CENTRAL TEXAS COLLEGE  
VNSG 1136  
Mental Health  
Semester Hours Credit: 1

INSTRUCTORS: ________________________

OFFICE HOURS: ________________________

I. INTRODUCTION

A. **Course Description:** Introduction to the principles and theories of positive mental health and human behaviors. Topics include emotional responses, coping mechanisms, and therapeutic communication skills.

B. VNSG 1136 is a required course for the completion of the Vocational Nursing Certificate Program.

C. This course is occupationally related and serves as preparation for careers in Vocational Nursing.

D. **Pre-requisites:**
   1. Completion of Health Care Provider BLS course (American Heart Association).
   2. Admission to the Central Texas College Vocational Nursing Program.

E. **Co-requisites:**
   1. VNSG 1304 Foundations of Nursing
   2. VNSG 1405 Health Science
   3. VNSG 1323 Basic Nursing Skills
   4. VNSG 1227 Essentials of Medication Administration
   5. VNSG 2331 Advanced Nursing Skills
   6. VNSG 1126 Gerontology
   7. VNSG 1116 Nutrition

F. **Policy:** Dependent on Spring or Fall admissions, the student will refer to the specific Curriculum chart and follow that progression pattern.

G. **Secretary’s Commission on Achieving Necessary Skills (SCANS) and Differentiated Essential Competencies (DEC):**

   Alphanumeric coding used throughout the syllabus denotes the integration of SCANS occupational competencies (C) and foundation skills (F). The DEC competencies that are implemented in VNSG 1304 are also alphanumeric coded as: Member of a Profession (MOP); Provider of Patient Centered Care (PPCC); Patient Safety Advocate (PSA); Member of the Health Care Team (MHCT).
II. LEARNING OUTCOMES

Upon successful completion of this course, VNSG 1136 Mental Health, the student will:

A. End-of-Course Outcomes: Describe the characteristics of positive mental health; identify the coping mechanisms utilized by individuals to assist in alleviating stress and anxiety; and demonstrate the use of therapeutic communication skills.

B. Identify roles and legal, ethical, and professional responsibilities of a vocational nurse as a member of the health care team in a variety of health care settings. (C3, C9, C13, F17)

C. Identify characteristics of a therapeutic nurse/patient relationship. (C3, C11)

D. Examine positive nurse/patient mental health practices emphasizing cultural and spiritual diversity. (C3, C14)

E. Relate the history of nursing to the present day.

F. Describe the components of the nursing process.

III. INSTRUCTIONAL MATERIALS

A. Instructional Materials

1. The instructional materials identified for this course are viewable through www.ctcd.edu/books

2. Course materials can be found at https://ctc.blackboard.com/webapps/login/

3. Non-scientific calculator

4. Mechanical Pencil

5. Scantrons (4) provided to instructors at beginning of semester

B. Computer Accessibility

Accessibility to computer hardware and software that will support the completion of assignments on the internet, DVD, CD, or other electronic delivery is also required.

C. Supplementary Materials: Various electronic media systems, computer software, web sites, experiential group exercises, and simulated situations as suggested by the faculty to enhance clinical practice in nursing are used.

D. References: Current professional nursing journal article readings are used to supplement dated textbook information.

E. Library Resources: It is expected that all students will have a working knowledge of the Oveta Culp Hobby Memorial Library.

F. Current practice guidelines set forth by Occupational Safety & Health Administration (OSHA) and the National Institute for Occupational Safety and Health (NIOSH) related to safe patient handling and ergonomics will be
IV. COURSE REQUIREMENTS

A. Preparation for Class:
An orientation to class will be provided on the first day of the course. In preparation for all classes, students are required to obtain the Daily Plan and Syllabus from the Central Texas College Blackboard website, read the objectives, text, and any ATI materials related to that unit of study. The signature sheet at the end of the syllabus must be printed off, signed and dated by the student to acknowledge their understanding, and turned into the course instructor on the first day of class.

The appropriate study guide chapters and critical thinking exercises should be completed to supplement understanding of the topics and concepts discussed. Students are expected to participate verbally in a variety of classroom activities/discussions.

B. Attendance Policy:
In accordance with Central Texas College Student Handbook and Catalog: students are expected to attend all classes in which they are enrolled. There may be a letter grade reduction of your final course grade for excessive tardiness (more than three) or excessive absences (more than five). For further details, see the VN Student Handbook. In order to avoid classroom interruptions caused by tardiness, students arriving late for class will take a seat at a desk in the back of the classroom. No seats in the classroom are reserved. Should a student fail to attend mandatory clinical orientation they will immediately be administratively withdrawn from clinical and all co-requisite courses.

C. Progression:
This course has pre-requisites and co-requisites that apply. Students must obtain a 70% average grade to successfully complete this course. If unsuccessful, this course must be repeated. Students must show proof of successful completion of the Jurisprudence examination.

