



**LVN/Military to ADN Mobility Program
Information Packet
Fall 2022 and Spring 2023**

**Program Director
Assistant Professor**

Valerie Moke MSN, RN, CCM

Office: Center for Health Professions 100 E

Direct Office: (210) 486-2546

Email: vmoke@alamo.edu

**Administrative Services Specialist
Eve Garza**

Office: Center for Health Professions 100

Direct Phone: (210) 486-2720

Alternate Phone: (210) 486-2055

Email: egarza21@alamo.edu

Nursing Program Website:

<https://www.alamo.edu/spc/academics/programs/health-and-biosciences/lvn-adn-mobility-program/>

Application Deadline: Fall 2022: May 31, 2022

Spring 2023: Sept. 30, 2022

A Letter from our Program Director

Dear Licensed Vocational Nurse/Military Applicant:

Thank you for inquiring about the LVN/Military to ADN Mobility Program. Enclosed you will find program information, including the admission requirements for the ADNProgram.

The LVN/Military to ADN Mobility Program starts a new class once a year beginning in the Spring. The program is designed to be completed in one year. It is a 60-credit hour program.

If you wish to be considered for admission into the program, you must submit evidence of meeting all application/admission requirements. The applicant is responsible for ensuring that all application information has been received at the St. Philip's College ADN Program office, and that their admission file is complete. Please remember, this is a competitive program.

If you have questions, once you have reviewed the application packet, please call the office at (210) 486-2055 or email the Administrative Services Specialist at egarza21@alamo.edu.

Best wishes in the pursuit of a rewarding career in nursing through our Associate DegreeNursing Program at St. Philip's College.

Sincerely,

Valerie Moke MSN, RN, CCM

Note: No person shall, on the basis of race, color, sex, pregnancy, religion, creed, national origin (including ancestry), citizenship status, physical or mental disability, age, marital status, sexual orientation, gender, transgender status, gender identity, gender expression, veteran or military status (including special disabled veteran, Vietnam-era veteran, or recently separated veteran), predisposing genetic characteristics, domestic violence victim status, any other protected category under applicable local, state or federal law, or persons who have opposed discrimination or participated in any complaint process on campus or before a government agency, be excluded from participation in, denied the benefits of, or subjected to discrimination in employment or under any program or activity sponsored or conducted by the College District. H.1.1

Overview

This program is a member of a 32-school based concept-based curriculum consortium, utilizing a unique and successful concept approach to nursing theories and practice.

Candidates for this program are LVNs and military trained corpsmen or medics.

The program is one-year in length consisting of three consecutive semesters utilizing face to face and lab/clinical experiences to meet the educational requirements for the students to transition from the LVN role to the RN scope of practice. Class days vary due to clinical placements, but no evening or weekend classes are held. This is a day program only with no online classes.

Admission to the LVN/Military to ADN Mobility Program occurs twice each academic year: fall and spring. To coordinate admissions with the Texas Board of Nursing, application deadlines are set to accommodate Board review. There are no exceptions to the deadlines.

All admission requirements, including submission of the completed application must be met before consideration will be given for admission into the St. Philip's LVN/Military to ADN Mobility Program. Information in this application packet is subject to change without prior notice as deemed necessary to comply with current State and/or College requirements.

Curriculum

The curriculum format taught is concept based. Concept-based learning is an educational method that focuses on the big ideas and teaches students how to organize and categorize information. Content just focuses on facts, while concept focuses on making sense of those facts and the world around us. Instead of the traditional method of learning which concentrates on the ability to recall facts in isolation, concept-based learning concentrates on the understanding of broader principles (concepts) that can be applied to a variety of specific examples called exemplars.

Concept-based learning challenges students to think more critically about the new subjects and situations they encounter by applying prior knowledge and experience. Students must think beyond the facts, connect factual knowledge to ideas of conceptual significance, and find relevance.

A concept-based curriculum provides the structured framework to help create the learning outcomes, the instructional delivery and lesson objectives, and the student assessments.

A concept-based curriculum in nursing involves examining concepts that link to the delivery of patient care. During study, students focus on key, prevalent examples, and their interconnected nature. Students learn to recognize features of a condition and begin to apply what they have learned to a variety of situations.

