

**East Carolina University**  
**College of Nursing**  
**Department of Baccalaureate Education**  
**Syllabus**

**Fall 2024**

- I. Course Number:** NURS 4010/NURS 4011
- II. Course Title:** Nursing Care of Clients with Alterations in Mental Health
- III. Credit Hours:** 5
- IV. Allocation of Time:** 3 lecture/class hours per week; 6 clinical hours per week
- V. Placement in the curriculum:** third semester
- VI. Prerequisites and Corequisites:**

Prerequisites: All required NURS courses below 4000

Corequisites: NURS 4011

**VII. Course Description:**

Provides theoretical foundations and clinical experiences specific to the promotion of mental health maintenance of optimal functioning, and maximization quality of life for client with alterations in mental health

**VIII. Course Faculty/Contact Information/Office Hours:**

<b>Faculty</b>	<b>Office</b>	<b>Email</b>	<b>Office Phone Number</b>	<b>Cell Phone Number</b>	<b>Office Hours</b>
Elizabeth Adams, MSN,RN		<a href="mailto:Elizabeth.Adams@vidanthhealth.com">Elizabeth.Adams@vidanthhealth.com</a>		<b>252-945-1160</b>	Tuesdays (on site) 10:30am-11:30am 5:30pm-6:30pm
Avery, Jeanette, PhD, MSN, RN	2118	<a href="mailto:averyj@ecu.edu">averyj@ecu.edu</a>	252-744-6408	<b>252-349-1723</b>	M 7am-8am; 10am-2pm T, W 12:30-1:30pm

Candice Jenkins, DNP, RN	3202	<a href="mailto:jenkinsca16@ecu.edu">jenkinsca16@ecu.edu</a>	252-744-6521	<b>252-626-8860</b>	Th 10am-12pm; Friday 11am-2pm
Mitzi Pestaner, RN, PhD, JD, LLM	3165	<a href="mailto:Pestanerm21@ecu.edu">Pestanerm21@ecu.edu</a>	252-744-6433	<b>252-258-8857</b>	W 11am-4pm
Susan Willson Lally, MSN, APRN, PMHN-BC	3132	<a href="mailto:willsons@ecu.edu">willsons@ecu.edu</a>	252-744-6378	<b>252-702-3457</b>	W 1:00-2:30pm; M 1:00pm-2:30pm; F 11am-1pm
Alexis Spence, MSN, RN	2121	<a href="mailto:spenceal21@ecu.edu">spenceal21@ecu.edu</a>	252-744-6501	<b>919-738-7339</b>	M,T,W 2pm-4pm
April Lynch, MSN, RN-BC		<a href="mailto:lynchap22@ecu.edu">lynchap22@ecu.edu</a>		<b>252-567-8222</b>	T after clinical
Jon Garfin MSN, APRN, PMHNP-BC		<a href="mailto:garfinj23@ecu.edu">garfinj23@ecu.edu</a>		<b>925-246-3985</b>	M, T after clinical
Billy Tart, DNP, RN		<a href="mailto:tartb23@ecu.edu">tartb23@ecu.edu</a>		<b>919-273-9675</b>	W after clinical
LaTonya Busby, MSN, RN-NE		<a href="mailto:Busbyl23@ecu.edu">Busbyl23@ecu.edu</a>		<b>(919) 696-3819</b>	M after clinical

## IX. Course Objectives:

Upon completion of this course, the student will be able to:

1. (Identify mental health nursing principles, issues and concepts as a basis for nursing care of clients with mental health alterations.
2. Apply clinical reasoning in the provision of therapeutic nursing interventions for clients with mental health alterations in diverse settings.
3. Collaborate with interdisciplinary teams in partnerships with clients to promote mental health, maintain optimal functioning and maximize quality of life.
4. Demonstrate therapeutic communication skills and safe, effective use of self in the care of clients with mental health alterations.

