

Psychopharmacology Overview: Mental Health and Illness NURS 5359 Spring 2025 Scheduled Class Days and Times: Online and Virtual Zoom

Instructor's Name: Dr. Sandra Kolapo Office: 3900 University Blvd, Tyler, TX 75799 Phone: (832)952-9688

Email: <u>skolapo@uttyler.edu</u>

Office Hours: Tuesdays 11 AM -1pm (Virtual) and by appointment. Appointments are for phone calls or video conferences only. Please email faculty to make arrangements and obtain a Zoom link.

*Best way to contact me is by email, then text, then call. Do not use Canvas messenger. Please include your full name, course and section number, and patriot ID in all correspondence.

Instructor's Name: Dr. Michelle Hext

Office: 3900 University Blvd, Tyler, TX 75799 **Phone:** (409) 658-0161 **Email:** <u>mhext@uttyler.edu</u>

Office Hours: Office Hours: Mondays from 10 am to 12 pm (Virtual) and by appointment. Appointments are for phone calls or video conferences only. Please email faculty to make arrangements and obtain a Teams link.

*Best way to contact me is by email, then text, then call. Please include your full name, course and section number, and patriot ID in all correspondence.

Course Description: This course provides an overview of prescribing principles and best practices for treating mental health disorders across the lifespan. Drug action and pharmacogenomics are discussed. Polypharmacy within vulnerable populations is

Considered. A case-based approach is used to examine the clinical uses, neuropharmacological mechanisms, risks, benefits, and outcomes of commonly used psychotropic drugs in the context of comprehensive treatment plans.

Prerequisites: Admission to PMHNP Program.

Corequisites: None

Student Learning Outcomes:

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

- 1. **Professionalism:** Demonstrate and apply professional and ethical behavior.
- 2. **Patient-Centered Care:** Differentiate an individualized plan of care for patients who are acutely ill and for patients of special populations.
- 3. Evidenced-Based Practice (EBP): Synthesize and apply evidence to evaluate and improve patient outcomes. Demonstrate knowledge of psychoactive medications and neurotransmitter syntheses, biochemical basis of the neuronal impulse, the various classes of psychopharmacological agents, various brain circuits involved in psychological symptomatology and appropriate prescribing of psychoactive medications, biochemical theories underlying schizophrenia, mood disorders, and anxiety disorders.

Demonstrate knowledge of the proprietary names, mechanisms of action, therapeutic indications, and side effects of a wide array of psychopharmacological agents.

- 4. Informatics & Technology: Apply informatics and technology in new environments.
- 5. **Quality Improvement:** Critique the effectiveness of quality improvement using a systematic data-guided approach.
- 6. **Teamwork and Collaboration:** Appraise the effectiveness of teamwork and mutual respect with different communication styles.
- 7. Wellness and Prevention: Critique health, wellness, and prevention programs and their impact on a variety of communities and populations.
- 8. Leadership: Differentiate between leadership styles and how each impact professional practice.

9. **Safety:** Appraise safety and quality measures implemented in the work environment.

Required Textbooks and Readings:

- 1. American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed. Text Rev.) (DSM 5-TR). ISBN-13: 978-0-89042-576-3
 - The DSM–5 was updated to the DSM–5-TR in March 2022. For this course, either the DSM–5 or the DSM–5-TR is acceptable.
 - See DSM–5-TR Fact Sheets for information on changes to disorders in the DSM– 5-TR which can be found at: <u>https://www.psychiatry.org/psychiatrists/practice/dsm/educational-</u><u>resources/dsm-5-tr-fact-sheets</u>

Stahl, S. (2021). *Stahl's essential psychopharmacology: Neuroscientific basis and practical applications* (5th ed.). Cambridge University Press. ISBN-13: 978-1-1089-7163-8

Recommended Textbooks and Readings:

- 1. Stahl, S. (2017). *Prescriber's guide: Stahl's essential psychopharmacology* (6th ed.). Cambridge University Press. ISBN-13: 978-1-31661-813-4
- 2. Boland, R., Verduin, M. L., & Ruiz, P. (2022). *Kaplan & Sadock's Concise Textbook of Clinical Psychiatry*, 5th ed., Lippincott Williams & Wilkins, a Wolters Kluwer business. ISBN: 9781975167486

Special Course Notes:

1) Proctoring Notice:

The exams in this course will be proctored using ProctorU. You will need to have a webcam and microphone. Please see the Canvas Page that discusses ProctorU specifically. Students must sign up with *ProctorU* at the beginning of the semester for all four exams.

If you are not able to provide these items, you must contact me by the 2nd week of this course so we can arrange for you to take your exam on campus.

