

NURS 5322: Psychopharmacology and Therapy Across the Lifespan

Midwestern State University College of Health Sciences Wilson School of Nursing
Family PMH-NP Program

Note: This syllabus is for information purposes only and is subject to change without prior notice.

Faculty

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Contact Cathy Healey for Facility Contracts, Test Proctor Submission, e-Logs purchase and issues related to compliance

Additional Campus Details

MSU Police (Emergency Only): (940) 397-4239

Course Description

This course provides foundational tools unique to the evaluation of psychiatric and mental health problems and the assessment of cognitive / intellectual, emotional, socio-cultural and spiritual health of individuals, families, groups and communities across the lifespan. Focus is on understanding the process of interdisciplinary collaboration in the comprehensive assessment of the client experiencing serious/persistent mental health problems. The student will begin to integrate assessment findings into the formulation of diagnoses based on criteria set forth in the Diagnostic and Statistical Manual of Mental Disorders (DSM) - 5.

As this is an online course you will need access to a computer and be able to scan paperwork electronically. Do NOT fax paperwork to the university please.

Calendar: Check the assignment calendar for due dates. For ease of remembering, all assignments will be due by 3 PM on the designated due date. **No individual reminders will be given.**

Prerequisites: NURS 5112/11 Advanced Health Assessment

Credit Hours: Two (2) credit hours. This includes didactic and clinical components.

Course Objectives

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

- Distinguish psychotropic medication classes, side effects/adverse reactions, monitoring parameters, and mechanism of action across the life span.
- Analyze ethical and legal considerations when prescribing psychotropic medication to various vulnerable population groups, including child/adolescents, geriatric, and women.
- Differentiate each non-pharmacologic psychotherapy interventions: Cognitive, Humanistic, Person-Centered, and Existential theories.
- Categorize individual, group, family therapy, and alternative therapies interventions across the lifespan
- Categorize individual, group, family therapy, and alternative therapies interventions across the lifespan.
- Assess the socio-cultural and spiritual needs of individuals, families, groups, and communities experiencing severe/persistent mental health problems across the lifespan.

Required Texts

Publication Manual of the American Psychological Association

American Psychiatric Association. (2020). Publication Manual of the American Psychological Association. Seventh Edition.

A Manual of Laboratory and Diagnostic Tests (11th Edition).

Any lab Manual or Fishbach, F. (2022). A Manual of Laboratory and Diagnostic Tests (11th Edition).

Psychotherapy for the Advanced Practice Psychiatric Nurse.

Wheeler, K. (2022). A How-To-Guide for Evidence-Based Practice. Springer Publishing. Third Edition.

The Psychiatric-Mental Health Nurse Practitioner Certification Review Manual.

Zakhari, R. (2021). Springer Publishing.

Stahl's Essential Psychopharmacology Neuroscientific Basis and Practical Application.

S.M. Stahl (2008). Cambridge University Press. Fifth Edition

Recommended Texts

Diagnostic and Statistical Manual of Mental Disorders DSM- 5

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders DSM- 5-TR. Fifth Edition.

Stahl's Essential Psychopharmacology. Prescriber's Guide.

Stahl, S. M. (2021). *Essential psychopharmacology. Neuroscientific basis and practical applications* (5th ed.). Cambridge University Press.

Kaplan & Sadock's Synopsis of Psychiatry

Boland, R., Verduin, M. and Ruiz, P. (2021). Wolters Kluwer Publishing. Twelfth Edition.

Academic Policies

Academic Dishonesty

All students are expected to pursue their scholastic careers with honesty and integrity. Academic dishonesty includes, but is not limited to, cheating on a test or other course work, plagiarism (offering the work of another as one's own), and the unauthorized collaboration with another person. Students found guilty of dishonesty in their scholastic pursuits are subject to penalties that may include suspension or expulsion from the University. As a licensed registered nurse, graduate students are expected to demonstrate professional conduct as set forth in the Texas Board of Nursing rule §215.8. in the event that a graduate student holding an RN license is found to have engaged in academic dishonesty, the college may report the nurse to the Texas BON using rule §215.8 as a guide.

By enrolling in this course, the student expressly grants MSU a "limited right" in all intellectual property created by the student for the purpose of this course. The "limited right" shall include but shall not be limited to the right to reproduce the student's work product in order to verify originality and authenticity, and for educational purposes.