D. Academic Integrity:
The following statement is published in the Central Texas College Catalog:

All students are required and expected to maintain the highest standards of scholastic honesty in the preparation of all course work and during examinations. The following will be considered examples of scholastic dishonesty:

1. Plagiarism- the taking of passages from the writing of others without giving proper credit to the sources.
2. Collusion- (a) using another’s work as one’s own, or (b) working together with another person in the preparation of work, unless such joint preparation is specifically approved in advance by the instructor.
3. Cheating- giving or receiving information on examinations.

Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of “F” and subject to disciplinary action.
All Vocational Nursing students are expected to abide by this policy. Falsification of attendance records is considered a violation of academic integrity. Obtaining or utilizing “Test Bank Materials” from any current or obsolete textbook, is considered scholastic dishonesty.

E. Values and Ethics in Nursing:
Students are expected to demonstrate commitment to the following values and ethical principles believed to be inherent to the nursing profession:

1. Altruism- Concern for the welfare of others seen through caring, commitment, and compassion.
2. Human Dignity- Belief in the inherent worth and uniqueness of the individual seen through respect, empathy, humanness, and trust.
3. Truth- Faithfulness to fact seen through honesty, accountability, and authenticity.
4. Justice- Upholding moral and legal principles seen through courage, advocacy, and objectivity.
5. Freedom- Capacity to exercise choice seen through openness, self-direction, and self-discipline.
6. Equality- Having the same rights and privileges seen through acceptance, tolerance, and fairness.
7. Esthetics- Identifying the qualities of objects, events, and persons that provide satisfaction as seen through creativity, sensitivity and appreciation.

F. Office Hours:
Each instructor keeps office hours for the purpose of conferring with students. Students are encouraged to make appointments with instructors to discuss their needs and/or problems related to their studies. Appointments for review of examination results must be completed prior to the next scheduled exam. Please go through the secretary to be announced.

G. Patient Safety:
Current practice guidelines set forth by the Occupational Safety and Health Administration (OSHA) and the National Institute for Occupational Safety and Health (NIOSH) related to safe patient handling and ergonomics will be implemented.

V. EXAMINATIONS

1. Dates of the examinations are listed in the VNSG 1136 Daily Plan which is posted on the CTC BlackBoard website for the course. Attendance on examination dates is expected.

2. In the event a student is unable to attend class on a scheduled exam/quiz or written assignment due date, prior notification directly to VN faculty member is required; calls/voicemails to anyone else will not be accepted. If the student fails to provide prior notice, it will be considered a “No Call/No Show”, and they will receive a grade of “0” for that exam, quiz, or assignment.
3. Make-up examinations will be administered on an individual basis, and may include up to 15% alternative type questions (Ex: matching, fill in the blank or short answer). Make up examinations may be in an alternate format such as essay or fill in the blank. Students are responsible for making arrangements with the instructor to make up the examination within the week. Failure to do so will result in a grade of a zero (0%) for that examination. If the rescheduled opportunity is missed there will be no other opportunities afforded.

4. ScanTrons® are the only source utilized in calculating examination scores and students will not have access to the forms once they have been turned into the instructor.

5. On examination day, the following rules will apply. All backpacks or book bags of any kind will be placed at the back of the class. Cell phones are to remain in your bag, turned off or on vibrate. No drinks, food, hats or jackets allowed on exam days.

6. There are no extra credit assignments in VNSG 1136 and grades are not rounded.

7. Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of ”F” and subject to disciplinary action, which may include suspension and expulsion.

VI. SEMESTER GRADE COMPUTATIONS:

A. The course grade is determined by written examinations and participation.
   Any participation points earned will be added at the end of the semester after completion of all exams and only if the student has a cumulative exam average of at least 70% (214 points).
   Students are required to have a cumulative exam score of 70% (214 points) AND a total of at least 238 points in the course in order to be successful. It is possible that a student could achieve a cumulative exam score of 70% (214 points) and still be unsuccessful if the student does not earn enough participation points to bring total points up to 238 points. Students who do not have a total of at least 238 points at the end of the semester will fail VNSG 1304.

B. The requirements for determining course grades are:
   Two unit exams of 102 raw points each, a comprehensive final of 102 raw points, and 34 possible participation point.

How should I prepare? For hints on preparing to take exams as well as study tips and other useful information, be sure to view the Orientation at the Central Texas College Distance Learning website at http://online.ctcd.edu/orientation.cfm

Note: Participation points will only be assigned after the student has obtained a 70% average on examinations & quizzes.
This is what you are graded on:

<table>
<thead>
<tr>
<th>Course</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam I</td>
<td>102</td>
</tr>
<tr>
<td>Exam II</td>
<td>102</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>102</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td><strong>306</strong></td>
</tr>
</tbody>
</table>

Any participation points earned will be added at the end of the semester after completion of all exams & quizzes and **only if** the student has a cumulative average of at least 70% (214 raw points).

