



**Integrated Mental Health Care II Capstone**

**NURS 5373**

**FALL 2024**

**Scheduled Class Days and Times: Online**

**Instructor's Name: Dr. Sandra Kolapo, DNP, ARNP, PMHNP-BC**

**Section(s):** all

**Office:** Virtual

**Phone:** (832) 952-9688

**Email:** [skolapo@uttyler.edu](mailto:skolapo@uttyler.edu) \*

**Office Hours:** Virtual Office Hours: Thursday 1800-2100 CST; by appointment for phone call or video conference. Additional days and times may be arranged upon request. Please email faculty to make arrangements/obtain Zoom link.

\*Best way to contact me.

**Course Description:**

This course integrates theory and evidence-based practice in clinical application. Students will complete a capstone project in a mental health setting under the guidance of a clinical preceptor. Emphasis is on applying theory and research to individuals and families experiencing complex mental health problems.

Related professional issues will also be explored in this clinical course. (125 clinical hours)

**Prerequisites:** Successful completion of NURS 5367 and 5368

**Student Learning Outcomes:**

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

1. Demonstrate ability to apply theory and research to children, adolescents and families experiencing complex health problems.
2. Develop an age-appropriate treatment plan for mental health problems and psychiatric disorders based on biopsychosocial theories, evidence-based standards of care, and practice guidelines.
3. Apply and integrate appropriate mental health theory and research in clinical application of the care of adults/geriatrics.
4. Demonstrate provision of ethical, evidence-based mental health care to across the lifespan.
5. Generate appropriate differential diagnosis for mental health problems and psychiatric disorders.
6. Assess impact of acute and chronic medical problems on psychiatric treatment.
7. Demonstrate ability to conduct individual and group psychotherapy.
8. Apply supportive, psychodynamic principles, cognitive-behavioral and other evidence-based psychotherapy/-ies to both brief and long-term individual practice.
9. Plan care to minimize the development of complications and promote function and quality of life.

10. Demonstrate ability to develop treatment plans for acute and chronic psychiatric disorders and mental health problems.
11. Demonstrate understanding of the importance of providing consultation to health care providers and others to enhance quality and cost-effective services.
12. Facilitate the transition of patients across levels of care, as appropriate. 13. Demonstrate understanding of the importance of attending to the patient- nurse practitioner relationship as a vehicle for therapeutic change. 14. Demonstrate ability to therapeutically conclude the nurse-patient relationship when transitioning the patient to other levels of care.
15. Demonstrate ability to address sexual/physical abuse, substance abuse, sexuality, and spiritual conflict across the lifespan.
16. Apply principles of self-efficacy/empowerment and other self-management theories in promoting relationship development and behavior change.
17. Identify and maintain ethical and professional boundaries to preserve the integrity of the therapeutic process.
18. Teach patients, families, and groups about treatment options with respect to developmental, physiological, cognitive, cultural ability and readiness.
19. Demonstration of the provision of psychoeducation to individuals, families, and groups regarding mental health problems and psychiatric disorders.
20. Modify treatment approaches based on the patient's ability and readiness to learn.
21. Consider motivation and readiness to improve self-care and healthy behavior when teaching individuals, families, and groups of patient

#### **Required Textbooks and Readings:**

1. American Nurses Association (2010). Nursing: Scope and standards of practice, 2nd Ed. Silver Springs, MD: Nursingbooks.org. ISBN: 9781558102828
2. American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders Fifth Edition Paperback (DSM-5tr). American Psychiatric Association. ISBN 978- 0-89042-555-8
3. Johnson, K. & Vanderhoef, D. (2016). Psychiatric-mental health nurse practitioner, 4th Edition, Maryland, Silver Spring. ISBN: 9781935213826
4. Stahl, S. (2021). The Prescriber's guide, 7th Edition. New York, Cambridge University Press. ISBN: 9781108926010

**APEA PMHNP Package:** WAIT FOR FACULTY DIRECTION AT BEGINNING OF SEMESTER TO PURCHASE.

1. Go to: <https://apea.com/products/collection/ut-tyler-88/>
  2. Select UT Tyler PMHNP Bundle and Add to Cart
  3. Click on your shopping bag at the top of the page.
  4. Enter Discount (Promo) Code: (Promo code will be given in class, do not purchase early)
  5. Your discounted total is \$TBD
  6. Log in or create an account using your university email address. Enter your account information, billing information, and payment information. The total for the package required by your university is \$TBD. This total reflects your discounts.
- If you are in a clinical course, all students are required to have an active InPlace subscription.

