



## Welcome to Psychiatric and Mental Health Nursing

### Basic Course Information

Semester:	Winter 2026	Instructor Name:	Carmen Bravo, MSN, RN, PHN
Course Title & #:	NURS 219: Psychiatric and Mental Health Nursing	Email:	carmen.bravo@imperial.edu
CRN #:	15003, 15004, 15060	Webpage(optional):	ImperialValleyCollege.edu
Classroom:	2152	Office #:	2129
Class Dates:	1/5/2026-2/4/26	Office Hours:	Mon & Tue 1300-1400
Class Days:	M&T (Theory) TH&F (Clinical)	Office Phone #:	Nursing Office 760-355-6348
Class Times:	M&T (Theory) 0800-1215 W or T (Clinical) 0645-2000	Emergency Contact:	Nursing Office 760-355-6348
Units:	3.0	Class Format:	Face-to-Face (On Ground)

\*\*\*\*\*Last Day to Drop with a "W" is January 26th 2026\*\*\*\*\*

### Course Description

This course focuses on the care of clients across the lifespan experiencing cognitive, mental, and behavioral disorders. Emphasis is placed on management of clients facing emotional and psychological stressors as well as promoting and maintaining the mental health of individuals and families. Concepts of crisis intervention, therapeutic communication, anger management, and coping skills are integrated throughout the course. The community as a site for care and support services is addressed. Clinical experiences provide the student an opportunity to apply theoretical concepts and implement safe client care to clients in selected mental health settings. Clinical experience may be out of county. (CSU)

### Course Prerequisite(s) and/or Corequisite(s)

NURS 219

### Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Determine actual and potential psychiatric problems and appropriate nursing responses to restore and promote health.
2. Identify the commonly used psychopharmacological agents for treatment of clients in mental health facilities and nursing measures needed when administering these treatments.
3. Assess a set of clinical data, formulate a nursing diagnosis, implement a plan, and evaluate the outcome of the action plan.

## Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Perform a mental behavioral health assessment on clients with common mental health disorders.
2. Develop an individualized, evidence based plan of care that demonstrates an appreciation of a client's cultural, spiritual, and developmental variations and includes recommendations for the adoption of health-promoting behaviors.
3. Collaborate as a member of the health care team and client advocate while providing safe, quality care to clients with common mental health disorders.
4. Demonstrate clinical judgment and participate in the evaluation of outcomes when providing care to clients with common mental health disorders.
5. Apply knowledge of pharmacology, nutrition, and psychopathology as well as evidence-based practice to the care of clients with common mental health disorders.
6. Use therapeutic verbal and nonverbal communication that promotes therapeutic relationships with clients and their families, as well as professional relationships with members of the health care team.
7. Use information technologies to access evidence-based literature and client information as well as communicate with members of the health care team, accurately documenting client care in a secure and timely manner.
8. Identify, plan, and provide health and safety related education to adult clients and their families in conjunction with members of the health care team.
9. Use organizational and priority setting skills when providing care to clients with common mental health disorders in selected settings.
10. Report concerns related to client safety and the delivery of quality care and participate in activities that promote performance improvement.
11. Adhere to ethical, legal and professional standards while maintaining accountability and responsibility for the care provided to mental health clients and their families.

## Textbooks & Other Resources or Links

- [Videbeck, Sheila \(2019\). Psychiatric-Mental Health Nursing with Access \(8/e\). Wolters Kluwer ISBN-13: 978-19751116378 ISBN-10: 1975116372 ATI Mental Health Nursing \(current edition\).](#)
- ATI Mental Health Nursing (Current edition).

### Additional Websites:

- ATI Nursing education. [www.atitesting.com](http://www.atitesting.com)
- The Point. Student book resources. <http://thepoint.lww.com/student>
- The National Association of Licensed Professional Nurses (NALPN), [www.nalpn.org](http://www.nalpn.org)
- American Heart Association [www.heart.org/](http://www.heart.org/)
- American Diabetes Association [www.diabetes.org](http://www.diabetes.org)
- American Academy of Pediatrics, [www.aap.org](http://www.aap.org)
- Institute of Pediatric Nursing, [www.ipedsnursing.org](http://www.ipedsnursing.org)
- American Lung Association, [www.lung.org](http://www.lung.org)
- American Neurological Association [www.myana.org](http://www.myana.org)
- American Gastrointestinal Association [www.gastro.org](http://www.gastro.org)
- American Renal Association [www.renal.org](http://www.renal.org)
- American Society of Hematology [www.hematology.org](http://www.hematology.org)
- Khan Academy Video [www.khanacademy.org](http://www.khanacademy.org)
- Registered Nurse RN.com You Tube Channel [www.registerednurse.com](http://www.registerednurse.com)
- Keith RN You Tube Channel [www.keithrn.com](http://www.keithrn.com)
- Simple Nursing You Tube [www.simplenursing.com](http://www.simplenursing.com)

## Course Requirements and Instructional Methods

### Program Grading

The ADN/RN Program complies with the Imperial Valley College grading policies in the current catalog, and the ADN/RN program grading policy as outlined.

