

**COURSE SYLLABUS**

**VNSG 1301.501  
(3:3:0)**

**MENTAL HEALTH AND MENTAL  
ILLNESS ILLNESS ILLNESS**

**Vocational Nursing**

**Health Occupations**

**Technical Education Division**

**Plainview Center**

**SOUTH PLAINS COLLEGE**

**Fall - 2018**

**PLAINVIEW**

**COURSE SYLLABUS**

**COURSE TITLE:** VNSG 1301 - MENTAL HEALTH and MENTAL ILLNESS  
**INSTRUCTOR:** Becky Halford, MSN, RN  
**OFFICE LOCATION:** Plainview Center - 104E  
**PHONE / E-MAIL:** 806- 296-9611 ext: 4408/ rhalford@southplainscollege.edu  
**OFFICE HOURS:** M .....8:30 AM – 9:00 AM and 1:00 PM – 3:30 PM  
T .....8:30 AM – 9:00 AM and 1:00 PM - 3:00 PM  
W.....BY APPOINTMENT ONLY  
TH..... 8:30 AM – 9:00 AM and 1:00 PM - 3:00 PM  
F.....BY APPOINTMENT ONLY

**SOUTH PLAINS COLLEGE IMPROVES EACH STUDENT’S LIFE**

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**COURSE DESCRIPTION:**

This course is the study of personality development, human needs, common mental mechanisms, and factors influencing mental health and mental illness. It includes common mental disorders and related therapy.

**STUDENT LEARNING OUTCOMES:**

The student will describe the underlying principles and theories of positive mental health and human behaviors: having an understanding of emotional responses, coping mechanisms, and therapeutic communication skills. The student should be able to incorporate the nursing process in this study of human behavior with an emphasis on emotional and mental abnormalities and treatment modalities.

**COURSE COMPETENCIES:**

Student must complete this course with a grade of 77% or above based on the following objectives:

1. Utilize appropriate therapeutic communication skills to effectively gather data and exchange information in the mental health setting.
2. Describe and contrast effective and ineffective emotional behaviors in response to the environmental stressors.
3. Identify major theories of personality development throughout the life span.
4. Describe the theoretical concepts related to the effect of sociocultural influences on the way people develop and process life.
5. Discuss the legal and ethical aspects involved in voluntary and involuntary treatment of mental health and illness.
6. Identify, assess and evaluate the nursing process in relation to the current standards in classifications of behavior, deviant patterns of behavior and chemical abuse.
7. Identify current trends of therapy for the mentally ill client, and the nurse’s role in the therapeutic process.
8. Identify major diagnostic categories of mental illness according to current mental health standards.
9. Utilize appropriate nursing diagnosis to implement a nursing care plan for the patient being treated for a mental health condition.

**ACADEMIC INTEGRITY:** Refer to the Plainview Student Handbook and the SPC catalog.

**SCANS & FOUNDATION SKILLS:**

C – 5, 6, 7, 9, 11, 14, 15, 16, 17

F – 1, 2, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17

**VERIFICATION OF WORKPLACE COMPETENCIES:**

NCLEX-PN Licensure Exam eligibility following successful completion of the one-year vocational nursing program.

**TEXTBOOK:**

Townsend, Mary C., DSN, PMHCNS-BC (2017). Essentials of Psychiatric Mental Health Nursing – Concepts of Care in Evidence-Based Practice, 7<sup>th</sup> Edition

F.A. Davis Company/ Philadelphia.

ATI Content Mastery Series Review Module PN Mental Health Nursing

ATI Content Mastery Series Review Module PN Fundamentals for Nursing

**ATTENDANCE POLICY:**

Refer to the SPC Catalog and the Plainview Student Handbook.

This course is a 3-semester hour course (48 contact hours) with 6 hours allowable absence. Three tardies will be equivalent to one absence. A single tardy is less than 15 minutes late to class. A one-hour absence is given for missing more than 15 minutes of a one- hour length of lecture