### Recommended Textbooks and Readings:

1. Sadock, B. J., & Sadock, V. A. (2022). Kaplan & Sadock' s Synopsis of psychiatry: Behavioral sciences/Clinical psychiatry, 12th Ed. Philadelphia: Lippincott Williams & Wilkins. ISBN: 97819751455697.
2. Wheeler, K. (2022). Psychotherapy for the advanced practice psychiatric nurse: A how to guide for evidence-based practice 3rd Edition Springer Publishing. ISBN: 9780826193797
3. Zimmerman, Mark (2013). Interview guide for evaluating DSM-5 psychiatric disorders and the mental status examination. East Greenwich, RI: Psych Products Press. ISBN 9780963382115

### Special Course Notes:

#### REQUIRED COURSE EQUIPMENT

- Lab coat
- UT Tyler student name badge (\$15.00)
- UT Tyler patch – purchased locally at CR Scrubs
- Cell phone with internet access
- Web Cam for your computer

**Locations of Class:** Online, check course calendar there is a midweek class meeting in the evening, likely to be Wednesdays from 1800-2000. Subject to change, check the calendar published in the course when the semester begins.

This course requires you to use the Canvas learning management system to complete course work. Some assignments are timed and once logged on will need to be completed at that time in the time allotted; ensure you have reliable internet access for this online course.

Some semesters there may be quizzes or an exam through APEA.

This is accomplished in their online secure website. A link will be provided in the course if this assessment method is in use. The exams in this course will be proctored using ProctorU/Zoom. You will need to have a webcam and microphone. If you are not able to provide these items, you must contact your professor by the end of the first week of the semester so we can arrange for you to take your exam on campus.

### Assignments and Weights/Percentage/Point Values

- APEA Domain Quizzes- 10%\*
- Detailed BIRP Notes (2) 20%\*\*
- Clinical Documents 50%\*\*\*
- OSCE Clinical Evaluation 20%
- 5 Debriefings Required\*\*\*\*

- \*Domain quizzes will account for 10% of your grade. You must make an 80 or above on the Q banks quizzes to submit the results into the class. The Domains quizzes will be open for the

entire week or longer. You will access the Domain quizzes through APEA website. You will submit your highest Domain score weekly

\*\*BIRP notes are ineligible for grading/points award if the student does not attend 5/8 of the mandatory clinical debriefings. **ZOOM CAMERAS MUST BE ON , UNLESS CREDIT WILL NOT BE RECEIVED**

\*\*\*Complete and accurate clinical documents are required and must be submitted per Calendar Dates , constituting 50% of the grade

**CLINICAL PARTICIPATION:** Each student must log 125 hours of precepted clinical time in this class. Observation is NOT ACCEPTABLE in the clinical setting. You must be actively assessing patients and planning care for them. Clinical time may be awarded for OSCE's and for selected other experiences offered by the instructor throughout the semester. You must attend clinical debrief meetings via zoom as scheduled

All hours must be logged into InPlace and all CPE's completed in order to fulfill the clinical requirements of this course.

**\*\*CPE'S ARE A CLINICAL COURSE REQUIREMENT!**  
**YOU MAY BE GIVEN AN INCOMPLETE IF NOT TURNED IN WHEN DUE.**

You must submit a Preceptor Signature Document in the assignment link along with CPE's (Clinical Performance Evaluations) and Summary of Clinical hours.

**Grading Scale:** Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based upon the following point assignments:

A - 90-100  
B - 80-89  
C - 70-79  
D - 60-69  
F - Below 60

Grades will not be rounded when calculating the average (79.5 is not rounded to 80, and 89.5 is not rounded to 90). The simple average of all unit exam grades, including a final must be at or above 80% to pass the course. Once the student has achieved a simple unit exam average of 80% or higher, course grades will be determined based on the weighted calculation of exams and other required course work. Students are required to achieve an average of 80% (B) to complete the course successfully.

Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

**Academic Integrity:** Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (<https://www.uttyler.edu/mopp/>), will not be tolerated.

Consequences may include:

- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

**Exam including Clinical Challenges, and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.**

- These materials may not be distributed without permission.
- Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
- Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.

• **Sanctions for uploading or otherwise divulging the contents of these materials can include:**

- a reduced or failing grade on an assignment
- a reduced or failing grade for the course
- removal from the Nursing program
- removal from UT Tyler

**Use of Artificial Intelligence:** All assignments in this course are individual assignments. In this class, you will often be discussing course concepts with your classmates and with me, but when you sit down to complete a quiz, write a discussion post, or work on a project, you are expected to do the actual work on your assignments independently.

Use of an AI Generator such as ChatGPT, MidJourney, DALL-E, Open Evidence, etc. is explicitly prohibited unless otherwise noted by the instructor. The information derived from these tools is based on previously published materials. Therefore, using these tools without proper citation constitutes plagiarism. Additionally, be aware that the information derived from these tools is often inaccurate or incomplete. It is imperative that all work submitted should be your own. Any assignment that is found to have been plagiarized or to have used unauthorized AI tools may receive a zero and / or be reported for academic misconduct.

**Late Policy:** 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply.

**Repeating a Course:** Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

**Attendance and Make-up Policy:** Attendance/participation is expected. Make-up for exams, quizzes, assignments, and missed clinical time is at the instructor's discretion.

**Graded Course Requirements Information:**

**Domain Quizzes:** Domain quizzes examine the student's critical thinking skills as they are presented with content learned in didactic courses in application style questions designed to expose the learner to materials similar to their national credentialing exam. Each quiz is relevant to the module in which it is contained. Students have two attempts at each quiz. The highest grade is recorded.

**BIRP notes:** are weekly required submissions of documentation of the behavior, background, interventions, responses, and plan for future care of a patient seen that week at clinical. BIRP notes are ineligible for grading if a student misses the mandatory weekly debriefings. Ideally the student will write the BIRP note for one of the patients that was seen in clinical that week. Additional information and a detailed rubric are found in the course. Up to Date APA Guidelines should be used.

**Clinical documents:** This consists of the FOLLOWING: Clinical Schedule, Mid-term and Final CPE, Clinical Hour documentation with preceptor signature, and other documentation concerning clinical attendance. Additional information will be provided in the course.

**Weekly Debriefings:** Debriefings are held on a weekly basis in the evening on the day of the week as listed in the course calendar. A debriefing is an opportunity for the student to do a case presentation, participate in professional discussion and collegial discourse on the diagnosis and treatment of psychiatric patients seen by the students that week. Students must attend and participate in the weekly debriefings as listed in the course calendar. Students are required to arrive on time, no driving, be in a quiet private setting, and have their camera on the entire time. (required attendance is 5 of the 8 provided sessions or the student is ineligible to pass the course, and the BIRP notes are ineligible for grading). **Camera's must be on , or credit will not be given.**

**Please Note:**

Detailed information along with grading rubrics for course assignments will be provided in Canvas.

**Clinical Course Requirements Information:**

- 1) Clinical Hours Required NURS 5373 is a 125 clinical hour, 15-week course. Students can expect a minimum of 10 hours of clinical per week; no clinical time may be scheduled over University Holidays or Breaks nor during Finals Week.
- 2) A minimum of 125 clinical hours is required for satisfactory completion of this course and a total of 500 clinical hours is required for the entire program.

