

DAKOTA NURSING PROGRAM

Bismarck State College • Dakota College at Bottineau • Lake Region State College • Williston State College

NURS 229 Syllabus - Spring 2025

COURSE: NURS 229: Health Promotion and Psychosocial Nursing

CREDIT HOURS: 2 semester hours (32 Classroom Hours)

COURSE DESCRIPTION:

Examine safe and effective client care in the areas of health promotion for individuals and groups in communities and in care of the client experiencing psychosocial issues. Expand skills in promoting a client's self-determination, advocating for clients, and working within the interdisciplinary health care team while making evidence-based decisions to improve the safety and quality of client care.

MEETING TIME:

Section	Course/Date/Time (IVN means you are in your classroom)
AM Section 1 <i>Section 1: BSC A, BSC Hazen, DCB Minot LRSC-DL, LRSC-GF, LRSC-MV</i>	NURS 229 – 1100-1150 Wednesday IVN and Monday/Wednesday Theory Exams as scheduled
PM Section 2 <i>Section 2: BSC B, BSC Garrison, DCB Bottineau WSC, DCB-Valley City</i>	NURS 229 – 1400-1450 Wednesday IVN and Monday/Wednesday Theory Exams as scheduled

INSTRUCTORS:

Mental Health Carolyn Espe, MSN, RN Instructor Dakota College at Bottineau, Minot 101 3 rd Avenue SW Minot, ND 58701 Office Phone: (701) 857-2921 Office Hours: Call or email for appointments Carolyn.espe@dakotacollege.edu	Health Promotion- (Lead Faculty) Amber Solheim, PhD, RN Nursing Instructor Lake Region State College 1425 S Columbia Road Grand Forks, ND 58201 Office Phone: (701) 665-4635 Office Hours: email or call for an appointment amber.solheim@lrsc.edu
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PREREQUISITES: NURS 224, Professional Role Development
NURS 225, Alterations in Health I
NURS 226, Maternal Child Nursing
NURS 227, Clinical Applications I

COREQUISITES: NURS 237, Clinical Applications II
NURS 228, Alterations in Health II
NURS 259, Role Transitions

REQUIRED TEXTBOOKS:

1. Assessment Technologies Institute (ATI) Review Package, Skills Modules, and Live NCLEX Review for RN students.
2. Assessment Technologies Institute (ATI). (2025). RN Community health nursing (9.0 ed.) at www.atitesting.com
3. Assessment Technologies Institute (ATI). (2025). RN Mental health nursing (12.0 ed.).
4. Halter, M. J. (2022). *Varcarolis' foundations of psychiatric mental health nursing* (9th ed.) Elsevier.
5. Silvestri, L. A., & Silvestri, A. E. (2023). *Saunders Comprehensive Review for the NCLEX RN* (9th ed.) Saunders Elsevier.
6. Unbound Medicine. (2024). *UCentral* (version 1.54) [Mobile app]. App Store.

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SPECIAL TECHNOLOGY UTILIZED BY STUDENTS:

Requirements for each student in this course include-

1. Microphone: any microphone, either internal or external
2. Webcam: 320×240 VGA resolution (minimum) internal or external
 - a. Students will be attending class, meetings, and making recordings so the microphone and webcam need to be in good working order.
3. Desktop or laptop computer. Do not use Google Chromebooks/Microsoft Surface/Android tablet/iPad as they are not supported in all testing environments and in some of the online activities.
4. Printer (optional, for class handouts)
5. Reliable, high-speed internet
6. Desktop Browser – use Google Chrome or Mozilla Firefox
7. Access to word processing software that can produce, reading, and saving files in the following formats: .doc, .docx, .pdf, .htm, .html, .rtf, .ppt, .pptx
8. Access to Adobe Acrobat Reader® to open PDF files that are used during the course.
9. Log into the LMS Blackboard daily to keep abreast of course announcements, weekly content, and Grade Center.
10. Successfully navigate and adhere to technology requirements for all instructional platforms utilized in the course.
11. ATI technical requirements: <https://www.atitesting.com/technical-requirements>

STUDENT LEARNING OUTCOMES (With Related Learning Activities and Evaluation):

