

Midland College  
Syllabus  
VNSG 1301 Mental Health and Mental Illness (3-0-0)

## General Course Information

### *Course Description*

This course covers personality development, human needs, common mental mechanisms and factors influencing mental health and mental illness. Also included are common mental disorders and related therapy.

### *WECM End of Course Outcomes*

Explain the roles of the professional nurse in caring for patients and families experiencing mental health problems; use therapeutic communication; utilizes critical thinking skills and a systematic problem-solving process for providing care to patients and families experiencing mental health problems.

### *Student Learning Outcomes and Core Competencies*

The following course student learning outcomes (SLO's) are based on the Differentiated Essential Competencies (DECs) identified by the Texas Board of Nursing for the nursing roles of Member of the Profession (MOP), Provider of Patient-Centered Care (PPCC), Patient Safety Advocate (PSA), and Member of the Health Care Team (MHCT). Upon successful completion of the course, the student will:

1. Demonstrate the assessment process to assist in determining the physical and mental health status, needs and preferences of culturally, ethnically, and socially diverse patients and their families based on interpretation of health-related data. (PPCC-B)
2. Identify common and complex psychiatric disorders along with the appropriate assessment and interventions needed to care for these patients. (PPCC-A)
3. Discuss the major therapeutic actions, common side effects, contraindications and nursing interventions for drug interventions related to psychiatric nursing. (PPCC-E)
4. Consider patient safety, and needed instruction, training and supervision needed when implementing care to psychiatric patients (PSA-A)
5. Communicate and collaborate with patients, their families, and the interdisciplinary health care team to assist in the planning, delivery, and coordination of patient-centered care to assigned patients. (MHCT-A)

### *Course Outline/Schedule*

Detailed course schedule provided to the students at the start of class.

## Unit I: Foundations for Mental Health Nursing

1. Basic Mental Health Nursing Concepts
2. Legal and Ethical Issues
3. Effective Communication
4. Stress and Defense Mechanisms
5. Creating and Maintaining a Therapeutic and Safe Environment
6. Diverse Practice Settings

## Unit II: Traditional Nonpharmacological Therapies

7. Psychoanalysis, Psychotherapy, and Behavioral Therapies
8. Group and Family Therapy
9. Stress Management
10. Brain Stimulation Therapies

## Unit III: Psychobiologic Disorders

11. Anxiety Disorders
12. Trauma and Stress Related Disorders
13. Depressive Disorders
14. Bipolar Disorders
15. Psychotic Disorders
16. Personality Disorders
17. Neurocognitive Disorders
18. Substance Use and Addictive Disorders
19. Eating Disorders
20. Somatic Symptom and Related Disorders

## Unit IV: Psychopharmacological Therapies

21. Medications for Anxiety and Trauma and Stress Related Disorders
22. Medications for Depressive Disorders
23. Medications for Bipolar Disorders
24. Medications for Psychotic Disorders
25. Medications for Children and Adolescents Who Have Mental Health Issues
26. Medications for Substance Use Disorders

## Unit V: Specific Populations

27. Care of Clients who are Dying and/or Grieving
28. Mental Health Issues of Children and Adolescents

## Unit VI: Psychiatric Emergencies

29. Crisis Management
30. Suicide
31. Anger Management
32. Family and Community Violence

### *Text, References, & Supplies*

- Lilley, Linda & Snyder, Julie. (2020) Pharmacology and the Nursing Process. 9<sup>th</sup> Edition. Elsevier. St. Louis, Missouri
- ATI PN Mental Health 11.0
- ATI PN Pharmacology 8.0
- Mosby's Nursing Drug Handbook 2020

### *Course Competencies*

A = (100-90)

B = (89.9-80)

C = (79.9-75)

D = (74.9-60)

F = (59.9 or below)

- Passing grade for this course is 75%. There are no rounding of grades. Students who fail this course may not progress in the VN program.

