Course Change Proposal
Form A

Academic Group (College): Health & Human Services

Academic Organization (Department): Division of Nursing

Date: February 21, 2011

Type of Course Proposal:
New _X_ Change ___ Deletion ___

Department Chair: Carolynn Goetz

Submitted by: Ann Stoltz

CCE (Extension): Yes _X_ No ___

Does this course fulfill a requirement for single-subject or multiple subject credential students? Yes ___ No _X__

For Catalog Copy: Yes _X_ No ___

Semester Effective: Summer 2011
Fall ___ Spring __, 2011_

This course replaces experimental course Subject Area (prefix) and Catalog Nbr (course number): NA

If changing an existing course, should new version be considered a repeat of the original version? If so, the same Course ID will be maintained. If not, a new Course ID will be assigned. Note: In PeopleSoft terminology, the Course ID is the unique system identifier, not the Catalog Nbr.

Change from: New Course

Subject Area (prefix) & Catalog Nbr (course no.): NURS 109

Title: Mental Health Nursing Theory

Units: 3

Change to:

Subject Area (prefix) & Catalog Nbr (course no.):

Title:

Units:

JUSTIFICATION:

The current approved Nurs 129 course includes both theory and clinical components. To accommodate the new Accelerated Second Baccalaureate Nursing Program Collaborative, it is necessary to split the one course into two courses: one being theory (NURS 109) and one clinical (NURS 110).

NEW COURSE DESCRIPTION: (Not to exceed 80 words, and language should conform to catalog copy. See http://www.csus.edu/umanual/acad.htm - Guidelines for Catalog Course Description)

Provides a theoretical basis for the nursing care of individuals who require nursing intervention to achieve and maintain mental health through adaptive processes. A variety of psychodynamic theories related to anxiety, interpersonal relationships, crisis intervention, and group process are discussed. Graded/3 Units/Lecture/3 hours

Prequisites: NURS 103, NURS 104, NURS 105, NURS 106, NURS 107, NURS 108, or instructor permission

Corequisite: NURS 110

Note:

Prerequisite: NURS 103, NURS 104, NURS 105, NURS 106, NURS 107, NURS 108, or instructor permission

Enforced at Registration: Yes _X_ No

Corequisite: NURS 110

Enforced at Registration: Yes ___ No _X__

Graded: Letter _X_ Credit/No Credit

Instructor Approval Required? Yes ___ No _X__

Course Classification (e.g., lecture, lab, seminar, discussion):
Lecture C-02

Title for CMS (not more than 30 characters)
MentalHealthNursTheory

Cross Listed? Yes ___ No _X__

If yes, do they meet together and fulfill the same requirement, and what is the other course.

NA

How Many Times Can This Course be Taken for Credit? ___ 1___

Can the course be taken for Credit more than once during the same term? Yes ___ No _X__
FOR NEW COURSE PROPOSALS OR SUBSTANTIVE CHANGES ONLY:

**Description of the Expected Learning Outcomes:** Describe outcomes using the following format: "Students will be able to: 1), 2), etc." See the example at http://www.csus.edu/acaf/example.htm

Students will be able to:
1. Analyze and apply concepts and theories of mental health and mental illness from the physical and behavioral sciences, the humanities and nursing in the care of clients with potential or actual mental health problems across the life span.
2. Identify and describe the classification, etiology, and clinical manifestations of common mental health problems and their impact on clients, families, groups and the community.
3. Describe current physical, pharmacologic and psychosocial treatment modalities used in mental health.
5. Describe the evolution of mental health treatment and its influence on the development of mental health nursing practice.
6. Demonstrate adherence to professional and academic standards of behavior in the classroom settings.
7. Utilize SacCT to interact with faculty and peers; and employ library and internet resources to gather, analyze, and evaluate information relevant to mental health nursing practice.

