Instructor: Mark J. Haykowsky, Ph.D.
Office Number: Pickard Hall 523
Office Telephone Number: 817-272-5541
Email Address: mark.haykowsky@uta.edu
Faculty Profile: https://www.uta.edu/profiles/mark-haykowsky

Office Hours: By appointment.

Section Information: 5390-001

Time and Place of Class Meetings: Pickard Hall, Room 206; Friday: 1:00 to 4:00 (Please see class schedule as some days there will be assigned articles that can be read off campus during the scheduled class time).

Description of Course Content: The goal of this course is to provide students with fundamental knowledge related to heart failure (HF) pathophysiology. This course will also provide students the opportunity to gain specialized knowledge regarding the physiological mechanisms responsible for the reduced exercise tolerance in HF with reduced or preserved ejection fraction (HFrEF and HFpEF, respectively) and the role of evidence based exercise rehabilitation to improve overall health related physical fitness and quality of life. Lastly, the students will learn how to critically evaluate scientific literature related to HF pathophysiology and exercise rehabilitation. Prerequisite: Consent of the instructor.

Student Learning Outcomes: Upon completion of this course, students will be able to:

1) Predict the change in left ventricular (LV) ejection fraction that occurs with acute and chronic alterations in preload, afterload and contractility.
2) Identify the cardiovascular risk factors associated with developing HF.
3) Discuss the prevalence and health care burden of HF.
4) Discuss novel imaging technology used to assess global and regional LV function in health and HF.
5) Differentiate the LV structural and functional differences between HFrEF and HFpEF patients.
6) Perform a basic HF physical assessment.
7) Discuss the physiological mechanisms underpinning the reduced exercise tolerance and their improvement with exercise training in HFrEF and HFpEF patients (focus on cardiac, vascular and skeletal muscle).
8) Design an exercise-training program to improve HFrEF and HFpEF patients overall health-related physical fitness and quality of life.
9) Critically evaluate scientific literature specific to HF pathophysiology and exercise rehabilitation.
Required Textbooks and Other Course Materials: There is no required text. Students will be provided links to assigned readings.

Course Policies
- Attend all classes and arrive on time.
- Turn off cellular phones, or other communication devices, if you cannot for legitimate reasons, please set them to vibration mode.
- Computers are to only be used for class related activities.
- Read assigned readings ahead of time and come to class prepared to contribute to scholastic dialogue.
- Please feel free to make any suggestions you feel would improve the learning experience for yourself and others whenever the need arises during the semester.

Descriptions of major assignments and examinations with due dates:
Class participation (group discussions, comments during student presentations). A major component of this course is the scholarly interaction amongst all involved (students and course instructor). Thus, you will be expected to come to class having read all the materials and be prepared to engage in open dialogue about the ‘topic of the day’.

Critique of a heart failure specific manuscript: You will be required to critique a HF specific manuscript provided by the instructor and present the salient findings using power point presentation format (45 minute presentation). The article will be provided two weeks prior to your scheduled presentation (please see course schedule for specific dates).

Pathophysiology of exercise intolerance presentation: You will present a 45-minute power point presentation of a topic of your choice pertinent to a specific pathophyslogic mechanism (e.g. cardiac, vascular, skeletal muscle) responsible for the reduced exercise tolerance in HFrEF or HFpEF patients, or cardiac transplant, and improvement with exercise training. You will also be required to design an exercise program to improve overall health-related physical fitness and quality of life. This will be followed by a 15-minute question/answer period. The presentations will take place during the last two classes.

Attendance Policy: Attendance is mandatory, and class participation will factor in the grade.

Grading Policy: Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.