NURS 5322 adheres to the MSU Code of Student Conduct. Academic dishonesty, however small, creates a breach in academic integrity. A student's participation in this course comes with the expectation that his or her work will be completed in full

observance of the MSU Code of Student Conduct. Many components of NURS 5322 are designed to be highly interactive with students helping each other learn by providing a different point of view, much as would occur in a face-to-face classroom. Students are encouraged to take full advantage of the many resources available including online Desire2Learn course resources, internet sites, other textbooks and journals, faculty, and peers. This interactive collegial learning environment is conducive for life-long learning. All components of NURS 5322 are designed to represent the efforts of each student INDIVIDUALLY and are NOT to be shared, copied, or plagiarized from other sources. When students submit their efforts for grading, they are attesting they abided by this rule.

Cheating includes, but is not limited to, (1) the use of any unauthorized assistance in taking quizzes, tests, or examinations; (2) dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or completing other assignments; or (3) the acquisition of tests or other academic materials belonging to the university faculty, staff, or students without permission.

Plagiarism includes, but is not limited to, the use of published or unpublished works of another person – by paraphrase or direct quotation – without correct citation in the text and on the reference list. The use of materials generated by agencies engaged in "selling" written papers is also plagiarism. For this course, students found to plagiarize on any assignment or discussion will receive a zero for that assignment or discussion. A second incident of plagiarism by the same student will result in a grade of "F" for this course.

Professional Behavior Policy

Refer to the WSON Graduate Catalogue.

American Disability Act (ADA)

Midwestern State University (MSU) does not discriminate based on an individual's disability and complies with Section 504 and the Americans with Disabilities Act in its admission, accessibility and employment of individuals in programs and activities.

MSU provides academic accommodations and auxiliary aids to individuals with disabilities, as defined by law, who are otherwise qualified to meet academic and employment requirements. For assistance call (940) 397-4618 or 397-4515. Please see the instructor outside of class to make any arrangements involving special accommodations.

It is the student's responsibility to declare any disabilities. After declaration, preferably at the beginning of each semester, the student needs to contact individual instructors to determine any reasonable accommodations that may be required.

Progression Policy

As with all graduate courses in the Nursing Programs at MSU, a B (80 or above) must be earned in order to pass the course and progress in the Family PMH-NP program. If a grade of C or less is earned in any graduate nursing course, the course must be repeated the next regular academic semester during which the course is offered. A nursing course may be repeated only once. Failure to achieve the minimum grade of B when repeating a course will result in dismissal from the program. Refer to the MSU Graduate Catalog for additional information on progression.

Adding and Dropping Courses

A student who wishes to change his/her schedule by either dropping or adding a course must first consult with the PMHNP Program Coordinator. Refer to the Graduate Catalog for additional information on adding and dropping courses. Failure to notify the PMH-NP coordinator may result in being removed from the program. You must follow the degree plan provided to you.

Drug Policy

Policy: The Wilson School of Nursing at Midwestern State University shall assure compliance with conditions for drug screen/substance abuse screen as specified in agency contracts with the Clinical Affiliates where students engage in courses with a clinical/lab component. Therefore, the Wilson School of Nursing and Clinical Agencies require a drug and alcohol screening for all students.

This is to be completed during the semester immediately prior to the beginning of courses with a clinical/lab component. Students who are under the influence of drugs and/or alcohol are deemed to be impaired and, therefore, incompetent to provide care to patients.

Impairment or suspected impairment of a nurse's practice by drugs or alcohol or mental illness will be reported under Chapter 467, Health and Safety Code, and the Board for investigation (Tex. Occ. Code Ann. §301.401; 301.402; 301.410; & 301.452).

Students may be required to complete additional drug screen/substance abuse screening during their course of study, dependent upon specific agency policies. Such requirements are beyond the control of the WSON.

Drug screen/substance abuse screening of a 10-panel urine drug screen will be performed by a third- party company selected by the WSON. The expenses of all drug screen/substance abuse screening are the responsibility of the student. Students will be given instructions regarding processes by the appropriate Program Coordinator and are expected to follow instructions for the online drug screen/substance abuse screening process. As a part of the process, students will authorize the third- party screening

company to release results to the Wilson School of Nursing through the office of the appropriate Program Coordinator.

Failure to meet deadlines established by the Wilson School of Nursing may negatively affect clinical placements. Failure to complete the background check will preclude entry into clinical courses and can result in dismissal from the program. The Program Coordinator will administratively remove noncompliant students from all clinical courses.

This is to be completed during the semester immediately prior to the beginning of courses with a clinical/lab component. Students who evidence behaviors consistent with substance abuse shall be subject to for-cause drug screening. Any student with a positive drug screen will be dismissed from the nursing program if the positive finding cannot be related to a prescription held legally by the student.

Concealed Handguns on Campus

Senate Bill 11 passed by the 84th Texas Legislature allows licensed handgun holders to carry concealed handguns on campus, effective August 1, 2016. Areas excluded from concealed carry are appropriately marked, in accordance with state law.