NURS 229: Health Promotion and Psychosocial Nursing			
Program Student Learner Outcomes (SLOs)	NURS 229 Course Student Learner Outcomes (SLOs)	Learning Activities	Course SLO Evaluation
TEAMWORK AND COM-MUNICATION: Collaborate with clients and members of the interdisciplinary health care team to optimize effective communication, caring behaviors, and management of client needs.	1. Analyze the relationships within the interdisciplinary healthcare team developed to optimize effective communication, caring behaviors, and management of client health promotion and psychosocial needs.	<ul style="list-style-type: none"> Assigned reading Lecture Class discussions CDC Solve the Outbreak assignment Exams and quizzes Community windshield assignment ATI Real Life on Schizophrenia, anxiety, mood disorders and alcohol use disorders Case Study on eating disorder and bipolar disorder 	<ul style="list-style-type: none"> Quizzes and exams CDC Solve the Outbreak assignment Community Windshield assignment ATI Real Life Results Class participation
PROFESSIONALISM AND LEADERSHIP: Adhere to professional standards and scope of practice as an associate degree registered nurse while pursuing professional growth and acting as a	2. Integrate professional standards, regulations, and the scope of practice for a registered nurse with the care of clients' health promotion and psychosocial needs	<ul style="list-style-type: none"> Assigned reading Lecture Class discussions Exams and quizzes Case Study on abuse Engaging Community and Public Health: Introduction to Community, Population, Public, and Global Health Module and Test 	<ul style="list-style-type: none"> Quizzes and exams Class participation Engaging Community and Public Health: Introduction to Community, Population,

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leader and change agent within legal, ethical and regulatory frameworks.	including the ethical and legal dimensions.		Public, and Global Health Module Test
CLIENT-CENTERED CARE: Provide culturally competent care and advocate for clients while promoting their self-determination and integrity.	3. Formulate culturally competent care for clients' health promotion and psychosocial needs while advocating for clients and promoting their self-determination and integrity.	<ul style="list-style-type: none"> Assigned reading Lecture Community Windshield assignment Mental Health case study discussion on a female from Mexico with anxiety and requests a folk healer ATI Real Life on Schizophrenia, anxiety, mood disorder and alcohol use disorder Paper on co-dependency Engaging Community & Public Health: Family Module and Test Engaging Community & Public Health: Health Education Module and Test 	<ul style="list-style-type: none"> Quizzes and exams Community Windshield assignment ATI Real Life Results Class participation Engaging Community & Public Health: Family Module Test Engaging Community & Public Health: Health Education Module Test
EVIDENCE-BASED PRACTICE AND NURSING JUDGEMENT: Implement nursing judgment to make safe, effective, and evidenced-based decisions that integrate science and the nursing process in providing holistic client care.	4. Prioritize nursing judgment to make safe, effective, and evidenced-based decisions that integrate science and the nursing process to provide holistic client care including their health promotion and psychosocial needs.	<ul style="list-style-type: none"> Assigned reading Lecture Class discussions Exams and quizzes CDC Solve the Outbreak assignment ATI Real Life on Schizophrenia, anxiety, mood disorders and alcohol use disorders Case studies Engaging Community and Public Health: Prevention and Control of Diseases and Illnesses Module and Test 	<ul style="list-style-type: none"> Quizzes and exams CDC Solve the Outbreak assignment ATI Real Life Results Class participation Engaging Community and Public Health: Prevention and Control of Diseases and Illnesses Module Test
QUALITY IMPROVEMENT AND SAFETY: Incorporate a spirit of inquiry to make	5. Monitor health care system, individual performance, and effectiveness to improve the safety	<ul style="list-style-type: none"> Assigned reading Lecture Class discussions Exams and quizzes CDC Solve the Outbreak 	<ul style="list-style-type: none"> Quizzes and exams CDC Solve the Outbreak assignment

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Program Student Learner Outcomes (SLOs)	NURS 229 Course Student Learner Outcomes (SLOs)	Learning Activities	Course SLO Evaluation
evidence based clinical judgments and management decisions to improve the safety and quality of care across a variety of systems.	and quality of care in the care of clients and their health promotion and psychosocial needs.	assignment <ul style="list-style-type: none"> ATI Real Life on Schizophrenia, anxiety, mood disorders and alcohol use disorders 	<ul style="list-style-type: none"> ATI Real Life Results
INFORMATICS: Integrate current technology to support decision-making and manage information in the delivery of client care.	6. Integrate current technology to support decision-making and manage information in the delivery of client care in the care of clients and their health promotion and psychosocial needs.	<ul style="list-style-type: none"> Assigned reading Lecture Class discussions Exams and quizzes CDC Solve the Outbreak assignment 	<ul style="list-style-type: none"> Quizzes and exams CDC Solve the Outbreak assignment

GRADE BREAKDOWN:	Exams	50%
	(5 exams-each 10%)	
	Mental Health Quizzes & assignments	18%
	Community Windshield Survey	10%
	Health Promotion Quizzes & Assignments:	22%
		100%

GRADING POLICY:

The following grading scale is used:

92.0 - 100.00	= A
84.0 - 91.99	= B
76.0 - 83.99	= C
68.0 - 75.99	= D
Below 68	= F

- **There will be no rounding up of grades.**
- **There is no extra credit offered.**
- **Final exams will not be given early. Plan to be in school until the final day.**

NCLEX REVIEW PROGRAM NURSING REVIEW PROGRAM:

The Dakota Nursing Program requires students to purchase and complete an ATI Nursing Review Program. This program is complete with review modules (Books or eBooks, Skills Modules, Online Practice Assessments, and Proctored Assessments). Please review the complete ATI policy in your student handbook for preparation policy, remediation policy, and grading levels.

