

## Cedar Crest College

### Nursing Department

**NUR 313 Mental Health Promotion Credits: 4 2 classroom 2 clinical**  
**Course Syllabus Fall 2008 Clock Hours 28 class 84 clinical**  
**Course Pre-Co requisites: NUR 309, NUR 323, NUR 311, NUR 314**

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#### Course Description

This course focuses on the role of the professional nurse in the promotion of optimal mental health with an emphasis on the acute care psychiatric setting. Psychosocial and neurobiochemical theories are used in caring for individuals and their families from diverse cultures experiencing alterations in mental health.

#### Course Objectives

Upon successful completion of the course, the student will:

1. Identify the role of the professional nurse in promotion and maintenance of optimal mental health and in prevention, detection, and treatment of mental illness in a variety of health care settings.
2. Relate effectively as a communicator in promoting optimal mental health of individuals and families who are experiencing psychiatric difficulties.
3. Apply the nursing process to develop a mental health plan of care for an individual within the context of a family and multicultural society.
4. Interact in an interdependent role as part of the multidisciplinary mental health team.
5. Identify mental health nursing problems worthy of nursing research.
6. Utilize principles of leadership and advocacy by teaching individuals, groups, and family members aspects of health care related to mental health and illness.
7. Develop personal insights to further responsibility for personal and professional growth.
8. Identify current mental health laws and how they impact the patient in the acute care setting.

## Teaching Methods

1. Professor facilitated Discussion
2. Suggested readings or viewings
3. Audio-visuals including video, DVD, interactive CD
4. Case study analyses and role playing
5. Pre- and post-conferences
6. Critical thinking exercises and group work
7. Computer simulated NCLEX style practice questions
8. High fidelity lab based simulation

## Classroom protocol and participation

Participation includes:

- 1) Answering questions asked by faculty or other students. All answers are expected to stimulate learning for other class members.
- 2) Students will volunteer to answer questions, offer comments or ask for clarification.
- 3) Other ways of participating include: written questions submitted to faculty, thoughtful and thorough preparation for class, and nonverbal behaviors indicating engagement.
- 4) To allow all class members an opportunity to participate equally, the class agrees that no student may ask more than 3 questions or give more than 3 answers relating to the same concept.

Professional behavior is required in the classroom at all times. This includes, but is not limited to:

- 1) Respect for one another including attention to: physical environment, communication styles and differences, individual feelings, and group norms and needs.
- 2) Responsibility for classroom distractions including: cell phones and pagers, food and drink, extraneous conversation, etc..
- 3) Punctuality.
- 4) Openness to differing perspectives and opinions, with thoughtful response to ideas shared in class.

It is all of our responsibility to ensure that the classroom is an effective, interactive, distraction free learning environment. **Please turn all cell phones to vibrate or off during class time. Please DO NOT bring a cell phone to testing time.**

**IMPORTANT :** A satisfactory rating for all behaviors is necessary to satisfy course requirements. Inappropriate , non-professional behaviors in class , lab or clinical may result in dismissal from CLASS and or COLLEGE

This classroom will be conducted in accordance with the principles of a democratic classroom. The student should acknowledge that the professor brings an expertise with regard to both teaching and the subject matter. However, each student also has a certain level of expertise and should bring that knowledge into the classroom to facilitate discussion and classroom interaction.

## Honor Policy

The faculty for this course fully support the Cedar Crest College Community standards for academic conduct found in the Cedar Crest College A Student's Guide 2008-2009 and expect the same from all the students. **Plagiarism** or any other form of academic dishonesty may result in a failing grade for the assignment or the entire course, at the discretion of the faculty member. **Confidentiality** and anonymity of client information must be respected and preserved by students at all times. A breach of confidentiality or anonymity will be viewed as a serious offense and reflected in the student's clinical evaluation. This may constitute a failure for the course.

## General Information

Suggested Ways to be Successful in This Course:

- 1) Practice answering NCLEX questions from a variety of sources.
- 2) Study in groups with each member taking turns teaching the group material.
- 3) Organize assignments by the due date and focus on one task at a time.
- 4) Complete the assigned readings before class.
- 5) Complete the critical thinking exercises as well as the case studies
- 6) Practice healthy stress management strategies proactively.