## X. Teaching Strategies:

- Lecture/Discussion
- Media (short film/documentary/websites)
- Experiential activities
- Collaborative Test Review
- Case Studies
- Role Play
- Clinical Scenarios
- Simulation

## XI. Evaluation Methods

### A. Grading Scale:

- a. The course grade is based on the following revised 2014 CON scale:

Letter Grade	CON Scale	Quality Points
A	95-100	4.0
A-	93-94	3.7
B+	91-92	3.3
B	87-90	3.0
B-	85-86	2.7
C+	82-84	2.3
C	78-81	2.0
C-	76-77 (not passing)	1.7
D+	74-75 (not passing)	1.3
D	72-73 (not passing)	1.0
D-	70-71 (not passing)	0.7
F	<70 (not passing)	0

- b. Students must earn 78 (C, 2.0) to pass a required nursing course. If a student earns less than 78 (C, 2.0) in more than one course, they are not eligible to continue in the CON.
- c. Any student scoring below passing on **ANY** assignment is strongly encouraged to schedule an appointment with the course faculty **AND** a College of Nursing counselor in Student Development and Counseling prior to the next test. Student adherence to this recommendation will be considered in all College of Nursing undergraduate progression appeals.
- d. Students may secure their final grade via [Pirate Port and Banner](#) using their user ID and their password. In compliance with the Family Educational Rights and Privacy Act, faculty members are not allowed to post students' grades by Social Security Numbers,

any sequential part thereof, or any other personally identifiable characteristic. Upon receipt of a written request to the Office of the Registrar, a report of grades is sent to the student at his or her permanent home address. Questions about final grades should be directed to the instructor who determined the grade.

- e. **Starfish:** Starfish is an early-alert retention tool that works to support student academic success. Through Starfish, faculty members may elect to inform students and key personnel of the College about their academic performance.
- f. All clinical assignments should be submitted by Canvas or hard copy to your clinical faculty. Feedback from faculty will either be by Canvas or hard copy. Email communication is not secure and should not be used for clinical paperwork. All clinical assignments must be submitted to pass the course.

## **B. Progression Requirements:**

- a. Please refer to the ECU College of Nursing Undergraduate Student Handbook for the progression guidelines.
- b. Final Course Grade:
  - i. It is the procedure of all College of Nursing Undergraduate Faculty members to round final course grades only.
  - ii. Rounding will be to the nearest whole number. Grades 0.50 or higher will be rounded to the next whole number.
  - iii. Clinical, lab, and seminar performance will not be considered in the final theory course grade.

## **C. Course Grade:**

- a. The course grade is based on the following components:

• Professional Behavior	5%
• Test 1	20%
• Test 2	20%
• Test 3	20%
• Comprehensive Final Exam	20%
• Self-Care Project	5%

- Stigma Project 5%
- AA/NA Assignment 2.5%
- Simulation Reflection 2.5%

- b. The student's final grade is based on how they perform in NURS 4010 and their success in meeting the objectives of the clinical or laboratory component.
- c. The course grade shall follow the point scale. All components must be completed to fulfill the course requirements.
- d. The clinical or laboratory component is evaluated by the faculty as satisfactory/unsatisfactory (This applies to courses: 3020/3021, 3210/3211, 3290/3291, 3330/3331, 3340/3341, 3390/3391, 4010/4011, 4020/4021, 4210/4211) If the student is unsatisfactory in the clinical or laboratory component, it constitutes an automatic failure (F) in NURS 4010 and NURS 4011. If the student is satisfactory in the clinical or laboratory component, the student shall receive a grade based on the theory grade. Failure to earn at least a "C" in theory or a satisfactory in clinical or laboratory shall result in the student repeating the entire course.
- i. Test review- Test statistics will be reviewed. In person reviews will be held according to the provided schedule. Students must attend the scheduled review to review exam material. Students who earn a grade of 78 or below will be encouraged to set up a meeting to review their test with faculty. Students who need to review (earned a 78 or below) their exam will need to do this within **one week** from the time the test is given. The student will need to contact faculty and arrange a meeting to review their test.
- ii. Test taking guidelines:
- aa. No smart devices are allowed in the classroom; this includes but not limited to smart watches, iPADS, tablets, etc. Student cell phones and belongings should be placed at the side of the room as the student enters the room. Cell phones must be turned on silence.
- bb. While in the classroom, the student will use their personal laptop to access the test on Canvas. Student's computer must be fully charged. The student's computer must be a Windows PC, or a Mac and it should be reliable. The following operating systems are acceptable: Windows 8, 10; macOS version 10.8 or newer. These requirements can be found via the following link. <https://nursing.ecu.edu/de-support/technology-requirements/> If the student is already aware of a personal computer issue, contact CON IT department or rent a computer for semester use.