If you have questions or concerns, please contact MSU Chief of Police Steven Callarman Steven.callarman@msutexas.edu.

Course Orientation Overview

Student Responsibilities and Class Requirements

Students are accountable for policies regarding graduate nursing programs and completion of requirements for all graduate students as stated in the Graduate Catalog and Graduate Student Handbook. Students are responsible for making appointments with faculty concerning assignments as necessary.

This is an online class and students are expected to have adequate access to a computer and check the course via Bright Space/D2L on a regular basis for updates and information.

Work will be submitted electronically by dates due. All course requirements (this includes didactic and clinicals) must be met in order to pass the course.

Reading assignments should be completed as outlined in the syllabus. All written assignments should be in APA, 7th edition, format.

Classroom Etiquette

Students are expected to act respectful to all peers, faculty, and guests during face-to-face lectures, in clinical settings, and in the online environment. Cell phones and pagers must be turned off or placed in silent mode before class begins. Should emergency communication need to be made, the student must step outside of the classroom.

Network Etiquette (Netiquette)

In all textual online communication, it is important to follow proper rules of netiquette. What is netiquette? Simply stated, netiquette is network etiquette – that is, the etiquette of cyberspace. And “etiquette” means the social and cultural norms of communicating with others in a proper and respectful way. In other words, netiquette is a set of rules for behaving and interacting properly online. The Netiquette “Core Rules” linked below are a set of general guidelines for cyberspace behavior. They probably won’t cover all situations, but they should give you some basic principles to use in communicating online. For Netiquette Core Rules visit [The Core Rules of Netiquette web page](#).

Course Orientation – BrightSpace/Desire to Learn (D2L)

The best way to get oriented to the course is to read the syllabus. By now, each student should be familiar with the Bright Space/D2L layout, (i.e. how to access the discussion board, take a quiz, and submit assignments). Note assignment due dates will be placed in your syllabus.

BrightSpace/D2L Readings and Content Modules

The primary purpose of providing additional readings and learning exercises is to supplement the accompanying texts. They are not intended as a substitute for the text information. It is intended to assist students in assimilating and integrating facts and ideas from the text and to provide additional information and current trends in PMHNP practice, counseling, and prescribing.

Contacting Faculty

All assignment questions, questions about grades, or anything pertaining to the course should be addressed by D2L email within the course. Contacting faculty by cell phone should be reserved for urgent matters between 8 am and 8 pm. Please feel free to contact me (during these hours) if needed. I may be able to respond in a quicker manner if you feel the question/concern cannot wait for an email response.

Assignment File Naming

All assignments will be submitted through the Bright Space/D2L ASSIGNMENT SECTION. E-mailed assignments may not be considered for grading. When uploading an assignment to the assignment section of D2L, please use the following guidelines for naming of the files. Your last name, assignment name: Example: Smith-SoapNote3Revised.doc. The only format I will accept is in WORD DOC. do not turn in your assessments in PDF or other formats this can result in your assignments being counted as late.

Late Assignments

Assignments submitted after the due date will receive a deduction of 10 points for each day the assignment is late. Assignments will be accepted with penalty as described up to a maximum of 3 days late, after which point a zero will be recorded for the assignment. There are no opportunities for extra credit given for any assignment. All assignments must be uploaded to D2L in the Assignment section by the due date and time. In the event you need an extension on an assignment you will need to submit documentation to support your request for an extension.

If the student has computer problems, you need to contact the IT dept. at MSU for help uploading assignment. They are open until 5PM. This is your responsibility. ONLY then if still unable to upload assignment may the assignment be submitted on time in the D2L course webmail section and ONLY WITH PRIOR notice to faculty between hours of 8 AM – 8PM and subsequent approval. This is to be used in emergency situations only.

Assignment/Exam Collaboration Policy

The faculty considers collaboration during assignments and examinations as cheating and cheating is in violation of MSU Policy. A score of zero (0) will be given for students participating in collaboration of assignments and exams. Providing a student with written

assignments, or examination information from a course previously taken at MSU, is cheating. Cheating is grounds for dismissal from the program.

Exam Proctoring

All exams will be proctored via the MSU Respondus platform. The exam sessions will be recorded for monitoring. You will need access to a computer with a camera. Any additional instructions and information will be given prior to exam. ***The NEI Quizzes will not be proctored only the exams for the Wheeler textbook will be proctored.***

It is expected you take the exams in a quiet environment away from any and all distractions (this includes your job/work setting). We take this very seriously. Conversing with others, leaving the test site, looking around the room etc.....may result in a grade of zero for exams. We must assure the integrity of all exams and it must be evident the answers given are from the student taking the exam.