**Attach a list of the required/recommended course readings and activities [Note: it is understood that these are updated and modified as needed by the instructor(s).] This attachment should be forwarded only to your Dean's office, not Academic Affairs.**

**Assessment Strategies:** A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above:

1. Four examinations of 100 points each for a total of 400 points
2. ATI Test

**For whom is this course being developed?**
Majors in the Dept: X Majors of other Depts: ___ Minors in the Dept: ___ General Education: X Other: ___
Is this course required in a degree program (major, minor, graduate degree, certificate)? Yes X No ___
If yes, identify program(s): Bachelor of Science in Nursing

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer facilities, faculty, etc.)? Yes ___ No X ___
If yes, attach a description of resources needed and verify that resources are available.

Indicate which department or programs will be affected by the proposed course (if any). None

**The Department Chair's signature below indicates that affected programs have been sent a copy of this proposal form.**

**Accessibility:** Following course approval, and prior to the start of the semester in which the new or revised course will be taught for the first time, an accessibility checklist [available at http://www.csus.edu/accessibility/checklist.html] shall be completed and submitted to the appropriate Dean's office. An accessible syllabus shall also be made available online, preferably prior to the start of that semester's open registration period.

**Approvals:** If proposed change, new course or deletion is approved, sign and date below. If not approved, forward without signing to the next reviewing authority, and attach an explanatory memorandum to the original copy.

**Signatures:**

<table>
<thead>
<tr>
<th>Department Chair:</th>
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<tr>
<td>College Dean or Associate Dean:</td>
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<td>CPSP (for school personnel courses ONLY)</td>
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<td>Associate Vice President and Dean for Academic Programs</td>
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<tr>
<th>Date</th>
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**Distribution:** Academic Affairs (original), Department Chair and College Dean. Dean's office to send original after approval to Academic Affairs, at mail zip 6016. An electronic copy must also be sent.
COLLEGE OF HEALTH AND HUMAN SERVICES
DIVISION OF NURSING
NURS 109 Mental Health Nursing Theory
SYLLABUS

Faculty
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Cell Phone: (510) 543-8408
Office Phone: (916) 278-4663
Email: cvourakis@csus.edu

Course Catalog Description:
Provides a theoretical basis for the nursing care of individuals who require nursing intervention to achieve and maintain mental health through adaptive processes. A variety of psychodynamic theories related to anxiety, interpersonal relationships, crisis intervention, and group process are discussed. Graded/Lecture: 3 units

Prerequisites:
NURS 103, NURS 104, NURS 105, NURS 106, NURS 107, NURS 108 or instructor permission.

Corequisite: NURS 110

Required Texts:
Student resources are also available through the publisher on-line at: http://evolve.elsevier.com/Varcarolis

ATI (2010) Registered Nurse Mental Health Nursing Care Review Module (Edition 8.0)
Overland Park, KS: Assessment Technologies Institute, LLC.
Student resources to prepare for the ATI are on-line at: www.atittesting.com. Students may receive the practice test ID number and the password from the Nursing Resource Center.

Recommended Text:

Course Credit:
Theory lecture is three hours per week. Courses are structured to ensure the student is assigned three hours of preparatory work for every one hour in a theory course, therefore
the student should prepare for a minimum of nine hours of out-of-class homework each week.

**Overview of the Course:**
The course is designed to offer the student a theoretical foundation for understanding the dynamic psychosocial and biological bases for mental health and illness. The student is informed about the process of providing therapeutic nursing care to healthcare consumers in a variety of healthcare settings.

The course builds upon theoretical concepts the student has learned about in pre-nursing and prerequisite courses such as human development, psychology, sociology, anatomy and physiology, communications, gerontology, physical assessment, pharmacology, and introduction to professional practice. Specific topics discussed include: the care of the patient in the acute care, extended care and community mental health settings; legal, ethical, cultural, and spiritual considerations in mental health nursing; individual, milieu, group, and family nursing care; the use of the DSM IV-TR; and the use of the nursing process in caring for individuals with a variety of mental illnesses and disorders.

**Course Objectives:**
1. Analyze and apply concepts and theories of mental health and mental illness from the physical and behavioral sciences, the humanities and nursing in the care of clients with potential or actual mental health problems across the life span.
2. Identify and describe the classification, etiology, and clinical manifestations of common mental health problems and their impact on clients, families, groups and the community.
3. Describe current physical, pharmacologic and psychosocial treatment modalities used in mental health.
5. Describe the evolution of mental health treatment and its influence on the development of mental health nursing practice.
6. Demonstrate adherence to professional and academic standards of behavior in the classroom settings.
7. Utilize SacCT to interact with faculty and peers; and employ library and internet resources to gather, analyze, and evaluate information relevant to mental health nursing practice.