**COURSE REQUIREMENTS:**

1. Read textbook assignments prior to class in preparedness for class discussion.
2. Active participation in self-awareness and group discussion is very important for learning concepts and content.
3. Term papers and/ or projects will be assigned and discussed as per rubrics with a due date coordination. Objectives covered will be utilizing theoretical concepts related to personality and adaptive mechanisms, as well as MHMI disorders or illnesses. Points will be deducted for not following the guidelines per instructor discretion as stated in rubric.
4. Intermittent review quizzes, unit exams, and a comprehensive final exam will be given. The ATI Benchmark Exam (Mental Health & Illness Proctored Assessment) will be completed before the final exam and will be recorded as a unit exam. ATI “Topics to Review” will be required for the student to complete. Due dates will be announced.
5. Please be respectful to yourself, your instructors or guest speakers, and all of your classmates in class ready to learn. All electronics need to be silenced or in the off position. This is also stated in your Handbooks provided by the college as well. Not abiding by this will affect your professionalism and dedication to learning shown to your instructors as well as your grade in class.
6. Acknowledge and demonstrate understanding the SPC Nursing Department Honesty Policy and Plagiarism Declaration. Please complete Declaration form at end of syllabus and submit to the nursing office no later than by the end of the third-class day.
7. Written assignments must be submitted following the “General Rubric for Formal Assignments” and Handbook guidelines (See below/ next page)

## General Rubric for Formal Assignments

Please use these SPC Handbook / APA format guidelines given to you.

1. Use 1" margins on paper throughout.
2. All papers are to have a "Running head" with title of paper (30 character max). This will continue through entire paper on the top, left hand page. This video may be beneficial:  
<https://www.youtube.com/watch?v=Krwf3TDD1vU>
3. Last name and page number are to be flush in right top corner. With students that share a last name with other classmates, it is acceptable to use first initial and last name with page number. This will continue through entire paper.
4. Type is in 12 point font and Times New Roman, entire typed paper is to be double spaced.
5. All papers are to be typed, and at least 6 pages (including cover and reference; There should be a minimum of 4 pages of paragraphed or otherwise displayed content as assigned). Be sure to not leave out important content, but also do not be too wordy or repetitive with content in paper.
6. Create title page with centered in page- information in order as follows: Title of paper, Course/ class, Instructors name and credentials, your name, school/ college, and last the date.
7. Abstract follows title page. This is a summary of the whole paper in a single paragraph. A paragraph is 3-5 full sentences or a word count between 150-250 words. \*\*It is usually easier to write after the final draft is completed so information is not missed in summary.
8. There needs to be an introduction and conclusion (introduction is different than abstract). Use heading titles for each part of the body of your paper except introduction.
9. Cite your sources in the body of the paper (also known as in text citations). This type of citation is found in parenthesis within the length of the paper often crediting information to source by listed author(s) and year.
10. Your references must be on a combined reference page in alphabetized order (refer to APA PowerPoint handouts that will be given to you). References and alternate sources for information cannot be outdated past 5 years from date (nothing past August 2014) There needs to be at least 3 sources additional from your book(s) (Minimal limit of 4) in the paper and 1 can not be an internet source Do not plagiarize and steal credit for information that is not yours (refer to handbooks/ policies as needed). At the instructor's request with giving an assignment, you may be asked to submit it on Blackboard with the 'Turn It In' service.
11. You may use credible internet resources to assist with your paper and APA format. Some computer programs may have APA built in. Just make sure that paper is in specified format of APA requirements listed here. I am able to help as well but will not do it for you. All of your outside internet resources need to be instructor approved by appointment.
12. Spell out all numbers, don't use contractions or abbreviations/ acronyms.

Websites with credibility to assist you with your APA/ Formal Assignment Guidelines are:

<https://owl.english.purdue.edu/owl/resource/560/01/>

<http://www.citefast.com/>

Follow directions and do not procrastinate until last minute. Start now and give yourself time. Use rough drafts (final draft only is submitted) and **take pride in your work**. Breathe and do not stress. Other handouts given will be resourceful with setting up appropriate format for your formal papers.

**When hesitant on what is expected of you, please keep open communications!!!**

## GRADING:

Units Exams/Final/ATI Benchmark	70%	A	93 - 100
Quizzes	5%	B	84 - 92
Formal Assignments (Papers/ Projects)	10%	C	77 - 83 *Passing
Class Participation	5%	D	70 - 76
ATI Practice	10%	F	69 or below

**All assignments, lectures, or exams are subject to change per instructor's discretion. The use of index cards for testing will be determined by instructor. All index cards must be hand written and will be checked prior to Exam.**

**Due dates for projects will be given on assignment rubric in class.**

**ATI Textbook and Online Programs (Lab) Psychiatric Nursing Printed Results will be due date TBA. I strongly encourage all of you to use ATI as it 10% of your grade.**