Course Grading Scale
A = 90 to 100
B = 80 to 89
C = 70 to 79
D = 60 to 69 – cannot progress
F = below 59 – cannot progress

Grading/Course Evaluation:
1) Class Participation: 15%.
2) Critique (and presentation) of HF manuscript: 35%.
3) Final Presentation: Pathophysiology of exercise intolerance and improvement with exercise rehabilitation training. 50%.
Grade Grievances: Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current University Catalog. For graduate courses, see http://catalog.uta.edu/academicregulations/grades/#graduatetext. For student complaints, see http://www.uta.edu/deanofstudents/student-complaints/index.php

Make-up Exams: Not applicable.

Test Reviews: Not applicable.

Expectations of Out-of-Class Study: Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 3 to 5 hours per week of their own time in course-related activities, including assigned materials, and preparing for presentations.

CONHI – language

Drop Policy: Graduate students who wish to change a schedule by either dropping or adding a course must first consult with their Graduate Advisor.

Regulations pertaining to adding or dropping courses are described below. Adds and drops may be made through late registration either on the Web at MyMav or in person through the student’s academic department. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. Students will not be automatically dropped for non-attendance. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Office of Financial Aid and Scholarships at http://www.uta.edu/fao/. The last day to drop a course is listed in the Academic Calendar available at http://www.uta.edu/uta/acadcal.php?session=20176

1. A student may not add a course after the end of late registration.
2. A student dropping a graduate course after the Census Date but on or before the last day to drop may receive a grade of W. Students dropping a course must:
   (1) Contact your graduate advisor to obtain the drop form and further instructions before the last day to drop.

<table>
<thead>
<tr>
<th>Census Day: January 31, 2018</th>
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<tr>
<td>Last day to drop or withdraw – March 30, 2018 by 4:00 p.m.</td>
</tr>
<tr>
<td>Last day of classes – May 4, 2018</td>
</tr>
<tr>
<td>Final Exams – May 5-11, 2018</td>
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</table>

Disability Accommodations: UT Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including The Americans with Disabilities Act (ADA), The Americans with Disabilities Amendments Act (ADAAA), and Section 504 of the Rehabilitation Act. All instructors at UT Arlington are required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of disability. Students are responsible for providing the instructor with official notification in the form of a letter certified by the Office for Students with Disabilities (OSD). Only those students who have officially documented a need for an accommodation will have their request honored.
Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting:

**The Office for Students with Disabilities, (OSD)** [www.uta.edu/disability](http://www.uta.edu/disability) or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability).

**Counseling and Psychological Services, (CAPS)** [www.uta.edu/caps/](http://www.uta.edu/caps/) or calling 817-272-3671 is also available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives.

**Non-Discrimination Policy:** The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit [uta.edu/eos](http://uta.edu/eos).

**Title IX Policy:** The University of Texas at Arlington (“University”) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. For information regarding Title IX, visit [www.uta.edu/titleIX](http://www.uta.edu/titleIX) or contact Ms. Jean Hood, Vice President and Title IX Coordinator at (817) 272-7091 or jmhood@uta.edu.

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

> I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

> I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.

UT Arlington faculty members may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted.

Per UT System Regents’ Rule 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with the University policy, which may result in the student’s suspension or expulsion from the University. Additional information is available at [https://www.uta.edu/conduct/](https://www.uta.edu/conduct/).

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another
person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts."

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.

Plagiarism: Copying another student’s paper or any portion of it is plagiarism. Copying a portion of published material (e.g., books or journals) without adequately documenting the source is plagiarism. Consistent with APA format, if five or more words in sequence are taken from a source, those words must be placed in quotes and the source referenced with author’s name, date of publication, and page number of publication. If the author’s ideas are rephrased, by transposing words or expressing the same idea using different words, the idea must be attributed to the author by proper referencing giving the author’s name and date of publication. If a single author’s ideas are discussed in more than one paragraph, the author must be referenced, according to APA format. Authors whose words or ideas have been used in the preparation of a paper must be listed in the references cited at the end of the paper. Students are expected to review the plagiarism module from the UT Arlington Central Library via http://library.uta.edu/plagiarism/index.html

Student Support Services: UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at http://www.uta.edu/universitycollege/resources/index.php.