**Course Requirements:**

The course policy is that final grades are not rounded up.

Class attendance in the course is highly recommended, but not required. The student will perform at the highest level if he/she reads the required text readings, takes the practice quizzes offered on SacCT, reviews the power point file that will be used for the theory lecture, and participates fully in class discussions and activities. Obtaining
announcements, handouts, and lecture information is the responsibility of the student if he/she misses lecture, regardless of the reason for absence from class.

The student will demonstrate achievement of the course theory outcomes by passing four examinations. Exams are announced in advance and test the student’s mastery of information presented in text readings, lectures, additional readings, quizzes, audios/videos, and guest speakers. Each exam consists of multiple choice questions that require critical analysis and application of theory to clinical simulations. There is a non-comprehensive final that is given during the week of final examinations. Absence from class on an examination date must be arranged in advance. There will be an 8 point penalty for taking the exam at any other time and/or date then specified on the calendar—no exceptions. All exams are given through SacCT in the Folsom Hall computer labs.

The student will also demonstrate achievement of the theory outcomes by passing the Assessment Technologies Institute (ATI) examination in mental health nursing practice. The ATI exam is a nationally normed exam that is proctored in the computer lab. The ATI in mental health nursing consists of 60 questions and the exam times-out at 60 minutes (the student is given one minute/test question).

The student has one opportunity to pass the ATI exam during the semester; if he/she fails, the student has two (2) more opportunities to take and pass the ATI. ATI questions are designed to assist the student to prepare for the NCLEX exam. The assigned readings for each week’s lecture include readings in the ATI test preparation manual. The student is strongly advised to log on to the ATI website (www.atitesting.com) at the start of the semester and to begin to take the practice exams in mental health following midterm. The assessment identification number and password for the practice exams are located on the “forms” wall in Folsom Hall.

**Performance Evaluation in the Course:**
Four examinations are given during the course of the semester and each is worth 100 points for a total of 400 possible points. The final exam is non-comprehensive. **The student is required to average 73% on the four examinations to pass the theory portion of the course.** A maximum of 50 additional points can be earned by satisfactory completion of the clinical case study.

The student that does not pass the ATI on the first attempt must pass it during two subsequent attempts in order to pass the course. The ATI passing score will be the minimum percentage for level II. **Any student, who fails the ATI after three attempts, fails the course and must repeat NURS 109.**

The grading criterion for the theory course is as follows:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Points</th>
<th>Course Grade</th>
<th>Note</th>
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<tbody>
<tr>
<td>93 - 100%</td>
<td>419 - 450</td>
<td>A</td>
<td></td>
</tr>
<tr>
<td>90 - 92%</td>
<td>405 - 418</td>
<td>A-</td>
<td></td>
</tr>
<tr>
<td>87 - 89%</td>
<td>391 - 404</td>
<td>B+</td>
<td></td>
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<td>Percentage Range</td>
<td>Score Range</td>
<td>Grade</td>
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<td>83 – 86%</td>
<td>373 – 390</td>
<td>B</td>
<td></td>
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<tr>
<td>80 – 82%</td>
<td>360 – 372</td>
<td>B-</td>
<td></td>
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<tr>
<td>77 – 79%</td>
<td>346 – 359</td>
<td>C+</td>
<td></td>
</tr>
<tr>
<td>73 – 76%</td>
<td>329 – 345</td>
<td>C</td>
<td></td>
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<tr>
<td>&lt; 73%</td>
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Any score below 73% is a failing grade and the student must repeat the course.

See the University Policy on Academic Honesty at: http://www.csus.edu/admbus/umanual/UMA00150.htm.
A student that cheats on an exam or plagiarizes another’s work will receive a no credit on the exam or assignment and risks being dropped from the course depending upon the infraction.

See the University Policy on Students with Disabilities at: http://www.csus.edu/umanual/acad/uma00215.htm
Please notify the faculty or record if you have a disability and require accommodations to complete the course requirements.