Clinical Requirements

To fulfill the clinical requirements, students are required to attend clinical rotations in San Antonio and its surrounding areas if needed. Transportation to and from hospitals and other assigned medical facilities is the responsibility of the student. Students should be prepared to travel to any facility deemed appropriate to meet course objectives.

Expected Outcomes

A student enrolled in LVN/Military to ADN Mobility Program are required to meet the following standards:

1. Use the senses of vision, hearing, speech, and touch. Use of the senses enhances a nurse's ability to accurately observe the patient.
2. Perform psychomotor movements that require coordination of gross and fine muscle movements and equilibrium. Coordination is necessary for patient safety.
3. Communicate orally and in writing as well as demonstrate behavior that indicates sensitivity to others. Nurses are required to function in highly compassionate areas where integrity, interpersonal skills and concern for others are all desirable personal qualities.
4. Demonstrate stable emotional health and intellectual activities required to exercise sound judgement. The applicant must be flexible and able to adapt to change and stress.
5. Demonstrate adequate decision-making and critical thinking skills.
6. Demonstrate physical health necessary to perform strenuous activities related to patient care, which includes moving and lifting. (Must be able to lift and/or move 50 pounds)
7. Provide nursing care to patients with all types of health problems, including communicable diseases such as tuberculosis, COVID 19 and HIV/AIDS.

*A more detailed technical standards form is included with the application and must be signed and returned with the application.

The LVN/Military to ADN Mobility Program offers a nursing study option for:

1. Licensed vocational nurses (LVNs) or licensed practical nurses (LPNs) with a current Texas nurse license and a practice record in good standing with the Texas Board of Nursing; or
2. Military service members and U.S. military veterans who completed training within the last ten years as Army Combat Medics, Navy Corpsmen, or Air Force Medics.

Graduates should be prepared to:

- Demonstrate responsibility for continued competence in nursing practice, and develop insight through reflection, self-analysis, self-care, and lifelong learning.
- Provide safe, compassionate, basic nursing care to assigned patients with predictable health care needs through a supervised, directed scope of practice.
- Implement aspects of the plan of care within legal, ethical, and regulatory parameters and in consideration of patient factors.
- Implement measures to promote quality and a safe environment for patients, self, and others.
- Communicate and collaborate with patients, their families, and the interdisciplinary health care team to assist in the planning, delivery, and coordination of patient-centered care to assigned patients.
- Demonstrate knowledge of the Texas Nursing Practice Act and the Texas Board of Nursing Rules that emphasize safety, as well as all federal, state, and local government and accreditation organization safety requirements and standards.
- Demonstrate good professional character as described in Texas Board of Nursing RULE §213.27 through their program and career.

Upon successful completion of the program, and meeting Texas Board of Nursing requirements, LVN/Military to ADN graduates are issued a temporary license from the Texas Board of Nursing permitting them to seek employment as a Graduate Nurse (GN) until successful completion of the National Council Licensure Examination for Registered Nurses (NCLEX- RN).

Functional Capabilities

The student must also be able to adapt to changing environments, display flexibility and learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest, and motivation are all personal qualities that will be assessed during the admission and education process.

It is assumed that an applicant or a student enrolled in the Department of Nursing Education will be able to independently:

Physical Senses

- Functionally use the senses of vision, hearing, smell, and touch with or without technical (mechanical) compensation.
- Observe a patient accurately at a distance and close at hand.
- Observation necessitates the functional use of the sense of vision and somatic sensation. It is enhanced by the functional use of the sense of smell.

Psychomotor skills

- Execute functional psychomotor movements to provide general nursing care and emergency treatments.
- Such actions require coordination of both gross and fine muscular movements, equilibrium, and functional use of the senses of touch and vision.

Communication abilities

- Hear, observe, and speak to patients to elicit information; describe changes in mood, activity, and posture; and perceive nonverbal communication.
- An applicant must be able to communicate with patients effectively and with sensitivity.
- Communication includes not only speech but reading and writing.
- The applicant must be able to communicate effectively in oral and written form with all members of the health care team.

Intellectual capabilities

- Utilize intellectual abilities by independently reading, writing, and reasoning, understanding logic, and asking questions for clarification.
- Comprehend three-dimensional relationships and understand the spatial relationships of structures.