- cc. Students will take all tests using Lockdown Browser. A students' computers must be compatible with Lockdown Browser. If not, students should contact the CON IT department to correct the problem before the next test/exam.
  - dd. For exams/tests, the student will be provided one piece of scrap paper but cannot write on it until the exam has begun. No other paper will be provided. Leave photo ID at desk during testing.
  - ee. Students will have **60 minutes** for the three-unit tests (1.5 minutes per 50 test questions). Students will be allowed to go back and forth between questions.
  - ff. Students should not share the test/exam passwords.
  - gg. At the end of the test- student should submit their exam then raise their hand. The faculty will confirm that the student test has been submitted, check photo ID. The faculty will collect the scrap paper and let the student know if the student can pack belongings and leave testing area.
  - hh. Grades shall be posted within 1-2 business days after the test/exam/quiz.
- iii. Exams (20% each); Final Exam (20%): The tests will be given on the days noted in the course calendar. Content will include information covered in class, assigned individual and group work and required readings.
  - iv. Self-Care Education Presentation (5%) researches and develops a self-care activity that would be beneficial for both patients and nurses. Each student will select a self-care topic, conduct a scientific review of the topic, create a presentation that they will present to faculty and peers. The presentation needs to be engaging and interactive with a minimum of 2 peer reviewed research references.
  - v. Decreasing Stigma Presentation (5%)- Each student will gain insight into advocacy for patients diagnosed with a mental illness. The student will explore the National Alliance on Mental Illness (NAMI) to find education materials to teach about mental illness and create a teaching plan. Students will teach 10 people about mental illness and share 2 positive posts (thoughts, memes, blurbs) on social media to increase awareness and decrease stigma. Students will reflect about their experiences with teaching and posting on social media. Each part will be discussed post in a Discussion Board on Canvas. Students will be required to respond to their peers' posts
  - vi. AA/NA assignment (2.5%)- Each student will attend a 12-step meeting in the community and then reflect on their experience. This will be uploaded to Canvas.

- vii. Simulation Reflection (2.5%)- Students will reflect on their simulation. The assignment will be uploaded to Canvas.
- viii. Professional Behavior (5%)- On the first day of the semester, students will begin with 100 professionalism points. Faculty in consultation with the course and clinical coordinator will determine if professionalism points are to be deducted, and the number of points that will be deducted based on behaviors identified. The final point value is weighted as 5% of the final grade for this course. Students are subject to have points deducted for every professional behavior criterion not met, even if it is a repeated offense. (Example: A student does not follow the dress code policy and loses points for the infraction, may lose additional points if the same violation occurs again. Nursing faculty will meet with students and provide a written counseling statement on any occasion that professionalism points are deducted, and/or a pattern of unprofessional behavior is present. It is the student's responsibility to be aware of the number of points they have. Nursing faculty, along with the course and clinical coordinator will maintain a log of points that are deducted. The following represents the professional behaviors that nursing students are expected to exhibit. This will serve as the basis for the evaluation of professionalism throughout the course.