Unit Exams: 50%

Final Exam: 20%

Canvas Quiz: 10%

ATI Engage Mental Health: 10%

ATI PN Content Mastery Mental Health 2020: 10%

ATI Content Mastery Mental Health 2020: Students will participate in ATI Practice and Content Mastery exams. Refer to the attached "Requirements and Grading Grid for ATI Content Mastery Exams" handed out first day of class.

## Student Contributions and Class Policies

### *Student Contributions*

1. VNSG 1301 meets for 3 lecture/lab hours per week. For every week, it is the responsibility of the student to be prepared before coming to class by reading the assigned chapters in the textbook.
2. The student is responsible for bringing textbooks and required materials to class.

### *Class Policies*

1. In order to meet the goals of VNSG 1301, the student must attend class, and participate in all learning activities. If a tardy/absence is unavoidable, student must contact instructor to let them know. Please refer to Vocational Nursing Student Handbook – Didactic Attendance.
2. Unit exams that are missed due to an absence will result in a make-up exam that will be scheduled at discretion of the instructor. In the event the makeup exam is not taken in these timelines, the student will receive a zero (0). Please refer to Vocational Nursing Student Handbook – Exams & Standardized Tests
3. No assignment is optional. No late work will be accepted. The grade will be recorded as a zero (0). All work must be original. Please refer to the Student Handbook on policies regarding Cheating/Plagiarism. Please refer to Vocational Nursing Student Handbook – Assignments & Grading
4. The instructor will dismiss a student from class for disruptive and inappropriate conduct. Please see Vocational Nursing Student Handbook – Student Conduct.
5. All cell phones are to be turned off during class. Any use of cell phones during class is considered disruptive behavior, and student will be dismissed from class. Watches with internet access are not permitted during exams, quizzes, or review. Recorders during lecture are permitted by instructor approval only. Please see Vocational Nursing Student Handbook – Personal Electronic Communication Equipment/College Computers.
6. There is a zero tolerance for academic dishonesty. Penalty for academic dishonesty is an automatic failing grade of “F” in the course and dismissal from the program.
7. Unit exams cover a random sample of the materials studied in each unit of study. Test questions will be presented as multiple choice and alternative formats, similar to questions from the NCLEX exam. Students may receive a broad/general review prior to the exam. Material presented by any variety of teaching method (audio-visual media, class presentation, independent study, required readings, and computer lab assignments) may be included in exams. Exams are typically taken on Canvas/ATI. Please see Vocational Nursing Student Handbook – Exams & Standardized Tests.

## Americans with Disabilities Act (ADA) Statement:

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must visit [www.midland.edu/accommodation](http://www.midland.edu/accommodation) and complete the Application for Accommodation Services located under the Apply for Accommodations tab. Services or accommodations are not automatic, each student must apply and be approved to receive them. All documentation submitted will be reviewed and a "Notice of Accommodations" letter will be sent to instructors outlining any reasonable accommodations.

## Title IX

Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individual has been designated to handle inquiries regarding the non-discrimination policies: Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 131, Midland, TX 79705, (432) 685-4781. For further information on notice of non-discrimination, visit the ED.gov Office of Civil Rights website, or call 1-800-421-3481

## Licensure Eligibility Notification

Completion of Midland College degrees and/or certificates does not guarantee eligibility to take a certification/registry/licensure examination. The eligibility of each person is determined on an individual basis by the regulatory body of the specific discipline. If you have a conviction of a crime other than a minor traffic violation, physical or mental disability/illness, hospitalization/treatment for chemical dependency within the past five years, current intemperate use of drugs or alcohol or a previous denial of a licensure or action by a licensing authority, you will need to contact the specific regulatory body for an individual ruling. Some programs require a criminal background check and urine and drug screen.

## Health Science Division Information

Students are encouraged to contact the instructor anytime. Making an appointment will guarantee availability at a specific time.

### *Instructor Information*

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