**The breakdown of clinical hours for the entire NP program is as follows:**

- 3) • NURS 5367 Adults and Older Adults: – 125 hours total
  - 4) • NURS 5368 Adult/Gerontology – 125 hours total
  - 5) • NURS 5370 Children/Families – 125 hours total
  - 6) • NURS 5373 Capstone Lifespan – 125 hours total
- 1) All hours for the entire program are recommended to be completed with an Advanced Practiced Registered Nurse (APRN) who is credentialed as a Psychiatric Menal Health Nurse Practitioner (PMHNP-BC).It is permissible to accomplish clinical hours with a Licensed Psychiatrist (MD or DO) or a **Physician's Assistant (PA) who has a Certificate of Added Qualifications (CAQ) in Psychiatry.**

To meet the course learning objectives, a student may choose to work with the aforementioned professionals at a setting that meets the educational needs for the semester. **Please remember that students are not allowed to do clinicals where they are employed nor with a relative. Each course has a specific population focus for clinicals, and clinical sites/preceptors must be approved by the clinical instructor. The instructor will be able to contact the preceptor at any time during the semester via phone call , zoom, or in -person. These meetings can be scheduled or not scheduled.**

2) **Appropriate Clinical Attire** Students should ask their preceptor how they should dress prior to arrival at the clinical site. Regardless of attire the UT Tyler ID badge must be worn at all times while in the clinical area. Remember, UT Tyler NP students are representing themselves and the university as future NP's and need to look the part. If appropriate for the setting, students may wear a lab coat. The Lab coat must have the UT Tyler School of Nursing patch on the left chest. All clothing should be clean, pressed, with no frayed hems showing. Should a preceptor advise the student to wear scrubs then this is permitted only in that preceptor's setting.

3) **Preceptor Handbooks** Students are required to give each preceptor a UT Tyler Preceptor Handbook and review the contents of the handbook with them. The Preceptor Handbook is available on Mission Possible in Canvas. In addition, students are expected to develop specific clinical objectives and provide them to each of their preceptors at the beginning of their clinical rotations.

4) **Clinical Hours** Documented within InPlace Clinical hours data should be entered into InPlace each night within 72 hours of the clinical date. Clinical time should not be used to enter data into InPlace. The InPlace hours and preceptor signature sheet hours must match. Students are to use the clinical time to see patients as quickly and efficiently as possible. Do not count lunch into the hours entered into InPlace if a break was taken for lunch. If the student ate while charting, then this time will count as clinical hours.

**Confidentiality - maintain patient confidentiality by not removing any patient identifiers from clinics other than patient initials for the InPlace log as this would be considered a HIPPA violation. Students may not take a printed patient schedule, lab, or any other printed information from the clinic setting. No screenshots or copies of any patient records are allowed.**

5) **Preceptor Signature Sheets** Preceptor **signatures should be obtained each day** the student is in clinical. Please use the preceptor signature sheet located in Canvas. Students will need to verify their InPlace submissions by showing they correlate with their preceptor signature sheets. The student must add up the time on their preceptor signature sheet and the time on their InPlace entries (excluding lunch) and these hours must correlate.

5) **Clinical Performance Evaluations** Students must obtain a passing clinical performance evaluation by the student's faculty member before a grade in the course will be determined. For this course, the student is expected to make an appropriate plan of care for every patient seen in clinical. Students must also meet the satisfactory level of 80% on CPE and/or OSCES.

Please see the Clinical Performance Evaluation (CPE) for specific areas evaluated. Students will be evaluated by their clinical faculty member using several means including, but not necessarily limited to, the following: observation, chart review, speed of patients seen, discussions with the student's preceptor(s), and review of feedback provided by the preceptor CPEs.

Clinical performance requires application of key concepts in providing care to individuals and families as evidenced by documentation in the CPE. **TWO CPE's are required for this course – one midterm and one final evaluation.** Students must satisfactorily complete the clinical performance component of the course to be eligible to pass the course. **A minimum of 80% on OSCE** performance from faculty and a minimum of two satisfactory CPE's from the preceptor must be completed to provide evidence of satisfactory performance.

**Failure to complete the clinical component satisfactorily will result in a course incomplete or failure.**

**Note: At the discretion of the faculty additional site visits and/or clinical hours (in 40-hour segments) may be added to the student's overall course requirement if the student does not perform satisfactorily during evaluation by either faculty or preceptor.**

In addition, faculty may make unannounced visits to the clinical site or call the preceptor at any time to evaluate a student's progress.