2) This course requires you to access the following free external websites to complete homework or assessments:

- ScientiaCME https://www.scientiacme.org/
- Psychiatric Times https://www.psychiatrictimes.com/
- Stanford Center for Continuing Medical Education <u>https://stanford.cloud-cme.com/</u>
- Providers Clinical Support System (PCSS) <u>https://learning.pcssnow.org/</u>
- My CME <u>https://www.mycme.com/</u>

Specific instructions for how to access these external websites, create accounts, and what to submit for assignment credit are detailed within the individual assignment instructions.

Assignments and Weights/Percentage/Point Values

1) <u>Exams:</u> 50%*

- Exam 1: 12.5%*
- Exam 2: 12.5%*
- Exam 3: 12.5%*
- Exam 4: 12.5%*
- 2) <u>Small Group Assignments</u> 10%
- 3) <u>Discussion Boards:</u> 20%
- 4) Assignments: 20%

*The average of your exams must be greater than or equal to 80 to pass the course. Even if you have enough points to pass otherwise, you will not pass the course without making an 80 average on the four exams.

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 the final exam 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 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 (<u>https://www.uttyler.edu/mopp/</u>), 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 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 found to have been plagiarized or 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:

1) Exams (50% of total grade; 50 points per exam)

- Exams in the course will be given online, using a proctored service called ProctorU.
- Exams must be taken during the time specifically designated unless other arrangements are made with instructors **prior** to the test. As previously stated, special arrangements will be made as needed. There is no guarantee that your request will be approved.
- If you are unable to take the exam on the posted date, notify the course faculty as soon as possible. If the course faculty decide that an alternate exam will be given, the format and times will be at the discretion of the course facilitator, and the exam will be comprised of essays and fill-in-the-blank questions.
- Exam dates are listed in the Course Calendar.

- Students must achieve an **AVERAGE** of 80 on all four exams to pass the course. Even though you may have enough percentage in other areas to raise your overall grade, you still will not pass the course without an 80 overall **AVERAGE** on all exams.
- Each exam may be opened during the designated hours listed within Canvas, but you will only have 75-minutes to complete the exam—including the verified time with *ProctorU*. Y ou must finish the exam by the end time established for the exam. Please pay strict attention to this time limit!

There will be <u>four</u> live office hour Zoom meetings hosted the week prior to each exam. The date and time for the scheduled Zoom meetings will be posted to the course announcements. All virtual office hour meetings will be recorded and posted to the course announcements for students to watch if they cannot attend. There will also be some live lectures and question and answer sessions available that will also be listed in the course.

- The module objectives and assigned readings will guide the selection of items for the tests. Emphasis will be on application and synthesis of knowledge.
 - Exam 1 will cover Modules 1-5
 - Exam 2 will cover Modules 6-8
 - Exam 3 will cover Modules 9-11
 - Exam 4 will cover Modules 12-15

2) Assignments (20% of total grade)

- Assignments will be individual case study papers or completion of educational modules through third party sites.
- Case study papers should be a <u>formal paper in APA format</u>, complete with a title page and reference list.
- For educational modules through third part sites, you will submit a certificate of completion to satisfy the assignment requirements.

3) Discussion Boards (20% of total grade)

Discussion boards may include various topics relevant to the weekly module content to enhance learning. Initial responses are due by day 3 (Wednesday) and two peer responses are due by day 6 (Sunday).

4) Small Group Assignments (10% of total grade)

You will be assigned to work in small groups to complete specific tasks. It is every group member's responsibility to make sure each week's group assignment is completed. Each group will need to decide on a time and date for their live discussion. Groups can use Zoom or any other platform they feel comfortable using to chat.

Group Roles

Facilitator

- Each week, when applicable, review the assignment and be ready to lead the discussion on that assignment within the live chat.
- Lead a purposeful discussion.
- Guide the discussion to stay focused and on task.
- Equalize participation.
- Watch the tone of the group discussion.

- Give feedback to each participant at least once during the discussion. *Note Taker*
- Follow the Participant guidelines.
- Maintain discussion notes to be made available upon request from the instructor.
- Submit the group assignment to the applicable assignment by the end of Day 7 with the names of everyone within your small group.
- Review the similarity score after the assignment is submitted. Communicate with group members and the instructor if an assignment has an elevated score. *Participant*
- Actively participate in the group task. Your participation will be noted.
- Be respectful. Use proper netiquette.
- Do not just agree or disagree, but support your comments with examples from class content, current events, and other resources.

University of Texas at Tyler School of Nursing Policy on Graduate Examinations

Committing to graduate school is a significant responsibility that requires careful balancing of both academic and personal schedules during these rigorous years. The SON faculty want to partner with you to ensure your success with course examinations. Please review the policy on the graduate examinations below to understand the expectations of the SON and to ensure your academic success.

The UT Tyler School of Nursing faculty are committed to...