The IDEAS Center (2nd Floor of Central Library) offers FREE tutoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in, or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The English Writing Center (411LIBR): The Writing Center Offers free tutoring in 20-, 40-, or 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Our hours are 9 am to 8 pm Mon.-Thurs., 9 am-3 pm Fri. and Noon-6 pm Sat. and Sun. Register and make appointments online at http://uta.mywconline.com. Classroom Visits, workshops, and specialized services for graduate students are also available. Please see www.uta.edu/owl for detailed information on all our programs and services.

The Library’s 2nd floor Academic Plaza offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation. http://library.uta.edu/academic-plaza

Campus Carry: Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses,
except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit http://www.uta.edu/news/info/campus-carry/

**Student Success Faculty:** In order to assist masters nursing students who are at academic risk or who need academic support, there are graduate faculty members available to you. The goal of the success faculty members is to support student achievement in masters-level coursework so students can reach their educational goals. Students may contact a success faculty member directly, or a course instructor may encourage you to contact a success faculty member.

The success faculty in the MSN Program:

Dr. Donelle Barnes is available as a writing coach to assist students in the MSN Core courses; theory, research, and evidence based practice. Since these courses are writing intensive, Dr. Barnes can help students improve the clarity and organization of their written papers. She can be reached via email: donelle@uta.edu.

Dr. Mary Schira is available as a success faculty to assist with diverse resources that may include study skills, testing challenges/approaches, managing multiple responsibilities, and addressing personal issues impacting academic performance. Course content challenges may also be addressed, with referral to additional resources as indicated. Dr. Schira can be reached via email: schira@uta.edu.

**Electronic Communication:** UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. **All students are assigned a MavMail account and are responsible for checking the inbox regularly.** There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at http://www.uta.edu/oit/cs/email/mavmail.php.

If you are unable to resolve your issue contact the Helpdesk at helpdesk@uta.edu.

**Student Feedback Survey:** At the end of each term, students enrolled in face-to-face and online classes categorized as “lecture,” “seminar,” or “laboratory” are directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback via the SFS database is aggregated with that of other students enrolled in the course. Students’ anonymity will be protected to the extent that the law allows. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit http://www.uta.edu/sfs.

**Final Review Week:** For semester-long courses, a period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week **unless specified in the class syllabus.** During Final Review Week, an instructor shall not give any examinations constituting 10% or more of
the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

**Emergency Exit Procedures:** Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

**Librarian to Contact:**

<table>
<thead>
<tr>
<th>Peace Williamson</th>
<th>Lydia Pyburn</th>
<th>Heather Scalf</th>
</tr>
</thead>
<tbody>
<tr>
<td>817-272-6208</td>
<td>817-272-7593</td>
<td>817-272-7436</td>
</tr>
<tr>
<td><a href="mailto:peace@uta.edu">peace@uta.edu</a></td>
<td><a href="mailto:llpyburn@uta.edu">llpyburn@uta.edu</a></td>
<td><a href="mailto:scalf@uta.edu">scalf@uta.edu</a></td>
</tr>
</tbody>
</table>