Late assignments will result in the loss of five points for each day the assignment is late. No extensions will be granted without written physician documentation of illness or injury. The highest grade given to any assignment re-submitted will be 75 or C.

Please remember it is the student's responsibility to have a hard copy of all work submitted. If a written assignment is lost and the student is unable to submit a copy of their original work a grade of zero will be recorded for that assignment.

Students are encouraged to tape record class lectures. Please remember that all class content is considered proprietary by the faculty. Once the course has ended, you are required to destroy the tape recordings. Failure to do so will result in prosecution under the academic honesty and integrity policy of the college and may result in dismissal from the department and the college.

*Students with documented disabilities who may need academic accommodations should discuss these needs with their professors during the first two weeks of class. Students with disabilities who wish to request accommodations should contact Academic Services.*

Attendance:

- 1) Missed clinical time will be made up at the discretion of faculty. More than 2 missed clinical days will result in failure of the course. Should the clinical make up require extra faculty time, the student will be charged a make up fee of \$250 per day.
- 2) More than 2 classroom absences will result in failure of the course.
- 3) It is the student's responsibility to notify both classroom and clinical faculty of any absence. 1 Absence without notification will result in penalty of one letter grade for the course. 2 absences without notification will result in failure for the course.
- 4) It is the student's responsibility to notify the nursing department, clinical faculty and the clinical unit should they be late. Failure to do so will result in a failed clinical day with a \$250 make up day fee.
- 5) Your obligations for this course include attendance at the final exam, on the day and time scheduled by the Registrar's office. You should not make travel arrangements until the final exam schedule has been published; if you must make plans early, you should schedule your travel day after the last final exam day.

## General Information

### Clinical:

- 1) No cellular telephones, pagers, or PCs are allowed to be in the possession of a student while on duty on the patient care unit. If a student is found with a cellular phone, pager, or pc engaging in any type of communication, the student will fail the clinical day and must pay \$250 to repeat the day.
- 2) Students are required to follow the CCC nursing department dress code as outlined in the CCC nursing student handbook with the modification of Khaki colored pants for this clinical.
- 3) Students are responsible for their own transportation to and from clinical agencies.
- 4) Students are formally evaluated by clinical faculty at the end of the course. Informal evaluation and feedback are provided every clinical day. Should there be a question of clinical safety, student behavioral appropriateness, or drug or alcohol use by the student, the student will be requested to immediately leave the patient care area and await further direction from faculty.
- 5) Students are not allowed to smoke in or outside of clinical agencies as per individual agency policy.

### Testing Policy:

Students are required to leave all personal belongings including, coats, hand bags, backpacks, cell phones, pdas, pagers etc. at the front of the classroom for every exam. Students may not eat or drink during the exam. Any student found with a digital device on their person during an exam will automatically fail the exam and may be held accountable for academic dishonesty under the college policy.

## Evaluation Process

### Theory

1. Two unit examinations each exam 20%
2. One comprehensive final examination 25%
3. Cumulative classroom quizzes 15%

### Clinical

1. One written process recording 10%
2. Teaching project 10%
4. Final satisfactory clinical evaluation.

The student will receive either a grade of S (Satisfactory/Safe) or U (Unsatisfactory/Unsafe);

An unsatisfactory rating in clinical performance regardless of the grade in theory will constitute a failure for the course. An average of less than 73% in theory will constitute a failure in the course. The benchmark grade for this course is 73. Any final score less than 73, including and up to 72.9 will be considered a failure for the course. Once a student has successfully met the 73 benchmark, all final scores will be rounded.

Individual exam, quiz, or assignment scores are not rounded.

Grading Scale: Note that grades below C constitute a failure in the course.

A	93-100	A-	90-92
B+	87-89	B	83-86
B-	80-82	C+	77-79
C	73-76	C-	70-72
D+	67-69	D	60-66
F	Below 60		

**Required  
Textbooks**

Townsend, M. (2006). Psychiatric mental health nursing: concepts of care in evidenced based practice (5th ed.), Philadelphia: F.A. Davis Company.  
Townsend, M. (2006). Psychnotes. Philadelphia: F.A. Davis Company.

**Required  
Supplies**

Stethoscope, nursing uniform, bound hard copy journal

**Email**

Students are obligated to check their Email DAILY for any changes to clinical or classroom times or events. Please refer to the Cedar Crest College E-Mail policy for correct procedures in using e-mail.