

## Basic Course Information

Semester:	<b>WI 2025</b>	Instructor Name:	<b>Teresa Santos</b>
Course Title & #:	<b>NURS 219: Psychiatric and Mental Health Nursing</b>	Email:	<b>teresa.santos@imperial.edu</b>
CRN #:	<b>15191/15192</b>	Webpage (optional):	<b>N/A</b>
Classroom:	<b>2152</b>	Office #:	<b>2113</b>
Class Dates:	<b>1/2/25– 2/3/25</b>	Office Hours:	<b>Tuesday 1230-1330</b>
Class Days:	<b>M/T (Theory) TH (Clinical)</b>	Office Phone #:	<b>760-355-6345 (Nursing Office)</b>
Class Times:	<b>M/T (1800-2215) TH (1145-2230) Clinical</b>	Emergency Contact:	<b>760-355-6345 (Nursing Office)</b>
Units:	<b>3.0</b>	Class Format/Modality:	<b>In-Person</b>

## 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 218*

## 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 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 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)
- RegisteredNurseRN.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%*

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*C = 78-84%*

*F = Below 78%*

*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 any time their grade average drops below 78%.*

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

- a. Final Theory Exam score must be passed at a 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.*

### **Academic Honesty (Artificial Intelligence -AI)**

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

### **Accessibility Statement**

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility

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regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

## 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 field trips) 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;*



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## 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: 877-893-9853.

ATI Student Support

## Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at [finaid@imperial.edu](mailto:finaid@imperial.edu).

## 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 Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 1/6-1/11	Syllabus & Introduction Foundations & Theories Therapeutic Communication Pharmacology Legal and Ethical Issues OCD Schizophrenia	Read Chapters 1-9, 15-16  <u>ATI- Real Life RN Mental Health 4.0:</u> Schizophrenia Bipolar Anxiety  <u>ATI- Video Case Studies RN 3.0:</u> Cognition: Schizophrenia Part 1 & 2  <u>ATI Engage</u> Client & Mental Health Team Member Safety: Legal & Ethical Considerations Continuum of Treatment EBP in MH Nursing Foundational Concepts of MH Nursing Mental Health Theories & Therapies Anxiety, Obsessive-Compulsive & Related Orders Schizophrenia Spectrum Disorders & Psychosis
Week 2 1/13-18	<b>Exam 1, Chapters 1-9, 15 &amp; 16</b> Anxiety Moods Personality Addiction Eating	Chapters 14, 17, 18, 19, 20  <u>ATI- Real Life RN Mental Health 4.0:</u> Alcohol Use Disorder Major Depressive Disorder  <u>ATI- Video Case Studies RN 3.0:</u>

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Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
		Mood and Affect: Depression Mood and Affect: Bipolar Disorder Stress and Coping: Generalized Anxiety Disorder  <u>ATI Engage</u> Mood Disorders & Suicide Personality Disorders Substance-Related & Addiction Disorders Eating Disorders
Week 3 1/20-1/25	<b>Exam 2, Chapters 14, 17-20</b> Somatic Sx Grief & Loss Anger, hostility, and aggression Abuse & Violence Trauma	Chapters 10, 11, 12, 13, 21 ATI: Pertaining chapters.  <u>ATI- Pharmacology Made Easy 5.0:</u> The Neurological System Part I  <u>ATI Engage</u> Somatic Symptom & Dissociative Disorders Grief & Loss Abuse, Aggression and Violence Trauma, Crisis, Disaster & Related Disorders
Week 4 1/27-2/1	<b>Exam 3 (Ch. 10, 11, 12, 13, 21)</b> Childhood Disorders Neurodevelopmental Disorders Disruptive Behavior Cognitive Disorders	Chapters 22, 23, 24  ATI- Video Case Studies RN 3.0 Cognition: Dementia & Delirium  <u>ATI- Pharmacology Made Easy 5.0:</u> The Neurological System Part II –  <u>ATI Engage</u> Neurocognitive Disorders Neurodevelopmental Disorders
Monday, 2/2	<b>PROCTORED ATI M/H</b> <b>Monday, 2/2/26 @ 1000 Nursing Computer Lab</b>	
Tuesday, 2/3 2/3	<b>FINAL EXAM @ 1400 Nursing Computer Lab</b>	

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