- posting a full syllabus including a course calendar ahead of the semester for each course to allow ample time for student life planning (are they directed to the website to find these anywhere? Orientation?)
- exams are scheduled during a 4-hour time block.
- *immediate access to instructor [see designated contact] during exams for individual student support.*
- partnering with students to achieve academic success
- providing accommodations [per SAR] through Student Accessibility and Resources for individualized student needs.
- Student Accessibility and Resources- <u>https://www.uttyler.edu/academics/success-</u> services/disability-services

Link to UT Tyler Course Syllabi: https://www.uttyler.edu/academics/collegesschools/nursing/syllabi/

Commitment required from students...

- review each course syllabus and assignment calendar prior to semester start to make necessary arrangements for specified exam days
- notify instructors immediately of any emergencies that hinder exam time discretion to the faculty on a case-by-case basis
- request accommodations appropriately through the (department name) for any physical or learning needs which will notify the faculty of any requests
- achievement of a minimum examination average score of 80% to pass each individual course
- adherence to the university policy of academic integrity
- Rationale for examinations timed schedule is expected for licensure students sitting for National Exams and exam integrity adherence.

This is a reminder that all exams must be taken during the designated exam window. Committing to graduate school is a significant responsibility that requires careful balancing of both academic and personal schedules during these rigorous years. Any changes to the

exam schedule will only be considered at the discretion of the faculty and only in cases of genuine emergencies.

We appreciate your understanding and commitment to your academic journey. We are here for you!

Important Course Dates: Classes Begin: January 2, 2025 Census Date (withdraw without penalty): January 14, 2025 Last Date to Withdraw: March 11, 2025. Students, please notify your course faculty and contact your advisor. MLK Holiday: January 20, 2025 Spring Break: March 17 – 21, 2025 Finals Week: April 14 – 18, 2025 Calendar of Topics, Readings, and Due Dates:

The specific assigned textbook and article readings, lectures, and video resources are detailed within each weekly course module within Canvas.

NURS 5359 Course Schedule Spring 2025			
Week/Date	Module Content	<u>Assignments</u>	Date
Week 1 1/2 – 1/11	Introduction to Neuroscience	Graduate Affirmation Forms DB 1.1: Icebreaker	1/5 & 1/8 Initial Post: Due by Sunday 11 :59 CST 2 Peer Responses: due by Sunday 11:59 CST
Week 2 1/12-1/18	Neurotransmitters, Receptors, and Signaling the Nucleus	Make self-study guide/flash cards for receptors and neurotransmitters	1/19 These are for student use and not turned in.
Week 3 1/19 -1/25	Principles of Psychopharmacology	DB 3.1: CYP450 System	 1/22- Initial Post: due by Wednesday 11 :59 CST 1/26- 2 Peer Responses: due by Sunday 11:59 CST
	1/20	Holiday/No Class: MLK Day	
Week 4 1/26 -2/1	Antipsychotic pt1	Assignment 4.1 Symptom Management of schizophrenia	2/2- Due by Sunday 11 :59 CST
Week 5 2/2 -2/8	Antipsychotics pt2	Study how antipsychotics work, indications, side effects	Self-study
Week 6 2/9-2/15	Antidepressants pt1	Exam 1	2/11 Opens: 5:00 PM CST Closes: 9: 00 PM CST
Week 7 2/16-2/22	Antidepressants pt2	Assignment 7.2 Case Study	2/23- Due by Sunday 11 :59 CST
Week 8 2/23- 3/1	Mood Stabilizers	Group Assignment 8.1	3/1 - Due by Sunday 11 :59 CST
Week 9 3/2-3/8	Anxiolytics	Exam 2	3/4 Opens: 5: 00 PM CST Closes: 9:00 PM CST
	Chronic Pain	Assignment 10.1	3/9- Due by Sunday 11 :59 CST
Week 10 3/9-3/15	Sleep/Wake Disorders and Treatment	Assignment 11.1	3/16- Due by Sunday 11 :59 CST 3/16- Due by Sunday 11 :59 CST
	3/11	LAST DAY TO WITHDRAW	
Week 11 3/16-3/22		**** Spring Break *****	
Week 12 3/23-3/29		Exam 3	3/25 Opens: 5: 00 PM CST Closes: 9: 00 PM CST
Week 13 3/30-4/5	Dementia	Group Assignment 13.1	3/30 Due by Sunday 11 :59 CST 4/2 Initial Post: due by Wednesday 11 :59 CST 4/6 2 Peer Responses: due by Sunday 11:59 CST
Week 14 4/6-4/12	Alcohol Use and Opiate Use Disorders	Assignment 14.1 -PCSS Opiate Use Reflection DB 4/11: Last Day of Classes	4/11 Due by Friday at 11:59 CST 4/11 Due by Friday 11:59 CST
Week 15 4/13-4/19	Finals Week	Exam 4	4/15 Opens: 5: 00 PM CST Closes: 9: 00 PM CST
		Grades Due April 22 nd at 12 noon	4/22