Emotional stability

- Demonstrate the emotional health required for full utilization of intellectual abilities and exercise good judgment.
- The applicant must be able to complete promptly all responsibilities attendant to the care of patients and develop mature, sensitive, and effective relationships with them.
- An applicant must be able to tolerate physically taxing workloads and function effectively under stress.

Admission Requirements (to St. Philip's College)

The requirements for admission into the St. Philip's College LVN/Military to ADN Mobility Program are in accordance with the Alamo Colleges admission policies, as well as admission policies of the LVN/Military to ADN program and policies specified by the Texas Board of Nursing (BON).

Step 1: Submit an application for admission via ApplyTexas for NON-Alamo Colleges District students. Visit [ApplyTexas](#) to complete application.

All applicants for nursing studies MUST be fully enrolled in St. Philip's College. Submit your application through the Apply Texas website and verify that you are applying for the semester that you will be entering.

Note: The Apply Texas application is for admission to the college, not for admission to the nursing program. You will have to complete a separate application for the nursing program.

Additional Information:

Complete and submit the admission application to Alamo Colleges:

<http://www.alamo.edu/AlamoENROLL/>.

Click on the appropriate type of student category. You will then receive a series of e-mails with directions on how to login to your Alamo Colleges Education Services (ACES) account to view the "Start Here" Tab for next steps and required GO FAARR and TEST PREP modules if requested. The St. Philip's College school code is 003608.

Step 2: Once accepted to St. Philip's College, you will go to the program website (Link below) and complete the online application. The forms needed are also listed on the RN webpage.

[SPC: Nursing: Career Mobility - LVN to RN | Alamo Colleges](#)

Once submitted, an email confirmation will be sent to the email address you provide on the Nursing Application. Please read through the email for additional information.

Note: All additional documentation including transcripts and TEAS scores can be scanned and submitted with the application under "Upload Transcript/TEAS." Once the application is closed, you cannot update your application.

Step 3: Submit official transcripts from all previous schools attended. Official transcripts must be submitted with your application to the college Official high school transcripts will be required with the application if not on file with the college advising department. For information regarding foreign transcript evaluation, contact the International Student Services Office at (210) 486-2876.

Note: Applicants must have a High School diploma or GED (must show official transcript). Individuals need to be 18 years or older to apply for the Nursing Program.

Application Process (to the ADN Mobility Program)

The steps for admission to the LVN/Military to ADN Mobility Program include the following:

1. Applicant must be an accepted student to the Alamo Colleges. Applicants must have SPC as their home school for application review. This will be the applicant's responsibility.

2. Individuals need to be 18 years or older to apply for the Nursing Program.
3. Applicants must be TSI College Ready. Please speak with your academic advisor concerning this criterion. Verification will be made by the program through the students GPS portal.
4. Applicant must be an LVN in clear standing OR if military; must have training as Army Combat Medics, Navy Corpsmen, or Air Force Medics within the last 10 years. Military applicants must provide their Joint Service transcripts as well as their DD214.

Note: If the candidate is still currently serving in the military, they will need to provide a letter from their Company Commander stating that they are available to attend day classes and that they are not pending any Disciplinary action (ex. Article 15).

5. Official Transcripts:
Submit official transcripts from all previous schools attended, including all previous nursing courses. Official transcripts must be submitted with your online application. Official high school transcripts will be required with the application if not on file with the college advising department. For information regarding foreign transcript evaluation, contact the International Student Services Office at (210) 486-2876.

Note: An unofficial transcript is acceptable for courses taken at St. Philip's College only. If an applicant attended another Alamo college, an official transcript is needed. If the college transcript indicates name of High School attended and graduation date, it is not necessary to submit an official High School transcript. You MUST be a High School graduate or have GED Certificate with GED scores.

6. Academic or Military Transcripts:
If candidate coursework has been completed within the military or at other colleges/universities, courses must be transferred to St. Philip's College and posted to the student's academic record by the Office of Admissions & Records. This can be done by providing official military or college/university transcripts to the office of Admissions and Records. Allow up to six weeks for the processing.
Having all course work posted to the applicant's record will allow nursing program admissions officials to access course grades for the consideration of the applicant. It is the applicant's responsibility to make certain all transcripts reflecting degree-requirement courses are evident in the admissions record.