## SCHEDULE OF CLASSES:

08/27/18	Review syllabi, textbooks, program expectations
08/28/18	CHAPTER 1 - Mental Health and Mental Illness CHAPTER 2 - Biological Implications ATI PN MHN Chapters 1 & 2
09/04/18	CHAPTER 3 -Ethical and Legal issues CHAPTER 4-Psychopharmacology
09/11/18	CHAPTER 5 -Cultural and Spiritual Concepts Relevant to Psychiatric/Mental Health Nursing CHAPTER 6- Relationship Development and Therapeutic Communication ATI PN FUND. - Chapter 35 ATI PN MHN- Chapters 3 & 5 ATI PN FUND. - Chapter 26 & 32
<b>09/18/18</b>	<b>EXAM #1 CHAPTERS 1-5</b> CHAPTER 8- Milieu therapy- The Therapeutic Community ATI PN MHN-Chapter 6
09/25/18	CHAPTER 9 - Intervention in Groups CHAPTER 10 -Intervening in a Crisis ATI PN MHN -Chapters 27 & 29 ATI PN MHN- Chapter 8
10/02/18	CHAPTER 11- The Recovery Model CHAPTER 12 -Suicide Precautions ATI PN MHN - Chapter 6, 9, 12 ATI PN FUND - Chapter 33 ATI PN MHN - Chapter 8

***Theories Formal Assignment Due***

**10/09/18 EXAM 2- CHAPTERS 6, 8-12**

CHAPTER 13- Neurocognitive Disorders  
ATI Chapter -16

10/16/18 CHAPTER 14 - Substance-Related and Addictive Disorders  
CHAPTER 15 - Schizophrenia Spectrum and Other Psychotic  
Disorders ATI PN MHN- Chapter 14 & 24  
ATI PN MHN -Chapter 14 & 22

10/23/18 CHAPTER 16- Depressive Disorders  
CHAPTER 17- Bipolar and Related Disorders  
ATI PN MHN- Chapter 12, 20 & 28  
ATI PN MHN-Chapters 13 & 21

10/30/18 CHAPTER 18 -Anxiety, Obsessive-Compulsive Disorders  
CHAPTER 19 -Trauma and Stressor-Related Disorders  
ATI PN MHN - Chapters 11 & 19

11/06/18 CHAPTER 20 - Somatic Symptom and Dissociative Disorders  
CHAPTER 21 - Issues Related to Human Sexuality and Gender  
Dysphoria  
ATI PN FUND- Chapter 34

**11/13/18 EXAM 3 CHAPTERS 13-23**

CHAPTER 22 - Eating Disorders  
ATI PN FUND- Chapter 18

11/22/18 CHAPTER 23- Personality Disorders  
CHAPTER 25- The Aging Individual  
ATI Chapter -23  
ATI PN MHN Chapter -25

11/27/18 CHAPTER 26 -Survivors of Abuse and Neglect  
CHAPTER 27-Community Mental Health Nursing  
ATI PN MHN- Chapter 6 Review

12/04/18 CHAPTER 28 - The Bereaved Individual  
CHAPTER 29 - Military Families  
ATI PN MHN - Chapter 25  
(Music Video)

**12/07/18 ATI MHMI Proctored Exam**

**12/11/18 MHMI COMPREHENSIVE FINAL EXAM**

**~~Best of luck! You Made it! Enjoy your break! ~~**

## **COURSE OUTLINE:**

### **UNIT I: Foundations of Mental Health Nursing**

#### **Part 1: Understanding Mental Health and Mental Illness**

##### Objectives:

1. Define mental health and mental illness in your own words.
2. Discuss the stigma of mental illness in our society
3. Acknowledge the vulnerability of people with mental illness.

##### Outline:

- I. Mental health and Mental Disorders
- II. Historical perspectives and Stigma of Mental Illness
- III. Nurses Role in Mental Health Promotion
- IV. Vulnerability of the Mentally Ill

#### **Ethical and Legal Issues**

##### Objectives:

1. Clarify your own personal values and how they can pertain to nursing practice.
2. Provide nursing care based on the ethical values of the profession. accountability in the
3. Apply the nursing process as an ethical decision-making model.
4. Identify ways to avoid malpractice issues.
5. Plan nursing interventions to protect the legal and ethical rights of clients with psychiatric disorders.

##### Outline:

- I. Ethics in Nursing/ Personal Values, Codes of Ethics for Nurses, Standards of care and Ethical Principles
- II. Legal Aspects of Mental Health Nursing, Types of Laws, Nurse Practice Acts, Psychiatric Hospitalization
- III. Legal Rights for Mental Health Clients
- IV. Competency
- V. Americans with Disabilities Act
- VI. Advance Care Directives
- VII. Nurses Responsibility in Documentation
- VIII. Malpractice
- IX. Standards of Culturally Appropriate Care

#### **Personality Theory**

##### Objectives:

1. Explain how personality theories form a basis for psychotherapy.
2. Recognize the purpose and use of defense mechanisms in clients and yourself.
3. Plan nursing interventions to promote clients psychosocial development.
4. Make decisions about client care and priorities based on Maslow's hierarchy of needs.