School of Nursing Policies and Additional Information:

<u>https://www.uttyler.edu/nursing/college/student_guide_and_policies.php</u> Student Resources to assist you in this course:

<u>UT Tyler Student Accessibility and Resource (SAR) Office</u> (provides needed accommodations to students with document needs related to access and learning)

UT Tyler Writing Center

The Mathematics Learning Center

UT Tyler PASS Tutoring Center

UT Tyler Supplemental Instruction

Robert Muntz Library and Library Liaison

Canvas 101 (learn to use Canvas, proctoring, Unicheck, and other software)

Digital Support Toolkit (for supported courses only. Students are automatically enrolled in the toolkit for supported courses)

LIB 422 -- Computer Lab where students can take a proctored exam The Career Success Center

UT Tyler Testing Center

Office of Research & Scholarship Design and Data Analysis Lab

Resources available to UT Tyler Students

<u>UT Tyler Counseling Center</u> (available to all students)

TAO Online Support Center (online self-help modules related to mental & emotional health) Military and Veterans Success Center (support for all of our military-affiliated students)

UT Tyler Patriot Food Pantry

UT Tyler Financial Aid and Scholarships

UT Tyler Registrar's Office

Office of International Programs

Title IX Reporting

Patriots Engage (Available to all students. Get engaged at UT Tyler.)

University Policies and Information

Withdrawing from Class: Students, you are allowed to <u>withdraw</u> (drop) from this course through the University's Withdrawal Portal. Texas law prohibits students who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and the financial implications. We encourage you to consult your advisor(s) and financial aid for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the <u>Tuition and Fee Refund Schedule</u>.

CAUTION #2: All international students must check with the <u>Office of International</u> <u>Programs</u> before withdrawing. All international students are required to enroll full-time for fall and spring terms.

Final Exam Policy: Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for at least three months after the examination date.

Incomplete Grade Policy: If a student, because of extenuating circumstances, is unable to complete all the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in lieu of a grade only when all the following conditions are met: (a) the student has been making satisfactory

progress in the course; (b) the student is unable to complete all course work or final exam due to unusual circumstances that are beyond personal control and are acceptable to the Instructor, and (c) the student presents these reasons before the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average for a student.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to complete all the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has not been assigned within one year, then the Incomplete will be changed to an F or NC if the course was originally taken under the CR/NC grading basis.

Grade Appeal Policy: UT Tyler's Grade Appeal policy requires the completion of a Grade Appeal form for this action to take place. The grade appeal begins with the instructor of your course. If you do not agree with the instructor's decision, you may then move your appeal to the department chair/school director for that course. If you are still dissatisfied with the decision of the chair/director, you may move the appeal to the dean of the college offering that course, who has the final decision. Grade appeals must be initiated within sixty (60) days from the date of receiving the final course grade. The grade Appeal form is found on the <u>Registrar's Form</u> Library.

Disability/Accessibility Services: The University of Texas at Tyler has a continuing commitment to providing reasonable accommodation for students with documented disabilities. Students with disabilities who may need accommodation(s) to fully participate in this class are urged to contact the Student Accessibility and Resources Office (SAR) as soon as possible to explore what arrangements need to be made to ensure access. If you have a disability, you are encouraged to visit the SAR Portal (<u>https://hood.accessiblelearning.com/UTTyler/</u>) and complete the New Student Application. For more information, please visit the <u>SAR webpage</u> or call 903.566.7079.

Military Affiliated Students: UT Tyler honors the service and sacrifices of our militaryaffiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with me if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make me aware of any complications as far in advance as possible. I am willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. Campus resources for

military-affiliated students are in the <u>Military and Veterans Success Center (MVSC</u>). The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

Academic Honesty and Academic Misconduct: The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the <u>Student Conduct and Discipline policy</u> in the Student Manual of Operating Procedures (Section 8).

FERPA: UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in <u>University Policy 5.2.3</u>. The course instructor will follow all requirements in protecting your confidential information.

COVID Guidance: The UT Tyler community of Patriots respects the rights of others to wear a mask if they desire to do so. COVID guidelines may change as the situation warrants, and students should follow the instructions warranted by the situation.

Absence for Official University Events or Activities: This course follows the practices related to approved absences as noted by the Student Manual of Operating Procedures (Sec. 1 -501). Absence for Religious Holidays: Students who anticipate being absent from class due to a religious holiday are requested to inform the instructor by the second class meeting of the semester.

Campus Carry: We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available

at http://www.uttyler.edu/about/campus-carry/index.php.

School of Nursing Policies and Additional Information: 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/digital-learning/ai/