Professional Appearance = 5  
 Professional Respect = 10  
 Appropriate Communication = 10  
 Professional Teamwork = 5  
 Learning Engagement = 40  
 Clinical Judgement / Ethical Behavior = 10  
 Academic Integrity = 20

- ix. All clinical assignments must be completed to pass the course
- e. Dosage Calculation Competency for Medication Administration and Rounding Procedure for Medications are located at the end of the syllabus. Approved 4/13/23 UFO and in the CON Undergraduate Student Handbook.
- f. Clinical courses may incorporate the use of simulation as part of the required clinical time. This simulation experience adheres to the [North Carolina Board of Nursing education rules and guidelines related to simulation](#).

#### **D. Test-Taking Guidelines**

The CON test-taking guidelines approved by the Baccalaureate faculty are located in the [Undergraduate Student Handbook](#). These guidelines will be followed by all faculty in the CON.

## E. Technology Requirements

Students are required to have a reliable desktop or laptop computer and should be familiar with its basic operation.

**Software:** This course requires students to become proficient with several technologies and programs that facilitate learning. This includes camcorders, webcams, and several computer software programs, including Microsoft Word. Written assignments are to be uploaded to the designated Canvas assignment link using a doc or docx file extension (unless otherwise specified). All ECU enrolled students are eligible for free Microsoft products. You can visit the CON website to find a list of helpful links to guide you in course technologies.

**Web Browsers:** Students should have multiple browsers installed on their computers. At times, when university web-based DE tools such as Canvas or WebEx/Teams meeting roll out updates or when a browser applies a new security setting, there might initially be an issue with one of these web-based applications working with one of the browsers. It is a good idea to have several browsers so that if one does not work, students can switch to the other. Windows and Mac users should have Firefox and Chrome installed. Students should consult the [CON Technology Requirements](#) for more information on browsers, software, and hardware.

## F. Assignments

Assignments should be submitted to faculty on Canvas by 11:59 p.m. on the due date, or it will be considered late. There will be a late penalty of 5 points per day for any assignments submitted after the due date/time. Any assignment not submitted by 11:59 p.m. on or before the due date will have 5 points deducted for each 24-hour period/calendar day. This includes Saturday and Sunday. For example, 5 points will be deducted if a student submits an assignment between midnight on the due date and 11:59 p.m., and so on.

Clinical reflective journals will be checked for completion each week and be taken up prior to midterm and final evaluations. Students will be expected to discuss reflections in clinical conference each week.

## G. Professional Communication

*Students are expected to check ECU email daily.* Students are expected to use appropriate online communications, which are professional, respectful, non-threatening, and non-offensive. Students are expected to communicate verbally in a cooperative, courteous, and professional manner at all times. Assigned faculty will monitor student communication throughout the course.

## H. Accommodations

East Carolina University seeks to fully comply with the Americans with Disabilities Act (ADA). Students requesting accommodations based on a covered disability must be registered with the Department for Disability Support Services, located in Slay 138 (252) 737-1016 (Voice/TTY). No special accommodations will be made without written authorization from Disability Support



Services. [Accommodation Information & Processes](#). Additional DSS student resources can be found on the [Disability Support Services Website](#).

DSS testing will occur in the testing center in the Health Sciences Student Center. Students should sign up on Clockwork for the exams at least three business days before the exam is to take place. If not, the student forfeits their DSS accommodations and will test in the classroom with the other students. If a student is late to the DSS testing center, the student can still test in the center, but the testing period will not be extended. If more than 30 minutes late, then the exam will be rescheduled, which may include an alternate format exam.

## **XII. Required and/or Recommended Course Materials**

1. **Required Texts:** \*\* You may purchase an earlier addition; make note page numbers and chapter will not correspond with the reading schedule; you are responsible for this material\*\*\* **See Canvas for instructions on purchasing this text if you purchase the e-book**
2. Morgan, K. I. & Townsend, M. C. (2021). *Davis Advantage for Psychiatric Mental Health Nursing*. (10th ed.).
3. Morgan, K. I. & Townsend, M. C. (2020). *Essentials of Psychiatric Mental Health Nursing* (11th ed.). Elsevier. ISBN-13: 978-0-8036-9995-3

## **XIII. Learning Environments and Activities:**

### **A. Student Accountability/Attendance**

Prompt attendance is expected of all students in clinical, online classes, and face-to-face experiences. There will be no make-up of unannounced quizzes. Attendance is required for all tests. A make-up test will only be given with notification to the faculty member of the absence prior to the test. The faculty member reserves the right to administer a make-up test in a different format from the original. Students who fail to follow test-taking rules may receive a grade of “0” on the test. Refer to the [Undergraduate Student Handbook](#) for more information.