##### Outline:

- I. Development of Personality
- II. Psychoanalytic, Ego, Biological, Trait, Behaviorist and Learning, Cognitive, Existential and Humanistic, and Interpersonal Theories

## **Part 2: Mental Health Nursing with Nursing Process**

Objectives:

1. Discuss ways to use caring in your nursing practice.
2. Identify factors that cause burnout in nurses.
3. Plan ways to prevent nursing burnouts.
4. Plan strategies to promote your own mental health.

Outline:

- I. Attributes of Caring
- II. Burnout

## **The Nurse Client Relationship and Communication**

Objectives:

1. Develop effective communication skills that will promote trusting nurse-client relationships,
2. Recognize and avoid communication barriers.
3. Conduct therapeutic communication as a nursing intervention with clients.

Outline:

- I. Therapeutic use of self
- II. Nurse-Client relationship
- III. Communication Process
- IV. Effective Communication Strategies
- V. Barriers to Communication

## **Stress and Coping**

Objectives:

1. Explain how stress affects an individual acutely and chronically.
2. Differentiate between adaptive and maladaptive coping methods. relationship between
3. Assess clients stress levels.
4. Promote clients adaptive coping abilities.

Outline:

- I. Homeostasis
- II. The Stress response
- III. Adaptation to Stress

## **Part 3: Psychobiology and Psychopharmacology**

Objectives:

1. Teach clients about the biological basis of the major mental disorders.
2. Reinforce client teaching about the desired effects and adverse effects of psychotropic medications.
3. Safely and effectively administer psychotropic medications.



4. Apply the nursing process to clients receiving psychotropic medications.

Outline:

- I. Psychobiology, Mental Disorders, Brain Anatomy and Function, Genetics of Mental Illness and Neuroendocrine System
- II. Psychopharmacology, Pharmacokinetics, Pharmacodynamics.
- III. Alternative therapies as applicable.

<b>SCANS CC</b>
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- C-1 **TIME** – Selects goals – relevant activities, ranks them, allocates time, prepares and follows schedules.
- C-2 **MONEY** - Uses or prepares budgets, makes forecasts, keeps records and makes adjustments to meet objectives.
- C-3 **MATERIALS & FACILITIES** – Acquires, stores, allocates and uses materials or space efficiently.
- C-4 **HUMAN RESOURCES** – Assess skills and distributes work accordingly, evaluates performances and provides feedback.

**INFORMATION – Acquires and Uses Information**

- C-5 Acquires and evaluates information.
- C-6 Organizes and maintains information.
- C-7 Interprets and communicates information.
- C-8 Uses computers to process information.

**INTERPERSONAL – Works With Others**

- C-9 Participates as members of a team and contributes to group effort.
- C-10 Teaches others new skills.
- C-11 Serves Clients/Customers – works to satisfy customer’s expectations.
- C-12 Exercise Leadership – Communicates ideas to justify position, persuades and convinces others responsibility challenges existing procedures and policies.
- C-13 Negotiates – works toward agreements involving exchanges of resources; resolves divergent interests.
- C-14 Works With Diversity – Works well with men and women from diverse backgrounds.

**SYSTEMS – Understands Complex Interrelationships**

- C-15 Understands Systems – Knows how social, organizational, and technological systems work and operate effectively with them.
- C-16 Monitors and Corrects Performance – Distinguishes trends, predicts impacts in system operations.
- C-17 Improves Designs Systems – Suggests modifications to existing systems and develops new or alternative systems to improve performance.

**TECHNOLOGY – Works With a Variety of Technologies**

- C-18 Selects Technology – Chooses procedures, tools, or equipment, including computers and related technologies.
- C-19 Applies Technology to Task – Understands overall intent and proper procedures for setup and operation of equipment.
- C-20 Maintains and Troubleshoots Equipment – Prevents, identifies, or solves problems with equipment.