GRADING:

Course and clinical grades are based on various activities and assignments designated by the faculty. The criteria by which grades for each theory and clinical course are determined are included in course syllabi distributed to

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students. Students have access to and should review the learning management system grading calculation method.

Students are responsible for knowing what their grades are during the course. Please review the gradebook frequently. If an assignment or exam in the student's gradebook says the assignment or exam has not been submitted or has not been entered, it is then treated as a fact that the student did not do the assignment or exam unless the student has written proof that they did in fact complete and submit such assignment/exam as outlined in the directions. Make sure your assignments are submitted well before the due date to ensure timely submission.

Please see your Dakota Nursing Student handbook for the exam and review/remediation procedure, attendance policies, and grading policies in addition to the information listed below.

Grades: Grades are given for both theory classes and clinical performance of clinical nursing courses. Students must earn a minimum grade of C with a maintained 2.5 GPA or better in all required program courses. Students who fail a theory or clinical course will be dismissed from the nursing program. Students who receive a D or F in a theory or clinical course will be dismissed from the nursing program. Whenever a student has unsatisfactory grades during the semester, they should contact the instructor for guidance.

Incomplete Grades: Incomplete grades will be given to a student only when extreme circumstances have prevented the student from completing all work by the end of the term and will be given at the discretion of the faculty as written in the student's home campus college catalog. An incomplete grade must be made up within four weeks of the end of the semester following that in which the incomplete grade was received. Work not completed by that time will be converted to the grade indicated by the instructor.

Active Learning: In addition to educational strategies such as reading, listening, and reflecting, when appropriate this class makes use of learning techniques commonly known as active learning. Students should expect to participate in active learning techniques such as discussions and presentations, small group activities, writing, problem-solving, movement, case studies, role-playing, etc. These activities promote analysis, synthesis, and evaluation of class content to improve student learning outcomes.

Artificial Intelligence:

Artificial Intelligence (AI) programs such as Microsoft Co-Pilot, may be required in nursing courses to help generate ideas and develop skills in using AI tools. Do not use AI unless it is specifically required in your assignment directions. Your college plagiarism policy will be followed if AI is not used in an ethical, transparent manner.

AI is a tool; it does not replace your critical thinking skills. It should give you ideas that you would then verify against other reliable sources. You would then paraphrase that material in your own words and cite the reliable source.

Note that material generated by AI programs is often inaccurate and incomplete. Do not trust what AI says unless you can back it up with a credible source. Note that material generated by an AI program may change each time you access that URL. Generative AI is not a reputable source.

Assignments/Quizzes/Clinical Paperwork: All assignments must be completed and submitted on time in the manner specified by the faculty. Students may fail the course if all assignments are not completed. Late/makeup

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work will not be accepted (student will receive a 0%) unless previously arranged with the instructor or impacted by extenuating circumstances.

Progressive Deductions:

If a student consistently disregards feedback or fails to improve on their paperwork, the instructor may apply progressive deductions. These deductions could escalate with each infraction. This is to encourage students to engage more actively in their learning process.

Attendance Policy:

The Dakota Nursing Program supports the college policy on attendance as stated in your college catalog. In addition, the nursing program implements strict attendance policies for classroom, lab, and clinical experiences as outlined in the nursing student handbook. Students are expected to attend all theory, lab, and clinical hours.

Regular, punctual attendance demonstrates safe and professional behavior and responsibility. In recognition of the fact that primary learning takes place in the teacher-student relationship, the principle governing class attendance is that the student is expected to attend all regularly scheduled classes (classroom, laboratory, and clinical) and is responsible for meeting course objectives.

Absences may make it impossible for a student to meet course objectives and result in failure of the course. A student may be excused from class or clinical with the approval of the instructor. It is the student's responsibility to notify the appropriate persons in a timely manner as noted in the absence procedure below and then agree on a plan to fulfill missed assignments with the appropriate faculty member.