### **B. Academic Integrity**

Each student is expected to maintain Academic Integrity (Refer to the ECU student government association documents: [Academic Integrity Violations](#)). All coursework for grading is to be the individual work of the student. Academic integrity is a fundamental value of higher education and East Carolina University; therefore, acts of cheating, plagiarism, falsification, or attempts to cheat, plagiarize, or falsify will not be tolerated. Violations of academic integrity of any kind may result in a failing grade in the course.

### **C. Use of Artificial Intelligence/AI Only with Prior Permission**

Students are allowed to use advanced automated tools (artificial intelligence or machine learning tools such as ChatGPT or Dall-E 2) on assignments in this course if instructor permission is obtained in advance. Unless given permission to use those tools, each student is expected to complete each assignment without substantive assistance from others, including automated tools.

If permission is granted to use advanced automated tools (artificial intelligence or machine learning tools such as ChatGPT or Dall-E 2), they must be properly documented and credited. Students should cite in the most correct format according to the APA 7th edition style guide. Note online style guides are being updated continually to include new sources such as ChatGPT.

If a tool is used in an assignment, students must also include a brief (2-3 sentences) description of how they used the tool, in addition to citing the use of any tool used. The faculty will decide where this statement should be placed (Separate form, Canvas comments, bottom of the paper, top of the paper, etc.)

### **D. Media Consent**

Students should be aware that class lectures may be recorded. These recordings may include images and voices from students who are present and participating in the course. Should students want their voice and/or image withheld from these recordings, they will need to make a written request to their instructor. However, doing so may limit a student's ability to participate in the course.

To protect the privacy of other students, students are not permitted to make their own recordings of class lectures (unless provided this accommodation by the Department for Disability Support Services). Likewise, students are not to share class recordings without the permission of the instructor or through an accommodation from the Department for Disability Support Services.

See the [Family Educational Rights and Privacy Act \(FERPA or Buckley Amendment\) PRR](#) for more information.

### **E. Outcome Measures**

To receive a letter grade (A, A-, B+, B, B-, C+, C, D+, D, D-, F) for this course, all outcome evaluation measures as assigned for the course shall be completed. A grade of I (Incomplete) will be assigned in the course if all evaluation measures are not completed. Please refer to the Undergraduate Student Catalog section on [Assignment and Removal of Incompletes](#) for more information.

### **F. Reference Books and Journal Articles**

References used in the completion of course requirements must be from books and journals published within the past five years. The one exception to this expectation is a classical theoretical publication. Any questions regarding the appropriateness of a reference should be referred to the faculty.

## G. Continuity of Instruction Plan

In the event that classes are suspended by ECU due to a pandemic or other catastrophe event, we will strive to continue instruction to those who are able to participate. If and when classes are suspended, we will make every effort to contact you. We realize that some of you may be affected by the event and not able to participate; however, we will continue to provide instruction to the best of our and ECU's ability to those who are able to continue. In anticipation of an event, please refer to the [ECU Continuity of Instruction Policy](#).

## H. East Carolina University Copyright Regulation:

Please review the [Copyright Rules Policy](#). Notes of classroom and laboratory lectures, syllabi, exercises, and other course materials taken by Students shall not be deemed Student Works, may only be used for personal educational purposes, and shall not be used for commercialization by the student generating such notes or by any third party without the express written permission of the author of such Works. Violation of University Policy may be grounds for disciplinary action pursuant to the ECU [Student Conduct Process](#).