Students are required to have a cumulative exam score of 70% (214 raw points) **AND** a total of at least 238 points in the course in order to be successful. It is possible that a student could achieve a cumulative exam score of 70% (214 raw points) and still be unsuccessful if the student does not earn enough participation points to bring total points up to 238. Students who do not have a total of at least 238 points at the end of the semester will fail VNSG 1136.

**The obtainable 34 points for participation are allocated as follows:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Quiz Completion on Evolve</td>
<td>12</td>
</tr>
<tr>
<td>Class Project</td>
<td>22</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>34</strong></td>
</tr>
</tbody>
</table>

**Final Course Grade:** The student receiving 70% or greater on completion of the semester exams & quizzes will have the accrued participation points added to the exam points and their course grade will be reflected on the following scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points Range</th>
<th>Credit Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>306-340 points</td>
<td>90-100% of credit</td>
</tr>
<tr>
<td>B</td>
<td>272-305.99 points</td>
<td>80-89.9% of credit</td>
</tr>
<tr>
<td>C</td>
<td>238-271.99 points</td>
<td>70-79.9% of credit</td>
</tr>
<tr>
<td>D</td>
<td>204-237.99 points</td>
<td>60-69.9% of credit</td>
</tr>
<tr>
<td>F</td>
<td>203.9 points or less</td>
<td>59.9-0% of credit</td>
</tr>
</tbody>
</table>

**Monitor your progress**
You can check your grades throughout the course by selecting the **Tools > My Grades** link in the menu. After the course ends and your instructor has submitted grades, you can view your course grade at **WebAdvisor**.

C. **Participation:** Participation points for this class will come from the following activities: Completion of Chapter Quizzes on Evolve prior to class and Class Project.

D. There is no rounding off of the final theory average.

E. The faculty reserves the right to adjust the student’s classroom grade based upon classroom performance/behavior/civility.

**VII. NOTES AND ADDITIONAL INSTRUCTIONS FROM THE INSTRUCTOR:**

A. **Course Withdrawal:** (Consistent with CTC policy)
B. **Administrative Initiated Withdrawals**: (Consistent with CTC policy)

C. **Incomplete Grade**: (Consistent with CTC policy)

D. **Cellular Phones and Beepers**: Cellular phones and beepers will be turned off while the student is in the classroom or laboratory or clinical area.

E. **American’s With Disabilities Act (ADA)**: Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Review the website at [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support) for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

F. **Instructor Discretion**: The instructor reserves the right of final decision in course requirements.

G. **Civility**: Individuals are expected to be cognizant of what a constructive educational experience is and respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion.

H. **Support Services**: The College offers a variety of support services to students. Refer to the CTC website: [www.ctcd.edu](http://www.ctcd.edu) and click on “Current Students” from the Main Menu then “Texas Students”, then “Student Support Services.”

I. **Statement on Harassment and Discrimination**: (Consistent with CTC Policy)

J. **Inclement Weather**: Information about class cancellation or delay because of inclement weather can be obtained by listening to KNCT-FM (91.3 on the FM dial) or by calling (254) 501-3100 (Central Texas College Inclement Weather Information Line).

K. **ATI Testing and Remediation**: It is mandatory for VN student’s at all three levels of the program to participate in the Assessment Technologies Institute (ATI) comprehensive assessment and review program. Detailed diagnostic reports at the end of the semester (online exams) provide the student immediate results and opportunity for remediation. Failure to achieve satisfactory results on the proctored ATI exams will require the student to remediate. Failure to remediate could result in the student not being permitted to register for subsequent classes. Failure to take an exam will result in course failure. With prior notification of the instructor, accommodation for an alternate examination date will be considered on an individual basis.

**VIII. COURSE OUTLINE**

**Morrison-Valfre Foundations of Mental Health Care 5th Edition**

Chapter 01 - The History of Mental Health Care
Chapter 02 - Current Mental Health Care Systems
Chapter 03 - Ethical and Legal Issues
Chapter 04 - Sociocultural Issues
Chapter 05 - Theories and Therapies
Chapter 06 - Complementary and Alternative Therapies
Chapter 07 - Psychotherapeutic Drug Therapy
Chapter 08 - Skills and Principles of Mental Health Care
Chapter 09 - Mental Health Assessment Skills
Chapter 10 - Therapeutic Communication
Chapter 11 - The Therapeutic Relationship
Chapter 12 - The Therapeutic Environment
My signature acknowledges that I have read and understand the Syllabus, Course Format, and Testing Policy for VNSG 1136, Foundations of Nursing, and I agree to abide by the terms set forth in this document.

____________________________________________________________
Printed Name

____________________________________________________________
Signature  ________________________________ Date