Contact all nursing librarians: library-nursing@listserv.uta.edu

**Helpful Direct Links to the UTA Libraries’ Resources**

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<thead>
<tr>
<th>Research Information on Nursing</th>
<th><a href="http://libguides.uta.edu/nursing">http://libguides.uta.edu/nursing</a></th>
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<tbody>
<tr>
<td>Library Home Page</td>
<td><a href="http://library.uta.edu/">http://library.uta.edu/</a></td>
</tr>
<tr>
<td>Subject Guides</td>
<td><a href="http://libguides.uta.edu">http://libguides.uta.edu</a></td>
</tr>
<tr>
<td>Ask us</td>
<td><a href="http://ask.uta.edu">http://ask.uta.edu</a></td>
</tr>
<tr>
<td>Database List</td>
<td><a href="http://libguides.uta.edu/az.php">http://libguides.uta.edu/az.php</a></td>
</tr>
<tr>
<td>Course Reserves</td>
<td><a href="http://pulse.uta.edu/vwebv/enterCourseReserve.do">http://pulse.uta.edu/vwebv/enterCourseReserve.do</a></td>
</tr>
<tr>
<td>Library Catalog</td>
<td><a href="http://uta.summon.serialssolutions.com/#!/">http://uta.summon.serialssolutions.com/#!/</a></td>
</tr>
<tr>
<td>E-Journals</td>
<td><a href="http://pulse.uta.edu/vwebv/searchSubject">http://pulse.uta.edu/vwebv/searchSubject</a></td>
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<tr>
<td>Library Tutorials</td>
<td><a href="http://library.uta.edu/how-to">library.uta.edu/how-to</a></td>
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<tr>
<td>Connecting from Off-Campus</td>
<td><a href="http://libguides.uta.edu/offcampus">http://libguides.uta.edu/offcampus</a></td>
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<tr>
<td>Academic Plaza Consultation</td>
<td><a href="http://library.uta.edu/academic-plaza">library.uta.edu/academic-plaza</a></td>
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<tr>
<td>Services</td>
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<tr>
<td>Study Room Reservations</td>
<td><a href="http://openroom.uta.edu/">openroom.uta.edu</a></td>
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</table>
**Course Schedule.** “As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in the course” Professor Mark Haykowsky, Ph.D.

| Date             | Topic                                                                 |
|------------------|                                                                      |
| January 19, 2018 | Introduction; How to critically review a manuscript; Cardiac physiology review. |
| (On Campus)      |                                                                      |
| January 26, 2018 | **Assigned readings: Assessment of cardiac function in health and HF.** |
| (Off Campus)     |                                                                      |
| February 2, 2018 | Cardiac physiology review; Assessment of cardiac function.            |
| (On Campus)      |                                                                      |
| February 9, 2018 | Pathophysiology and treatment of HFrEF and HFpEF                     |
| (On Campus)      |                                                                      |
| February 16, 2018| Pathophysiology and treatment of HFrEF and HFpEF (continued). **(Student critique of articles).** |
| (On Campus)      |                                                                      |
| February 23, 2018| HF physical assessment. *(This class will take place in Engineering Research Building, Room 188)* |
| (On Campus)      |                                                                      |
| March 2, 2018    | Cardiopulmonary exercise testing in HFrEF and HFpEF patients. **(Student critique of articles).** |
| (On Campus)      |                                                                      |
| March 9, 2018    | **Assigned readings: Pathophysiology of exercise intolerance in HFrEF and HFpEF.** |
| (Off Campus)     |                                                                      |
| March 16, 2018   | **SPRING BREAK**                                                    |
| March 23, 2018   | Pathophysiology of exercise intolerance in HFrEF and HFpEF. **(Student critique of articles).** |
| (On Campus)      |                                                                      |
| March 30, 2018   | HF cardiac (exercise) rehabilitation referral and exercise prescription guidelines. **(Student critique of articles)** |
| (On Campus)      |                                                                      |
| April 6, 2018    | Exercise rehabilitation for HFREF patients: physiological adaptations and exercise prescription. **(Student critique of articles)** |
| (On Campus)      |                                                                      |
| April 13, 2018   | Exercise rehabilitation for HFPEF patients: physiological adaptations and exercise prescription. |
| (On Campus)      |                                                                      |
| April 20, 2018   | **Assigned readings: Novel therapies to improve exercise tolerance in HF.** |
| (Off Campus)     |                                                                      |
| April 27, 2018   | **FINAL STUDENT PRESENTATIONS.**                                    |
| (On Campus)      |                                                                      |
| May 4, 2018      | **FINAL STUDENT PRESENTATIONS.**                                    |
| (On Campus)      |                                                                      |
UTA College of Nursing and Health Innovation - Additional Information:

**Ebola exposure:** Please inform your faculty if you have been in contact with anyone who has Ebola/have traveled to a country that has Ebola virus.