Military mobility applicants must provide official military training transcripts indicating completion of programs for Army Combat Medics, Navy Corpsmen, or Air Force Medics within the last ten (10) years and have the

equivalent training as an LVN. Documentation must be provided.

7. Applicants must have minimum cumulative GPA of 3.0 (this is not rounded). This is a program requirement.
8. Pre-requisites: These are required to be completed prior to admission. Please see program webpage for additional information. The candidate must have received a grade of “C” or higher on all pre-requisite courses for admission.

Course	Title	Grade Required	Expiration
BIOL 2401	Human Anatomy and Physiology I	“C” or higher	5 years
BIOL 2402	Human Anatomy and Physiology II	“C” or higher	5 years
BIOL 2420	Microbiology for Nursing and Allied Health	“C” or higher	5years
*BIOL 2421	Microbiology for Science Majors		
PSYC 2301	General Psychology	“C” or higher	None
PSYC 2314	Lifespan Growth and Development	“C” or higher	None
PHIL 2306	Introduction to Ethics	“C” or higher	None
ENGL 1301	Composition I	“C” or higher	None

*Seven years if completed at St. Philip’s College.

9. Please provide a current driver license or passport for photo ID. Please make sure the name matches the one used for college admission. This is what will be submitted to the Texas Board of Nursing.

10. TEAS:

All applicants must take the ATI Testing of Essential Academic Skills (ATI TEAS) Nursing assessment exam. A level of proficiency with an overall composite score of 70% must be achieved for consideration. Testing must be within 1 year from date of examination used for admission. To sign up to take the TEAS Nursing Exam you may go to: [ATI Testing | Nursing Education | NCLEX Exam Review | TEAS Testing](#)

11. References:

Provide three professional reference letters. Recommendations should be from persons who can comment on the applicant’s professional or academic abilities. Examples of combinations of letters of recommendation are as follows:

- One professional (Supervisory Role) and Two academic (Nursing Professor/Nursing Preceptor)
- Two Professional (Supervisory Role) and One Academic (Nursing Professor/Nursing Preceptor) or
- Three professionals (Supervisory Role) if you have been out of school for more than five years.

References who are relatives or friends are unsuitable recommendations for admission to the LVN/Military to ADN program and will not be accepted. Reference forms can be found on the RN webpage and must be used for consideration.

12. Work Experience:

Previous work experience in health care, including mandatory one-year LVN work experience (part time or full time) within the last five years. LVN work experience must be obtained by start of the program. A resume must be submitted. References from supervisors must be included for verification. Form can be found on the RN webpage.

13. LVN License:

License numbers will not be required for the application process. Applicant will need to provide current evidence of clear standing from the Board of Nursing. Link: [Texas Board of Nursing](#)

Selection Process

Admission to the nursing program is competitive, with applicants providing evidence of previous successful educational accomplishments awarded higher standing in admission consideration. The admission committee will review applicants and determine conditional acceptance based upon multicriteria that includes: Degree required prerequisite courses with a minimum grade of “C” or better.

1. Science courses must be completed **PRIOR** to applying with minimum grade of “C” or higher. GPA calculation of science courses for admission includes repeated science courses.
 - BIOL 2401 Human Anatomy and Physiology I - BIOL 2401 must have been completed within 5 years if transferred from another college or university or seven years if completed at SPC.
 - BIOL 2402 Human Anatomy and Physiology II - Prerequisite is completion of BIOL 2401. BIOL 2402 must have been completed within 5 years if transferred from another college or university or seven years if completed at SPC.
 - BIOL 2420 Microbiology for Nursing and Allied Health or BIOL 2421 - Microbiology for Science Majors: Prerequisite is completion of CHEM 1405 OR CHEM 1305 and 1105. BIOL 2420 must also include a lab component. If transferring from another college or university, completion must be NO more than 5 years old or seven years if completed at SPC.