<b>FOUNDA</b>
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**BASIC SKILLS – Reads, Writes, Performs Arithmetic and Mathematical Operations, Listens and Speaks**

- F-1 Reading – Locates, understands and interprets written information in prose and in documents such as manuals, graphs and schedules.
- F-2 Writing – Communicates thoughts, ideas, information and messages in writing and creates documents such as letters, directions, manuals, reports, graphs and flow charts.
- F-3 Arithmetic – Performs basic computations; uses numerical concepts such as whole numbers, etc.
- F-4 Mathematics – Approaches practical problems by choosing appropriately from a variety of mathematical techniques.
- F-6 Speaking – Organizes ideas and communicates orally.

**THINKING SKILLS – Thinks Creatively, Makes Decisions, Solves Problems, Visualizes and Knows How to Learn and Reason**

- F-7 Creative Thinking – Generates new ideas.
- F-8 Decision Making – Specifies goals and constraints, generates alternatives, considers risks, evaluates and chooses best alternative.
- F-9 Problem Solving – Recognizes problems, devises and implements plan of action.
- F-10 Seeing Things in the Mind’s Eye – Organizes and processes symbols, pictures, graphs, objects and other information.
- F-11 Knowing How to Learn – Uses efficient learning techniques to acquire and apply new knowledge and skills.
- F-12 Reasoning – Discovers a rule or principle underlying the relationship between two or more objects and applies it when solving a problem.

**PERSONAL QUALITIES – Displays Responsibility, Self-Esteem, Sociability, Self-Management, Integrity and Honesty**

- F-13 Responsibility – Exerts a high level of effort and perseveres toward goal attainment.
- F-14 Self-Esteem – Believes in own self-worth and maintains a positive view of self.
- F-15 Sociability – Demonstrates understanding, friendliness, adaptability, empathy and politeness in group settings.
- F-16 Self-Management – Assesses self accuracy, sets personal goals, monitors progress and exhibits self control.
- F-17 Integrity / Honesty – Chooses ethical courses of action.

**SCANS FOUNDATION AND COMPETENCY SKILLS (by course)**

<b><u>Foundations; (F)</u></b>		<b><u>Competencies: (C)</u></b>
ECON	230: 1, 2, 3, 4, 5, 8, 9, 10, 11, 12, 17	2, 15
ENGL	1301 1, 2, 5, 7, 8, 9, 11, 12, 13, 15, 16, 17	5, 6, 7, 8
	1302 1, 2, 5, 7, 8, 9, 11, 12, 13, 15, 16, 17	5, 6, 7
GOVT	2301 1, 2, 10, 11, 12, 17	15
HIST	1302 1, 2, 5, 10, 11, 12, 17	15
MATH	1314 3, 4, 9, 10, 11, 12	–
PSYC	2301 1, 2, 10, 11, 12, 15, 16, 17	4, 14
READ	1314 1, 2, 5, 7, 8, 9, 10, 11, 12, 15, 17	1, 5, 6, 7, 8, 9, 10, 12,
	13, 14, 15	
SPCH	1321 2, 4, 5, 6, 7, 8, 9, 10, 13, 14	1, 5, 6, 7, 14
SOC	1301 1, 2, 5, 8, 9, 10, 11, 12, 15, 16, 17	4, 14
PHYS	1315 1, 2, 4, 10, 11, 12	–

**Example for PSYC: Scans:** Foundation Skills: 1, 2, 10, 11  
Competencies: 4, 13

## **Syllabus Statements:**

### **Non-Discrimination Statement:**

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities.

The following person has been designated to handle inquiries regarding the non-discrimination policies:

Vice President for Student Affairs, South Plains College  
1401 S. College Avenue, Box 5, Levelland, TX 79336  
806-894-9611

### **Disabilities Statement:**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

### **Campus Concealed Carry Statement:**

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php))

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**Plagiarism Declaration  
Department of Nursing  
South Plains College  
(VNSG 1330)**

By signing this plagiarism declaration I acknowledge that I have received a copy of the honesty policy and been made aware that the penalty for plagiarism is dismissal from the program.

Examples of student plagiarism<sup>1</sup>

- Copying material without quotes, in-text citations, and/or referencing
- Paraphrasing content without in-text citation and/or referencing
- Copying ideas, words, answers, exams, or shared work from others when individual work is required
- Using another's paper in whole or in part
- Allowing another student to use one's work
- Claiming someone else's work is one's own
- Resubmitting one's own coursework, when original work is required (self-plagiarism)
- Falsifying references or bibliographies
- Getting help from another person without faculty knowledge or approval
- Purchasing, borrowing, or selling content with the intent of meeting an academic requirement for oneself or others

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

1. Smith, L. Conquering plagiarism in nursing education. *Nursing 2016*. 2016; 46(7):17-19.