Please be sure to keep faculty informed of any changes in clinical schedule/times. Should an unsatisfactory CPE/OSCES be documented, a subsequent CPE/OSCE may be needed.

The subsequent CPE/OSCES must demonstrate satisfactory performance in order for the student to pass the clinical portion of the course. Please note that there is a course requirement that ALL site visits (and all clinical hours) must be completed by the date on the course calendar. If the student fails their OCSEs or CPE, this may result in course failure.

### **Important Class Dates**

**Classes Open:** August 29, 2024

**Last date to withdraw without penalty:** September 11, 2024

**Last Date to Withdraw from one or more courses:** November 5, 2024

**Holidays:** 25-29 Thanksgiving holidays for faculty and students, 28-29 Thanksgiving holidays for staff, all offices closed

School of Nursing Policies and Additional Information:

[https://www.uttyler.edu/nursing/college/student\\_guide\\_and\\_policies.php](https://www.uttyler.edu/nursing/college/student_guide_and_policies.php)

Student Resources and University Policies are provided in Canvas

### **Artificial Intelligence Statement**

[Artificial Intelligence \(uttyler.edu\)](https://www.uttyler.edu/artificial-intelligence)



## Calendar of Topics, Readings, and Due Dates:

Week (s)	Start	Due Date	Assignment		Details
1	8/26-9/1	8/29	<ul style="list-style-type: none"> <li>• APEA DOMAINS</li> <li>• Clinical Rotations</li> <li>• Zoom Debrief - 6p-8 p</li> </ul>	10%	Minimum submission grade is an 80% First assignment due by 9/10/2024 All domains must be complete by 12/6/2024 Zoom attendance is required
2	9/2-9/8	9/8	Full Clinical schedule due Clinical Rotations/ Zoom Debrief	10%	Required Clinical Documents **Required to start Clinical Rotations
3	9/9-9/15	9/11	Census Date Clinical Rotations/ Zoom Debrief		Last date to withdraw without penalty
4	9/16-9/22	9/22	<ul style="list-style-type: none"> <li>• BIRP NOTE #1</li> <li>• Clinical Rotations/ Zoom Debrief</li> </ul>	10%	Detailed BIRP Notes APA Unique entries
5	9/23-9/29		<ul style="list-style-type: none"> <li>• Mid-term CPE by preceptor due</li> <li>• Clinical Rotations/ Zoom Debrief</li> </ul>	10%	Required Clinical Document **Remind preceptor to do this
6	9/30-10/6	10/6	<ul style="list-style-type: none"> <li>• BIRP NOTE #2</li> <li>• Clinical Rotations/ Zoom Debrief</li> </ul>	10%	Detailed BIRP Notes APA Unique entries
7	10/7-10/13		Clinical Rotations/ Zoom Debrief		
8	10/14-10/20		Clinical Rotations/ Zoom Debrief		
9	10/21-10/27		Clinical Rotations/ Zoom Debrief		
10	10/28-11/3		Clinical Rotations/ Zoom Debrief		
11	11/4-11/10	11/8 11/11 (Tentative)	<ul style="list-style-type: none"> <li>• OSCE's</li> <li>• Clinical Rotations/ Zoom Debrief</li> </ul>	20 %	Dates pending: (tentative) <ul style="list-style-type: none"> <li>• Nov 8 - A/V check (830A)</li> <li>• Nov 11- All day – Tele-simulation Event</li> </ul>
12	11/11-11/17		Clinical Rotations/ Zoom Debrief		
13	11/18-11/24		Clinical Rotations/ Zoom Debrief		
	11/25-12/1	Thanksgiving holidays for faculty and students- NO Zoom Meeting			
14	12/2-12/8	12/2	Summary of Clinical Hours / Preceptor signature page Clinical Rotations/ Zoom Debrief	10%	Summary of all Clinical Documents
		12/2	Site and Preceptor Evaluation Clinical Rotations/ Zoom Debrief	10%	Required Clinical Document
		12/2	Final Preceptor CPE Clinical Rotations/ Zoom Debrief	10 %	Required Clinical Document **Remind preceptor to do this
15	12/9-12/13	FINALS Examination	End of Session No Zoom Meeting		