2. General education courses required: at least 3 of the 4 courses must be completed PRIOR to applying. Any remaining prerequisite courses need to be completed prior to starting the nursing program. Applicants must be successful with a minimum grade of “C” or higher for any remaining courses. The courses required are:
 - ENGL 1301 Freshman Composition I
 - PSYC 2301 General Psychology
 - PHIL 2306 Introduction to Ethics
 - PSYC 2314 Lifespan Growth and Development
3. Required: Cumulative GPA of 3.0 or higher (this is not rounded)
4. Required: Mandatory minimum 1-year LVN work experience (part time or full time), within the last 5 years (will be verified). LVN work experience must be obtained by start of the program. An employment history will be filled out.
5. Required: If discharged from the military, you will be required to show proof of 1-year work experience in a civilian or military healthcare related job by application submission date.
6. Required: Standardized entrance exam (ATI TEAS) overall test results (score 70%),
7. Required: Three reference letters (forms provided on website/No friends or relatives)
8. Previous educational experience (other college degrees)
9. ATI TEAS Science score
10. ATI TEAS Reading score

*Applicants with the highest points will be selected. Should several applicants have the same points, the reference letters will be used in the selection process.

Note: If a military candidate is a licensed vocational nurse, then they are applying as an LVN candidate and not a military candidate.

Conditional Acceptance

Completed applications will be reviewed by the admissions committee for conditional acceptance. A student who meets all requirements and is recommended for admission by the committee will receive a conditional acceptance letter no later than October 30 for Spring admission and June 30 for Fall admission.

Note: Initially, notification letters will be sent to the personal email address provided on the Nursing application. All subsequent emails will be sent to ACES email address (@student.alamo.edu). It is the responsibility of the applicant to always maintain appropriate contact information.

Only applications that are complete will be reviewed for conditional acceptance. Incomplete applications will not be considered. Submitting incomplete, misleading, or fabricated information on the student admission application or any admission document is reason for dismissal of the student from the nursing program at the time the breach is discovered. Students are strongly encouraged to retain original copies of all documents submitted as part of the application packet

The student's name is sent to the Texas Board of Nursing as a potential candidate and a background check will be initiated by the BON. Three things will occur for admission to happen:

1. Criminal Background Check:

Instructions for the Texas Board of Nursing background check will be given to applicants who receive a conditional letter of acceptance. All applicants must pass a criminal background check completed by the Texas Board of Nursing before official acceptance into the LVN/Military to ADN Mobility Program is granted.

Note: The student will receive a blue index card indicating a clear background screen. Some students may receive a letter from the BON instead. The student must present these original documents as your proof the first day of the program orientation. Students will not be allowed into the program without the proof of clearance. A copy will not be accepted. Please save this information from the BON in a safe place.

2. Drug Screening:

A drug screen will be required during the application process. Instructions for the drug screen will be given to applicants who receive a conditional letter of acceptance. Negative drug screen results are required for official acceptance into the LVN/Military to ADN Mobility Program. Specific instructions will be provided with the application. The applicant will be responsible for following drug screen protocol and requirements; failure to do so will make the applicant ineligible for admission. All communication will be sent to the official school email address and not personal email addresses.

3. Notification Process:

Individuals will be notified of conditional acceptance into the LVN/Military to ADN Mobility Program via Alamo Colleges ACES student email only. Applicants will be given a deadline to accept or decline the invitation to join the upcoming class.

Acceptance letters are sent to each applicant in order of rank until all available seats in the class are filled. Applicants who do not respond to letters of acceptance will be removed from the applicant pool and lose all review points.

Applicants who decline admission may re-apply later and must meet all current program requirements at that time. Instructions for the criminal background check and drug screen will be provided with the conditional acceptance letter.

Official Acceptance

Once the candidate has received official notice into the program, information for new student orientation will be provided. The first day of LVN/Military to ADN Mobility Program orientation, the student will be required to provide copies of the following items to attend their first clinical practicum. Failure to provide these items the first day of orientation will forfeit the

student's official acceptance to the program. Please start gathering the information when conditionally accepted and keep in a folder.

Requirements to be completed before the program start date:

1. Complete application: no items missing.
2. A clear background check: Original Blue card or letter from the Texas Board of Nursing.
3. A negative drug screen.
4. A signed physical form on file indicating ability to meet all technical standards.
5. CPR Card (copy):
Proof of current CPR certification in Basic Life Support for adult, child and infant. American Heart Association (Health Care Provider Course) required. Online, American Red Cross or other courses are NOT accepted. Please do not call the office for providers. The ADN nursing program does not endorse any one provider.
6. Health Insurance: (copy of card)
Must show proof of current medical insurance and remain insured throughout the duration of enrollment in the LVN/Military to ADN Mobility Program. Student's name must be on the insurance card if student is insured as a dependent on parent/guardian/spouse insurance plan.
7. Immunizations:
 - Tetanus-Diphtheria-Pertussis (TDap): (one dose within 10 years)
 - MMR (measles, mumps, rubella):
 - ✓ 2-dose series at least 4 weeks apart or
 - ✓ Mumps and Rubella Titer (It must be positive).
 - Varicella (chickenpox):
 - ✓ 2-dose series 4–8 weeks apart or
 - ✓ Varicella Titer (It must be positive).
 - Complete Hepatitis B series or serologic confirmation of immunity to Hepatitis B submitted in one of the three options:
 - ✓ Hep B: Heplisav-B - 2 shot series of (completed in 2 months)
 - ✓ Hep B: Engerix-B, Recombivax HB or Twinrex - 3 shot series (Completed in 6 months)
 - ✓ Proof of Hep B Surface Antibody, IgG titer – only this type of titer will be acceptable.
Note: If the Hepatitis B series is more than 10 years, you will need a Titer.
 - Meningococcal (meningitis): required for students under age 22.
 - Flu Vaccine: required annually (must be current at the start of the program).
 - Tuberculosis Skin Test /Accepted TB tests:
 - ✓ Negative QuantiFERON-TB Gold or T-SPOT TB blood screen test (good for 2 yrs.)
 - ✓ Negative PPD or chest X-ray within the last 12 months.
 - ✓ Negative PPD yearly thereafter while enrolled in the program

Note: X-ray (negative chest x-ray); Valid for two years. Must provide the radiology report.

Note: During the nursing program, each student will be asked to show evidence of current immunization requirements required in every clinical course to each clinical instructor. If there are further questions regarding this requirement, consult your clinical instructor.

Application Deadline

Completed applications will be received for fall admission from March 21-May 31 and for spring admission July 1-September 30. No exceptions.

The Following Individuals Will Not be Considered for Admission:

1. Applicants who are not registered at St. Philip's College.
2. Applicants who do not complete all the application steps.
3. Applicants who do not meet the deadlines.
4. Applicants who submit an incomplete application.
5. Applicants who do not meet the minimum cumulative 3.0 GPA.
6. Applicants who have not completed and/or have not demonstrated proof of completion of all prerequisite courses as stated on the program webpage.
7. Applicants who do not score proficient with an overall score of 70% on the ATI TEAS.
8. Applicants who do not hold a valid, unencumbered LVN license (unless military applicant with equivalency training).
9. Applicants who have been unsuccessful in another ADN nursing program.

Nursing Courses and Co-requisites

Semester I (Fall/Spring)

- RNSG 1424 - Concept-Based Transition to Professional Nursing Practice
- RNSG 1216 - Professional Nursing Competencies
- RNSG 1128 - Introduction to Health Care Concepts
- RNSG 1263 - Clinical - RN Concept-Based Transition to Professional Nursing Practice

*Note: An additional 9 hours of credits (RNSG 1533, RNSG 1126, RNSG 2362) will be granted for the Career Mobility student upon admission and completion of the first 4 nursing course credits (RNSG 1424, RNSG 1216, RNSG 1128, RNSG1263) in the Nursing Career Mobility Program.

Semester II (Spring/Summer)

- RNSG 1137 - Professional Nursing Concepts III
- RNSG 1538 - Health Care Concepts III
- RNSG 2363 - Clinical: RN Health Care Concepts III

Semester III (Summer/Fall)

- RNSG 2138 - Professional Nursing Concepts IV
- RNSG 2539 - Health Care Concepts IV
- RNSG 2360 - Clinical: RN Health Care Concepts IV

Approximate costs, not including uniforms, stethoscope, or shoes.

Tuition cost Divided into 3 semesters	<u>Total Approximate (Bexar County resident)</u>	<u>Out of District:</u>
	\$6,300.00	\$11,200.00
NCLEX -RN Fee BON Licensure Fee	\$300.00 total	\$300.00 total
Books	\$600.00	\$600.00
Special Program Tuition (\$1600.00/ semester)	\$4800.00	\$3600.00
TOTAL	\$12,000.00	\$15,700.00

Thank you for your interest in the LVN/Military to ADN Mobility Program. If you have any further questions, please contact me at the Nursing Department.

Program Director,
Professor Moke