1. All assignments are graded on the following scale, and grades **are not rounded**.

**A = 93-100%**

**B = 85-92%**

**C = 78-84%**

**F = Below 78%**

**Grades will not be "rounded"**

**F = When the clinical evaluation is unsatisfactory regardless of the theory grade.**

**F= When the final examination is unsatisfactory regardless of the theory grade. The final examination must be passed with a 78% or a grade of "F" for the course will be issued in conjunction with the ADN student handbook.**

**The student is responsible for making an appointment with their instructor at any time their grade average drops below 78%.**

2. **All the following must be attained to successfully pass this course:**

- a. Final Theory Exam score must be passed at 78%.
- b. Clinical grade must total equivalent of 78% or greater based on all points accumulated.
- c. Theory (exams) grade must total equivalent of 78% or greater.
- d. Dosage Calculation quiz must be passed with a 92% on the first attempt (if applicable).
- e. Attendance requirements as noted below must be met.
- f. Less than 3 unsatisfactory in clinical work must occur.
- g. Final clinical evaluation must show all categories as "Adequate" or "Satisfactory"

3. **Final Course Grades must be 78% ('C') or better, based on ALL the following:**

- a. All finals will be passed with a score of 78% or better
- b. The theory portion must be passed with a score of 78% or better
- c. The clinical portion must be passed with a score of 78% or better (satisfactory)

4. Clinical evaluation: Clinical evaluation will be done on an ongoing basis with a student required to meet "adequate" or "satisfactory" in all areas to pass the course. Evaluation is based on written assignments, adherence to nursing standards of care, QSEN competencies, and professional performance. An unsatisfactory in clinical may be given based on the same standards of care and professional performance and will require remediation in the learning center.

**Three unsatisfactory grades given in clinical or failure to meet the clinical objectives will result in failure of this class regardless of the overall grade.**

5. **ATI testing: Students are responsible for reading all material in the ATI book prior to the assigned test date**

## Course Grading Based on Course Objectives

Please see above section for grading specifics.

## Course Policies

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class.

- It is the student's responsibility to drop or officially withdraw from the class. See ADN Student Handbook for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absence exceed the number of hours the class is scheduled to meet per week may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and fieldtrips) will be counted as 'excused' absences. It is the responsibility of each student to attend all classroom and clinical hours and to contact the instructor(s) before the start of class of any need to be excused from class.
- If a student does not contact the faculty member by the assigned time and is absent, a clinical unsatisfactory for professional behaviors will be given.
- **Students are expected to attend all classes. Absences are limited 6 hours in the course.** A student who reaches the maximum allowable hours of absenteeism or tardiness may be dropped by the instructor. Acceptance of absenteeism excuses is at the discretion of the faculty member and may result in failure of the class. A student who reaches the maximum allowable number of hours absent and is not allowed to continue may file a petition to reenter the nursing program. The teaching team will meet with the student to discuss remediation and the possibility of reentry.
- **Students who are late for class/clinical three times will be considered absent for one day!**

We expect each student in this class to respectfully participate. While we enjoy teaching, we hope you have fun in this class, please act professionally and keep other students' feelings in mind and refrain from rude, inappropriate behavior and language in class.

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- **Food and Drink are prohibited in all classrooms.** Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework.
- Disciplinary procedures will be followed as outlined in the General Catalog.
- **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

#### **Online Netiquette:**

- What is netiquette? Netiquette is internet manners; online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

#### **Academic Honesty:**

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the importance of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting as one's own writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism;(b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

### Other Course Information

CANVAS LMS (Learning Management Systems): To log onto Canvas, use this link: [Canvas Student Login](#). [The Canvas Student Guides Site](#) provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-985

### IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

## Anticipated /Tentative Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 1/5-1/6	<ul style="list-style-type: none"> <li>➤ Introductions/Foundations</li> <li>➤ Theories</li> <li>➤ Therapeutic Communication</li> <li>➤ Pharmacology</li> <li>➤ Legal and Ethical Issues</li> <li>➤ OCD</li> <li>➤ Schizophrenia</li> </ul>	<b>Discussion Post: Introduction (Due Day #1)</b>  Chapters 1-9, 15-16 ATI: Pertaining Chapters  VSIM: Therapeutic Communications  <b>Movie: A Beautiful Mind (2 hr., 20 min).</b>
Week 2 1/12-1/13	<b><u>Exam #1 (Ch. 1-9, 15-16).</u></b> <ul style="list-style-type: none"> <li>➤ Anxiety</li> <li>➤ Moods</li> <li>➤ Personality</li> <li>➤ Eating</li> </ul>	<b>Discussion: A Beautiful Mind Assignment</b>  Chapters 14,17,18-20 ATI: Pertaining Chapters  <b>Movie: 28 Days (1 hr, 44 min).</b>
Week 3 1/20  <b>No School Monday!! :)</b>	<b><u>Exam #2 (Ch. 14,17,20).</u></b> <ul style="list-style-type: none"> <li>➤ Somatic Sx</li> <li>➤ Grief and Loss</li> <li>➤ Anger, Hostility, and aggression</li> <li>➤ Abuse &amp; Violence</li> <li>➤ Trauma</li> </ul>	Chapters 10,11,12,13,21 ATI: Pertaining Chapters
Week 4 1/26-1/27	<b><u>Exam #3 (Ch. 10, 11, 12, 13, 21)</u></b>  Childhood Disorders Neurodevelopmental Disorders Disruptive Behavior Cognitive Disorders	<b>Discussion: 28 Days Assignment Due</b>  Chapters 22,23,24  ATI: Pertaining Chapters
Week 5 2/2	<b><u>FINAL REVIEW</u></b>	ATI: Pertaining Chapters  <b>REVIEW FOR FINAL EXAM</b>  ATI Mental Health Proctored Exam: Date TBD
Week 5 2/3/26	<b><u>FINAL EXAM (Ch. 22,23,24 Included).</u></b>	

\*\*\*Subject to change without prior notice\*\*\*

## Anticipated/Tentative Clinical Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
<b>Week 1</b> <b>1/8</b>  <b>CLINICAL</b> <b>0645-2000</b>	<ul style="list-style-type: none"> <li>➤ Introductions/Foundations</li> <li>➤ Theories</li> <li>➤ Therapeutic Communication</li> <li>➤ Pharmacology</li> <li>➤ Legal and Ethical Issues</li> <li>➤ OCD</li> <li>➤ Schizophrenia</li> </ul>	<b>Alvarado Parkway Institute (API) Orientation: TBA</b> <b>Complete Orientation</b>  Therapeutic Communication VSIM Chapters 1-9, 15-16  ATI: Pertaining chapters.
<b>Week 2</b> <b>Group 1: 1/15</b> <b>Group 2: 1/16</b>  <b>CLINICAL</b> <b>0645-2000</b>	<ul style="list-style-type: none"> <li>➤ Anxiety</li> <li>➤ Moods</li> <li>➤ Personality</li> <li>➤ Eating</li> </ul>	<b>API</b> <b>Process Recordings</b> <b>Care Plans</b> <b>Drug Cards</b> Chapters 14,17-20 ATI: Pertaining Chapters
<b>Week 3</b> <b>Group 1: 1/22</b> <b>Group 2: 1/23</b>  <b>CLINICAL</b> <b>0645-2000</b> <b>NO Classes on</b> <b>Monday 1/19</b>	<ul style="list-style-type: none"> <li>➤ Somatic Sx</li> <li>➤ Grief and Loss</li> <li>➤ Anger, Hostility, and aggression</li> <li>➤ Abuse &amp; Violence</li> <li>➤ Trauma</li> </ul>	<b>API</b> <b>Process Recordings</b> <b>Care Plans</b> <b>Drug Cards</b> Chapters 10,11,12,13,21 ATI: Pertaining Chapters
<b>Week 4</b> <b>Group 1: 1/29</b> <b>Group 2: 1/30</b>  <b>Clinical</b> <b>0645-1720</b>	<ul style="list-style-type: none"> <li>➤ Childhood Disorders</li> <li>➤ Neurodevelopmental Disorders</li> <li>➤ Disruptive Behavior</li> <li>➤ Cognitive Disorders</li> </ul>	<b>API</b> <b>Process Recordings</b> <b>Care Plans</b> <b>Drug Cards</b> <b>Process Recordings/Care Plans/Drug Cards</b>  Chapters 22,23,24 ATI: Pertaining Chapters
<b>Week 5</b> <b>2/2/26-2/4/26</b>  <b>Clinical</b> <b>0645-2000</b>	<ul style="list-style-type: none"> <li>➤ Childhood Disorders</li> <li>➤ Neurodevelopmental Disorders</li> <li>➤ Disruptive Behavior</li> <li>➤ Cognitive Disorders</li> </ul>	<b>Tentative Speaker from Post-Acute/Jackson House/Accent care Home Health</b> <b>Clinical Evaluations</b> <b>Process Recordings/Care Plans/Drug Cards</b> ATI: Pertaining Chapters <b>STUDY FOR FINAL EXAM!!!</b>
<b>Week</b> <b>2/3 0830</b>	<b><u>FINAL EXAM</u></b>	<b>IVC- 0830</b>

### CLINICAL INSTRUCTOR

Professor Bravo & Professor Nacionales

Thursday & Friday Clinical

**Directions to Alvarado Parkway Institute (API):** I-8 West Toward San Diego, Take the Lake Murray/70<sup>th</sup> street EXIT (Stay in the right lane). Make immediate right. API is on the Left.

**PLEASE PARK IN THE DIRT PARKING LOT TO THE NORTH OF THE INSTITUTE**

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