Respondus Exam Instructions

This semester will be using an application called Respondus, an online testing application for your exams. This application is embedded within Bright Space/D2L and can only be used while in Bright Space/D2L. Respondus will lock down your browser and monitor you while you test, preventing printing, copying, or accessing outside sources. There are a few requirements to ensure that Respondus will work correctly.

Requirements:

1. MacOS 10.12 or higher, Windows 10, 8, 7, or iPad iOS 11 + is acceptable. Notice Chromebooks WILL NOT WORK with Respondus or other tablets. Do NOT use IPADS. Use either a laptop or desktop computer.
2. Although Respondus works with other browsers, I do recommend Chrome as the preferred browser to be used.
3. You must also have a working webcam on your computer/device for monitoring during the exam.

The monitoring system is an automated proctoring system that records you while you test. Your actions during the exam will be analyzed and flagged for any suspicious activity. Instructors can refer back to the video at any time during the semester. Make sure your area and surroundings are prepared before starting the exam and treat it the same as if you were on-campus testing. Detailed student instructions are provided below.

Student Instructions

The student will be recorded from the point of logon and during the entire length of the exam. This video will be reviewed by the instructor for unusual activity. The video is archived within the course. Not allowed during the exam

- No devices capable of making or receiving texts, e-mails or calls are allowed in the testing area or to be used during the testing period or in the testing.

- Screenshots or pictures of test information is strictly prohibited.
- Background music or television sounds, earbuds or headphones, watches/smartwatches, or hats/headgear (unless culturally indicated) are prohibited.
- Additional computer monitors, screens, or tablets should be removed during the exam.
- No writing should be visible on the desk or walls.
- The desk or table should not be transparent as the student must not be able to see through it.
- Under no circumstances should students exit the proctored environment during the exam. No test items should be copied, saved, or shared during or following the exam.
- Do not talk to anyone else--No communicating with others by any means.
- No other persons except the test-taker should be permitted to enter the room during testing. The computer may not be transported to another location after the exam has started.
- A phone is not allowed in the testing area under any circumstance.
- No writing utensils/material of any kind should be used or visible while testing.

You Wheeler textbook will be allowed

Preparation for the exam

- Sit at a clean desk or table if available. In the event a desk is not available, you may utilize a seating bench (not on the bed or floor). You will need a stable surface to support your device. The background should be quiet. The desk or table needs to be cleared of all other materials other than your textbook for the course since this is an open book exam.
- Maintain room lighting bright enough to be considered “daylight” quality. Overhead lighting is preferred; however, if overhead is not possible, the source of light should not be behind the test taker. If lighting is inadequate, Respondus Monitor will prompt you.
- You will be given specific instructions by Respondus as you prepare to start the exam. Make sure you follow all the instructions carefully.
- **Gather your student ID and have within reach. You will be asked to present it to the camera when prompted. This must be either a MSU photo ID or a government issued photo ID. You will need to show your textbook at the start of the quiz.**
- Close and restart your computer before logging into the proctored test environment. All other programs and/or windows on the testing computer must be closed before logging into the proctored test environment and must remain closed until the exam is completed.
- Webcam when possible, should be placed on the upper screen of the computer or where it must have a constant, uninterrupted view of the test taker.

Technology Failure

In case of a rare case of login failure, digital pause, technology failure, or internet failure:

1. Take a deep breath.
2. If “booted” out of the exam, immediately refresh the browser then try to log back in.
3. If that does not solve the issue, immediately send an email to your instructor via D2L if accessible. If D2L is not accessible, then send an email via your instructors’ college email address. These emails are time-date-stamped and can be correlated to your exam time/date.
4. Should all of your technology go down or internet failure, immediately contact your instructor as advised.
5. In no situation should the cell phone be kept in the testing environment.

Failure to Take an Exam

Failure of the student to notify faculty prior to start of an exam that the student is unable to take the exam at the scheduled time due to an extenuating circumstance will result in the student receiving a grade of zero for the exam. There will be no make-up exam opportunity.

Notification of faculty prior to start of an exam that the student is unable to take an exam at the scheduled time due to an extenuating circumstance will result in the opportunity for a make-up exam. The make-up exam will be different than the exam previously taken by peers. The date and time for the make-up exam will be determined by faculty. Refer to the Graduate Catalog for additional information on adding and dropping courses. Failure to notify the PMH-NP coordinator may result in being removed from the program. You must follow the degree plan provided to you.

Learning Experiences

- Assigned Readings
- Learning Modules/Assignments
- Discussions
- Quizzes