All makeup work may have a deduction in theory, lab, or clinical applications. All missed hours in lab or clinical need to be made up with an hour for each hour missed. More than four absences in any classroom, lab, or clinical course may result in course failure. Students who are absent from lab or clinical and do not make up the hours, will fail the course. If a student has an agreement with the nursing director to make up the hours, they may be eligible for an incomplete grade following policy at their college.

Exams:

1. Notification for absence from:

- **Exam:** Students will notify the **program director or satellite site faculty AND the lead course instructor** at least 1 hour prior to an exam. "Notification" for an exam day means that the student sends an email with the appropriate information or speaks directly to the nursing instructor AND program director by telephone or in person.
- **Theory course on a non-exam day:** Students will notify the **nursing program director or site faculty** at least 1 hour prior to the course start time. "Notification" for theory course day means that the student sends an email with the appropriate information or speaks directly to the program director or site faculty by telephone or in person.
- Failure to notify the people noted above in the time specified will result in a conference.

2. If a student is absent on an exam day, the following procedure is followed:

- The first missed exam will result in a conference with the program director.
- Any future missed exams will result in an unsafe behavior. Two unsafe behaviors may result in the student's dismissal from the nursing program.
- This policy includes theory course exams, lab course exams (including math) and ATI exams.

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- The policy covers all exams in a semester. For example, if a NURS 120 course exam is the first exam missed and there is a NURS 121 exam two weeks later that is missed, then the NURS 121 exam is the second missed exam.
- All exams must be made up within 24 hours following the missed exam, excluding weekends and holidays. Extenuating circumstances will be considered, and subsequent actions will be decided by the nursing program director. The nursing program director may require documentation of extenuating circumstances.
- It is the student's responsibility to contact the nursing program nursing director to arrange a makeup exam.
- Faculty will consult with the program director regarding missed exams as they occur.

Review of Exams

1. Exam blueprints will be available for students.
2. Test scores (except for math scores, which are immediately available) will be available to the students when the faculty completes the exam analysis. The questions and answers will not be available to the student after the exam. The faculty at the local site will hold a review for each exam.
3. **EXAM REMEDIATION** (2024-2025 DNP Student Handbook, Update policy on DNP website: [updated-remediation-requirements-11-8-2024.pdf](#))

Student Responsibilities

If a student has concerns after taking an exam the following process must be followed:

1. The student contacts the instructor via email with concerns/questions related to the exam.
2. Adjustments to examinations can be made at the discretion of the instructor. The instructor will notify the student of their decision.
3. The student is responsible for keeping silent about the exam content until all sites have taken the exam. This means there is to be no talking or writing about the exam with another student. If a student discusses or gives answers to a student who has not taken the exam, this will be viewed as cheating, (academic dishonesty).

Records of Grades: The faculty strongly endorses the idea that each student is responsible for knowing his/her own academic status based on grades from learning activities. Grades are recorded in the Blackboard Grade Center. All gradebook questions must be addressed by the student to the lead instructor at midterm and then again during the week before finals. There will be no changes accepted to the gradebook regarding absent or late/missed assignments or late/missed exams during finals week. It is the student's responsibility to know what their grades are and contact the instructors or their Nursing Program Director for a plan to improve.

Nursing Department Etiquette: It is expected that students will show sensitivity to their peers as well as instructors by avoiding any activity that may cause distraction during class. Incivility will not be tolerated and is an unsafe behavior. Use of mobile devices and related applications, cameras, side conversations, and children are not allowed in the classroom.

Nursing is a profession and thus requires professional behavior. It is expected that students will act in a professional manner displaying commitment to learning in the classroom, lab, all clinical areas, all college areas, and always in the public (including social networking sites when representing the college or the profession of nursing.)

Professional attire and decorum are expected when attending class, lab or clinical either face-to-face or via virtual delivery. During a virtual class, the camera settings will be always on, and microphone settings will be on/off as

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requested by the faculty. Students will sign in with first and last names and will sign in 5 minutes before class time so faculty can take attendance. Students will be available the entire class time and will engage in discussion or answer questions if called upon. Taking pictures or videos of the other students without their consent is not allowed and considered uncivil behavior. Faculty and students will strive for an interruption free environment, refrain from driving, refraining from the use of other electronic devices, and not smoking, or eating during a virtual session.

Course study expectations: Commitment to learning is important to success. For every semester credit hour you are taking in a class, three hours need to be set aside in your weekly schedule to read, study, and devote time towards your education outside of class.

For example: NURS 229 (2 credits) x 3 hours = 6 hours/week to study (minimal recommended study hours per week.)

Academic Dishonesty: Academic honesty is held in the highest regard within the Dakota Nursing Program. Academic dishonesty will be addressed following the policies outlined in your college catalog. Dishonesty may result in failure of the course and dismissal from the Dakota Nursing Program.

