

**BLINN COLLEGE  
Syllabus**

**VNSG 1136**

Date of revision: \_\_\_\_\_

\_\_\_\_\_  
Faculty Date

\_\_\_\_\_  
Dean,  
Technical/Workforce Education Date

\_\_\_\_\_  
Faculty Date

\_\_\_\_\_  
Vice President  
Academic Affairs Date

**Mental Health**

## VNSG 1136

### Purpose Statement

The primary purpose of Mental Health - VNSG 1136 is to prepare learners to assume entry level competencies of the vocational nurse.

### 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.

Topics include but not limited to history, trends and standard; stress and mental health; understanding self and others; relieving anxiety; effective communication.

The course consists of: One class hour per week. Credit: One semester hour.

Prerequisite: admission into the Vocational Nursing program.

### Student Learning Outcomes

After completion of Mental Health - VNSG 1136, the student will:

- \* describe the characteristics of positive mental health
- \* identify the coping mechanisms utilized by individuals to assist in alleviating stress and anxiety
- \* demonstrate the use of therapeutic communication skills
- \* **recognize the dynamics of the individual nurse/client relationship**
- \* **recognize basic physiological, psychosocial, and spiritual aspects of common nursing interventions to meet basic needs**
- \* **identify own self-evaluation process**
- \* **recognize principles and factors that maintain or restore health**
- \* **recognize coping mechanisms for managing stress and identifying resources for crisis management**
- \* **discuss developmental stages and common situational variables affecting learning, such as stress, pain, and fear**
- \* **recognize basic principles of the teaching-learning process**
- \* **identify basic communication skills**

- \* **discuss basic modes of effective communication**
- \* **demonstrate methods of effective communication**
- \* **discuss channels of communication for decision-making processes within the work setting**
- \* **identify written, verbal, and non-verbal modes of communication**

## **SCANS**

Secretary's Commission on Achieving Necessary Skills

SCANS is an attempt to help make courses more relevant to the needs of a modern work force. SCANS is divided into two types of skills: competencies and foundations. The competencies are the ability to manage resources, to work amicably and productively with others, to acquire and use information, to master complex systems, and to work with a variety of technologies. Foundation skills are organized into the basic literacy and computational skills, the thinking skills necessary to put knowledge to work, and the personal qualities that make workers dedicated and trustworthy. Both are required for successful performance in most jobs.

The following SCANS competencies and foundation skills are used in VNSG 1136: C5, C6, C7, C8, C9, C12, C14, C15, C16, F1, F2, F5, F6, F7, F8, F9, F10, F11, F12, F13, F14, F15, F16, F17 (see attached).

## **Learning Activities**

Lectures, class discussions, student interactions such as group activities, lesson assignments such as worksheets, workbooks, written and oral reports, audiovisuals, computer software/tutorials.

## **Grading System**

Grading scale is as follows:

90 - 100 = A

80 - 89 = B

75 - 79 = C

Below 75 = F

WP = withdrawn passing

WF= withdrawn failing

Course consists of minimum of 4 major exams, daily grades and a final exam. Final course grade is determined as follows:

major exams 1/3,

\*daily grade 1/3,  
final exam 1/3.

\*Consists of quizzes, objectives, designated student assignments.

### **Outcome Inventory**

Evaluation on the success of this course includes satisfactory completion of course by the learner.

### **Calendar**

Course material is distributed during the semester. Course timing is given the learner at the beginning of the course as outlined in the student information sheet.

### **Materials**

Required:

Barry, Patricia D.  
Mental Health and Mental Illness  
Seventh Edition  
Lippincott Williams and Wilkins, 2002  
Philadelphia, PA

deWit, Susan C.  
Fundamental Concepts and Skills for Nursing  
W. B. Saunders, 2001  
Philadelphia, PA

Student Learning Guide for  
Fundamental Concepts and Skills for Nursing

Mosby's Pocket Dictionary of Medicine, Nursing and Allied Health  
Fourth Edition  
Mosby Inc., 2002  
St. Louis, MO  
or

Taber's Cyclopedic Medical Dictionary  
Nineteenth Edition  
F. A. Davis Company, 2001  
Philadelphia, PA

## **VOCN PROGRAM SCANS COMPETENCIES**

Student Name: \_\_\_\_\_ SS# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Semester: \_\_\_\_\_ Date: \_\_\_\_\_

**VNSG 1136: Mental Health**

**COURSE DESCRIPTION:**

Introduction to the principles and theories of positive mental health and human behavior.  
 Topics include emotional responses, coping mechanisms, and therapeutic communication skills.  
 Course Credit: one semester hour.  
 Prerequisite: admission into the Vocational Nursing Program.

<b>BASELINE COMPETENCY</b>	<b>COMPETENCIES</b>	<b>ACTIVITY TO EVALUATE BASELINE COMPETENCY</b>
<b>Information</b>	C5-7	Describe nursing assessment and observations of patient/client when mental health is effected.
	C8	Complete learning module on computer for therapeutic communication.
<b>Interpersonal</b>	C9	Interact with students and instructors in group activities
	C12	Present report on mental illness.
	C14	Interact with students and instructors in group activities
<b>Systems</b>	C15	Apply nursing process to mental illness.
	C16	Utilize critical thinking with questions on exams
<b>FOUNDATION SKILLS</b>		
<b>Basic Skills</b>	F1	Read assignments
	F2	Prepare report
	F5 & F6	Present reports with groups using innovating ways to present material and utilize critical thinking skills
<b>Thinking Skills</b>	F7	Present reports with groups using innovating ways to present material and utilize critical thinking skills
	F8	Complete assignments and exams
	F9 & F10	Utilize critical thinking with questions on exams
	F11	Complete assignments and exams
	F12	Utilize critical thinking with questions on exams
<b>Personal Qualities</b>	F13	Complete assignments and exams
	F14 & F15	Present reports with groups using innovating ways to present material and utilize critical thinking skills
	F16	Complete assignments and exams
	F17	Complete all assignments with honesty

**NOTE: Student must meet all baseline competencies to pass the course.**

The above named student \_\_\_\_\_ has \_\_\_\_\_ has not mastered all baseline competencies for the course.

\_\_\_\_\_  
 Instructor (Print)

\_\_\_\_\_  
 Instructor (Signature)

\_\_\_\_\_  
 Date