## XIV. Clinical Expectations:

1. Attendance policies for clinical settings shall be addressed by individual clinical instructors on the first day of clinical. If a student is unable to attend clinical, the student must notify their *current* clinical instructor prior to the scheduled start of the clinical day. Please do not call faculty after 7 pm or more than 1 hour prior to your clinical start time if you are going to be absent. If your faculty does not answer, leave a message and they will contact you to follow up. If you do not call, this will be an unexcused absence. If you are tardy, later than 10 minutes from the scheduled start of the clinical day, without calling more than once, this will be considered a clinical absence which will need to be made up. Unexcused clinical absences and more than 2 episodes of tardiness can result in failure of the course.
2. All clinical hours must be completed. **Attendance at clinical is required and missed clinical days will be made up at the discretion of faculty.**
3. Clinical paperwork (Clinical Judgment Tool, Mental Status Assessments, and **clinical reflective journals**) is part of the clinical grade and must be satisfactory to pass the clinical portion of the course.
4. Clinical Site Rotations where students may be assigned:
  - Coastal Plain Hospital—Rocky Mount
  - Cherry Hospital- Goldsboro
  - ECU Health: Behavioral Health Services—Greenville
  - Carolina East Medical Center: CrossRoads- New Bern

- CFM: Cry Freedom Missions – 12:00pm – 3:30pm - 3501 E Ash St, Goldsboro, NC 27534
- PCMHS: Pitt County Services on Aging – 9:00am – 1:00pm - 4551 County Home Rd, Greenville, NC 27858
- WPA: Wayne Preparatory Academy – 8:00am – 2:00pm - 1404B Patetown Rd, Goldsboro, NC 27530
- WPC: Wayne Pregnancy Center – 9:00am – 1:00pm - 3501 E Ash St, Goldsboro, NC 27534
- WBJ: Walter B. Jones ADATC – 8:00am – 2:00pm - 2577 W 5th St, Greenville, NC 27834
- WHS: WAGES Head Start – 8:30am – 2:30pm – Multiple addresses in Wayne County (Mrs. Spence will communicate to you)
- Mane Source Counseling- Ayden, NC

#### XIV. Topical Outline

**Note:** The relationship between the associated AACN Essentials and a major topical item is noted in the body of this syllabus with the letter “E” followed by the number corresponding to the specific essential. For more information, refer to the [AACN website](#). Mapping of these concepts may be found in the course objectives and the topical outline on this syllabus.

##### A. Essential Theoretical Concepts for Practice

History of PMH Nursing

Legal, Ethical, Spiritual and Cultural Issues

Therapeutic Communication & Relationship Development

Therapeutic Modalities

Mental Health Assessment

Concepts of Cognitive/Psychosocial Development

Biological Implications Related to Psychopharmacology

##### B. Psychobiological Disorders

Schizophrenia/Antipsychotic Medication

Care of the Severely & Persistently Mentally Ill

Addictive Disorders/Treatment including management of overdose and detoxification/withdrawal signs/symptoms

Depression/Antidepressants

Bipolar Disorder/Mood Stabilizers

Anxiety & Anxiolytics

Personality Disorders

Neurocognitive Disorders

Eating Disorders

Somatoform & Dissociative Disorders

Disorders of Childhood & Adolescence

Sleep Disorders

C. Special Considerations

Climate Change and the Impact on mental health  
Sexual-Gender Issues  
Special Issues Regarding Military Families  
Special Considerations for Older Adults  
Holistic Nursing Concepts related to mental health

D. Psychiatric Emergencies

Crisis and Disaster  
Survivors of Abuse/Violence  
Sexual Assault  
Suicide

D. Mental Health Care System/Resources

Acute Care System  
Community Resources  
Specialty Treatment Centers

Date of syllabus/initials

04/10/2019jn  
04/24/2019 ap/jn  
12/2020SK  
05/13/2020jb  
06/6/2022jb  
12/1/2022jw  
11/8/2023 jws  
1/6/24 swl  
7/11/24swl