Student Role in Evaluation of Teaching, Course, and Program Evaluation: The Dakota Nursing Program student will evaluate faculty teaching and curriculum in the classroom, lab, and clinical settings. Evaluations are an important source of information for both individual faculty and for program evaluation.

ACCOMMODATION:

To request academic accommodation due to a disability that may limit your ability to fully participate in a class/lab/clinical, please contact the accessibility or disability services office at your college. Personnel from that office will work with you and your instructor to arrange for reasonable accommodation after you have completed the registration process and it has been determined that you qualify. It is the student's responsibility to obtain the request for accommodation and provide it to the instructor and local campus nursing director. An accommodation must be renewed through the accessibility or disability services office and the course faculty every semester.

- Bismarck State College Students: contact the Student Accessibility Office at 701.224.2496
- Dakota College at Bottineau Students: contact Disability Support Services Coordinator at 701.228.5425
- Lake Region State College Students: contact the Counselor/Disability Services at 701.662.1546
- Williston State College Students: contact the Accessibility and Retention Specialist at 701.774.4224

DROP AND WITHDRAW DATES CAN BE FOUND ON YOUR CAMPUS WEBSITE AT:

BSC – <http://www.bismarckstate.edu/current/records/calendarsdeadlines/>

DCB – <http://www.dakotacollege.edu/academics/academic-calendar/>

LRSC – <http://www.lrsc.edu/academics/term-schedules>

WSC – <https://www.willistonstate.edu/admissions/Cost/Important-Dates-and-Deadlines/>

If you have any questions about dropping or withdrawing from a class, please contact your campus nursing director or registrar.

ADDITIONAL INFORMATION:

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All written work must be completed and turned into the instructor prior to taking any scheduled exam. Any assignments which are not complete and turned in will result in the student failing the course with a grade of F.

Students must read the Dakota Nursing Program student handbook upon admission and submit the signature form showing that the student will agree to follow the information and policies found in the handbook.

Material for this course will be posted onto the Blackboard site. It is your responsibility to check this site for assignments and notes. You are also responsible for knowing your course grade by reviewing the Blackboard gradebook.

WEB STREAMING (Yuja and Blackboard Collaborate platforms):

Yuja/Blackboard Collaborate are lecture and content capture software chosen by the ND University System to provide that service for its 11 campuses. Yuja/Blackboard Collaborate enables faculty, students, and staff to record presentations, lessons, training, an entire lecture, and more. The recorded content is searchable, provides for notetaking and participant rating of content, can be streamed live, and can be used on portable devices having internet access. Yuja/Blackboard Collaborate integrate with most learning management systems and are ADA compliant. An instructor's lecture for the DNP is recorded and stored in the learning management system for the semester. Instructors will record lectures on Yuja/Blackboard Collaborate. Students should be aware that their voices or any presentation they do in class may be recorded on Yuja/Blackboard Collaborate and available via Blackboard for other students in their class to view. The recordings will be available for viewing for the semester. Watching the class recordings via web streaming does not usually count as attendance for class but is highly encouraged if you are unable to attend class or wish to review concepts covered in class. Please refer to attendance policy if there are any questions.

GUEST SPEAKERS:

Guest Speaker Statement: Dakota Nursing Program is committed to presenting timely, innovative educational opportunities for its students. As part of those efforts, DNP faculty may invite guest speakers to address the student members of this course. Under FERPA (Family Educational Rights and Privacy Act) regulations, such guest speakers are considered volunteers who serve a legitimate educational interest to institutional services or functions. For more information, please visit the Department of Education's FERPA Student Privacy webpage at <https://studentprivacy.ed.gov/>

FACULTY/STUDENT COMMUNICATION:

Faculty/students are responsible for checking course announcements in Blackboard, bulletin boards and/or mailboxes as appropriate at each campus for messages each class day. Email is used extensively within the Blackboard Learning Management System; students are responsible for having a working college email account and checking it daily during the semester. Students, staff, and faculty are expected to respond to emails promptly – within 48 hours during a usual work week or as requested. The purpose is to ensure rapid communication between students and instructors. Students must notify the nursing coordinator if their email address changes.

Faculty and students must identify themselves professionally with each contact (mail, email, or telephone). This includes first and last name and identification of location within the consortium.

Example of student identification at end of each email:

Joan Miller

DCB – Minot

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Communication between students and faculty should remain on a professional level with no questionable jokes, cartoons, etc. transmitted. Students using the institution's computer labs are reminded that they cannot download information onto the computer hard drives. Any information must be stored on an alternate drive.