**Graduate Student Handbook:** Students are responsible for knowing and complying with all policies and information contained in the Graduate Student handbook online at: [http://www.uta.edu/conhi/students/msn-resources/index.php](http://www.uta.edu/conhi/students/msn-resources/index.php)

**Student Code of Ethics:** The University of Texas at Arlington College of Nursing and Health Innovation supports the Student Code of Ethics Policy. Students are responsible for knowing and complying with the Code. The Code can be found in the student handbook online: [http://www.uta.edu/conhi/students/msn-resources/index.php](http://www.uta.edu/conhi/students/msn-resources/index.php)

**No Gift Policy:** In accordance with Regent Rules and Regulations and the UTA Standards of Conduct, the College of Nursing and Health Innovation has a “no gift” policy. A donation to one of the UTA College of Nursing and Health Innovation Scholarship Funds, found at the following link: [http://www.uta.edu/conhi/students/scholarships/index.php](http://www.uta.edu/conhi/students/scholarships/index.php) would be an appropriate way to recognize a faculty member’s contribution to your learning. For information regarding Scholarship Funds, please contact the Dean’s office.

**Online Conduct:** The discussion board should be viewed as a public and professional forum for course-related discussions. Students are free to discuss academic matters and consult one another regarding academic resources. The tone of postings should be professional in nature.

It is not appropriate to post statements of a personal or political nature, or statements criticizing classmates or faculty. Inappropriate statements/language will be deleted by the course faculty and may result in denied access to the Discussion boards. Refer to UTA CONHI Graduate Student Handbook for more information.

**Emergency Phone Numbers:** [Optional but strongly recommended] In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911. For non-emergencies, call 817-272-3381.
## Graduate Nursing Support Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Role and Contact Information</th>
</tr>
</thead>
</table>
| **John Gonzalez, DNP, RN, ACNP-BC, ANP-C**  
Chair, Graduate Nursing Programs  
Assistant Professor, Clinical  
Pickard Hall Office #512  
Email address: johngonz@uta.edu | **E. Monee’ Carter-Griffin, DNP, RN, ACNP-BC**  
Associate Chair for Advanced Practice Nursing  
Assistant Professor, Clinical  
Pickard Hall Office #510  
Email address: moneec@uta.edu |
| **Margarita Trevino, PhD, RN, CHN**  
Associate Chair, DNP, PhD, Graduate Educator and Administration Programs  
Pickard Hall Office #512A  
817-272-6347  
Email address: trevinom@uta.edu | **Felicia Chamberlain**  
Manager of Graduate Nursing Programs  
On-line Programs support  
Pickard Hall Office #515  
817-272-0659  
Email Address: chamberl@uta.edu |
| **Rose Olivier**  
Administrative Assistant II  
Graduate Nursing Programs  
Pickard Hall Office #513  
817-272-9517  
Email address: olivier@uta.edu | **Tabitha Giddings, Administrative Assistant**  
Clinical Clearance  
817-272-9440  
Tabitha.giddings@uta.edu |
| **Tameshia Morgan, Clinical Coordinator**  
Letter set – A-G  
Pickard Hall Office #518  
817-272-1039  
Email address: tameshia.morgan@uta.edu | **Angel Trevino-Korenek, Clinical Coordinator**  
Letter set – K-Q  
Email address: angel.korenek@uta.edu |
| **Janette Rieta, Clinical Coordinator**  
Letter set – R-Z  
Email address: jrieta@uta.edu | **Brittany Garza, Clinical Coordinator**  
Letter set – H-J, NEDU, DNP  
Brittany.garza@uta.edu |

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Nursing 5390-001 Syllabus Spring 2018  
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