comments</td>
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<tr>
<td>10/16-10/22</td>
<td>8</td>
<td>Unit 4.2b: Psychobiological Disorders</td>
<td>Trauma Disorders</td>
<td>10/19 2359 DB #3 post 10/22 2359 DB #3 responses &amp; Quiz #3</td>
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<tr>
<td>10/23-10/29</td>
<td>9</td>
<td>Unit 4.3a: Psychobiological Disorders</td>
<td>Schizophrenia Spectrum Disorders</td>
<td>10/26 2359 DB #4 post 10/29 2359 DB #4 responses</td>
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<tr>
<td>10/30-11/5</td>
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<td>Unit 4.3b: Psychobiological Disorders</td>
<td>Depressive Disorders</td>
<td>11/5 2359 Four (4) Evolve Case Studies</td>
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<tr>
<td>11/6-11/12</td>
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<td>Unit 4.3c: Psychobiological Disorders</td>
<td>Bipolar Disorders</td>
<td>11/9 2359 DB #5 post 11/12 2359 DB #5 responses &amp; Quiz #4</td>
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<td>11/13-11/19</td>
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<td>Unit 4.4a: Psychobiological Disorders</td>
<td>Sleep-Wake and Sexual Disorders</td>
<td>11/16 2359 DB #6 post 11/19 2359 DB #6 responses</td>
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<td>11/20-11/26</td>
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<td>Unit 4.4b: Psychobiological Disorders</td>
<td>Feeding/Eating/Elimination and Substance Use Disorders</td>
<td>11/26 2359 DB #7 post &amp; Quiz #5 &amp; Two (2) Evolve Case Studies</td>
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<tr>
<td>11/27-12/3</td>
<td>14</td>
<td>Unit 6: Interventions for Special Populations</td>
<td>Unit 7: Other Intervention Modalities</td>
<td>11/30 2359 DB #7 responses 12/3 2359 Quiz #6 &amp; Three (3) Kaplan Focused Review Tests</td>
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<tr>
<td>12/4-12/10</td>
<td>15</td>
<td>Kaplan Psychosocial Integrated Exam</td>
<td>Dates/Time vary by campus</td>
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<tr>
<td>12/11-12/17</td>
<td>16</td>
<td>Comprehensive Final Exam</td>
<td>Text chapters: 1-35</td>
<td>12/11 Exam open from 1600-2000</td>
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<tr>
<td>12/18-12/24</td>
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<td>12/21 Grades due 12/22 Grades posted</td>
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</tbody>
</table>

*(Subject to change with adequate notice: test dates will not change)*

**Class Policies**

Policies and guidelines in the NUR 349 course syllabus apply to all aspects of this course. You are responsible for review and compliance with NUR 349, 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, the State Board of Nursing, and the American Nurses’ Association Code of Ethics. For full descriptions of policies, visit these websites:

- Social Media Guidelines: [https://www.ncsbn.org/NCSBN_SocialMedia.pdf](https://www.ncsbn.org/NCSBN_SocialMedia.pdf)

1. Lecture materials, articles, and other information may be found on Blackboard Learn.
2. Assignments are due at 11:59 pm Arizona Time on the date they are due, unless noted otherwise. All due dates are Sundays.
3. **Late assignments will not be accepted** unless prior arrangements have been made with the instructor. If the instructor chooses to accept a late assignment, a **7 point reduction** will be taken off for each day the assignment is late (unless there are extraordinary circumstances).

4. No extra credit assignments will be given for this course.

**Makeup quizzes/exam & Late Assignments**

Quizzes & exam will be available only during the times noted. Make-ups will only be allowed in extenuating circumstances. These circumstances should be communicated to faculty prior to the end date/time of quizzes/exams. No late assignments will be accepted in this course. All due dates are communicated well in advance & students should make arrangement to complete assignments early, if necessary.

**University Policies**

Review the following policies available on the Northern Arizona University Policy Statement website [http://nau.edu/university-policies/](http://nau.edu/university-policies/)

1. Safe Environment Policy
2. Students with Disabilities Policy
3. Institutional Review Board Policy
5. Academic Contact Hour Policy
6. Sensitive Course Materials Policy

**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**


**Visitors**

Visitors will be permitted in the classroom only with approval of the faculty.

**Confidentiality Statement**
Students must maintain client confidentiality at all times. No discussion regarding clients is acceptable outside the classroom or clinical setting. In the classroom references to actual client experiences, refer to the client by their initials only.

**Classroom Management Statement**

Membership in the academic community places a special obligation on all members to preserve an atmosphere conducive to the freedom to teach and to learn. Part of that obligation implies the responsibility of each member of the NAU community to maintain a positive learning environment in which the behavior of any individual does not disrupt the classes of teachers or learners.
School of Nursing  
NUR 333  

Acknowledgment of Syllabus/Course Requirements

Name ____________________________________________________________

*please print*

Phone number_________________________Email:______________________________

I acknowledge that I have reviewed and read the syllabus for NUR 333. I understand the expectations and requirements for this course. I agree to abide by these regulations, terms, and policies as set forth in the syllabus.

I have provided documentation to the School of Nursing office of current CPR certification that will remain current at least through this semester, current malpractice insurance coverage that will remain in effect through May 2018, a negative TB test or medical clearance for positive reactors that remains current (within 1 year) during the course of this semester.

Documentation of Hepatitis B vaccination, MMR, health insurance coverage, and varicella status are also current and on file.

In addition, I have reviewed again the School of Nursing Undergraduate Student Handbook, and understand the policies that are in place to support my continued education in Nursing.

__________________________________________ __________  
Signature  Date