COURSE TITLE: Fundamentals of Psychosocial Care
CODE: NURS 1221
CREDITS: Three (3)

DESCRIPTION:
Discussion of the models, theories, principles and concepts of Psychosocial Nursing. Description of the psychosocial dysfunctions of the adult, using the Nursing Process as a frame of reference. Includes the concepts of Neuroanatomy, Neurophysiology, ethical-legal, research, and communication. Requisite: NURS 1121. Concurrent with NURS 1122.

OBJECTIVES:
A. Terminal
1. Development of a basic understanding of mental health and illness, and skills to intervene with adults with psychosocial needs.
2. Discussion of historical events that have marked the evolution of psychosocial nursing.
3. Study of basic theory and concepts of psychosocial nursing, fundamental to practice in a micro and macro community, and in a global society.
5. Utilization of the nursing process in giving psychosocial care
6. Initiation of skill development in finding research studies related to psychosocial nursing.
7. Integration of the natural sciences in the complexity of mental illness.

B. Specific:
1. Identify historical events that have marked the development of psychosocial nursing.
2. Describe theoretical models that serve as a basis of psychosocial nursing practice, with emphasis on humanistic, psychoanalytical, cognitive, biological, behavioral and sociological theories.
3. Describe the psychological concepts fundamental to psychosocial nursing, growth and development across the life cycle, theories of communication, racial dimension, ethical, social & cultural, human necessities, and others.
4. Mention the contemporary tools in the social, political, cultural, legal, ethical, and economical aspects that influence psychosocial care.
5. Develop self-perception and understanding to be used in a therapeutic manner.
6. Discuss the role of the legal profession for safeguarding the client’s rights.
7. Integrate the formation of ethical principals and professional standards.
8. Define concepts of mental health and illness.
9. Discuss cultural and social influences regarding health beliefs and practice.
10. Discuss diverse psychosocial disorders and management of the client.
11. Study the nursing process applied to adults with psychosocial disorders.
12. Identify principal components in psychopharmacology, including the major classifications, mechanisms of action, and secondary effects.
13. Discuss implications for nurses in the management of psychopharmacology.
14. Mention a variety of interventions used in psychosocial nursing

IV. CONTENT

A. Basis of Psychosocial Nursing
   1. Emotions and adjustment of students
   2. Historical events
   3. Mental health and illness concepts
   4. Theoretical basis: Neurobiological, psychosocial, cognitive focus, humanistic, and nursing theories
   5. Nursing Process
      a. Cultural considerations
      b. The person as client
      c. Assessment, diagnosis, expected results, planning, intervention, and evaluation
   6. Therapeutic relations
      a. Self-perception
      b. Components of therapeutic relationship
      c. Phases of the nurse-client relationship
      d. Barriers to therapeutic relationship
   7. Ethical-legal aspects of psychosocial nursing
   8. DSM IV

B. Nursing practice in psychiatric disorders: Anxiety disorders
   1. Clients with dysfunctions of the pattern of adjustment
      a. Levels of anxiety
      b. Neurosis
      c. Somatoform disorders
      d. Dissociative disorders
      e. Panic disorders
      f. Phobias
      g. Generalized anxiety
      h. Obsessive-compulsive disorders
      i. Post-traumatic stress disorders
      j. Adjustment mechanisms
      k. Clinical manifestations
      l. Applying the nursing process
      m. Pharmacological management
2. Loss and Pain
3. Crisis process

C. Nursing practice in psychiatric disorders: Affective and suicidal disorders
1. Depression
   a. Theoretical focuses
   b. Emotional response
   c. Stressful situations
   d. Mechanisms of adjustment
   e. Medical diagnosis: Bipolar disorder, major depression, dythymia & cyclothymia
   f. Suicide
   g. Clinical manifestations
   h. Application of the nursing process
   i. Pharmacological management

D. Nursing practice in Schizophrenic psychiatric disorders
1. Stress precipitators
2. Basic theory and complexity of the illness
3. Clinical manifestations
4. Medical diagnosis
   a. Paranoid schizophrenia
   b. Catatonic schizophrenia
   c. Disorganized schizophrenia
   d. Undifferentiated schizophrenia
   e. Residual schizophrenia
5. Application of the nursing process
6. Pharmacological management

E. Nursing practice in Personality disorders
1. Alterations in self-concept
2. Symptoms associated with low self concept, identity, and depersonalization
3. Categories of personality disorders
4. Clinical manifestations
5. Using the nursing process

F. Nursing practice in Substance Abuse
1. Related terminology
2. Precipitating factors
3. Theoretical basis
4. Conduct associated with substance abuse
   a. Abuse and domestic violence
   b. Child abuse and elder abuse
   c. Anger, hostility, & aggression
5. Co-dependent families
6. Impulse control
7. Applying the nursing process
8. Pharmacological management
9. Treatment modalities

G. Nursing practice in disorders of alimentation
1. Sociological and behavioral characteristics
2. Stress precipitators: social influence
3. Anorexia nervosa and bulimia
4. Related disorders
5. Applying the nursing process

H. Nursing practice in Cognitive disorders
1. Acute and chronic disorders
2. Theoretical basis
3. Delirium and dementia
4. Related disorders
5. Pharmacological management
6. Use of the nursing process

I. Modes of intervention
1. Therapeutic milieu
2. Sleep therapy
3. Crisis intervention
4. Group therapy
5. Family therapy
6. Conduct modification
7. Individual & group psychotherapy
8. Community groups: Alcoholics Anonymous etc.
9. Role of the nurse in different modalities

V. LEARNING ACTIVITIES
A. Conferences
B. Large and small group discussions
D. Study guides
E. Audiovisual aids
F. Assigned readings

VI. EVALUATION
Partial exams (3)..........................300 points
Group case study presentation...........100 points
Final exam..................................100 points
Attendance....................................25 points
Total 525 points

VII: EDUCATIONAL RESOURCES

A. Textbook

B. Supplemental Texts:


**C. Recommended Articles:**


D. Recommended Journals

1. Printed journals at the Information Access Center
   a. Applied Nursing Research
   b. Archivos de Neurobiología
   c. Cumulative Index to Nursing and Allied Health (Mensual)
   d. Cumulative Index to Nursing and Allied Health (Annual)
   e. Journal of Christian Nursing
   f. Psychiatric Quarterly
   g. Research in Nursing and Health

2. Journals online
   a. Behavioral Medicine (I)*
   b. Community Mental Health Journal (I)*
   c. Hospital and Community Psychiatry (I)*
   d. Issues in Mental Health Nursing (I)*
   e. Journal of Neurophysiology (I)*
   f. Journal of Neuroscience Nursing (I)*
   g. Journal of Psychosocial Nursing and Mental Health Services (I)*
   h. Nursing Research (I)*
   i. Perspectives in Psychiatric Care (I)*

*(I)- Ingenta (Document Delivery)

E. Data bases

The following data bases may be accessed through the Web from the Information Access Center, or from your home via a computer at the following address: http://www.cai.inter.edu/bases.htm. To access from your home you must register at the Information Access Center in order to obtain a password.

* Health Reference Center
* CINAHL
* ProQuest (ACADEMIC RESEARCH LIBRARY
   ProQuest Nursing Journals)

F. Recommended Videos:

1. Forrest Gump
2. My life
3. Mr. Jones
4. Sybil
5. Awakening
6. The Dream Team
7. Clean and Sober
8. Fatal Attraction
9. Fisher King
10. One Flew over the Cuckoo’s nest
11. Ordinary People
12. When a Man Loves a Woman
13. I Never Promised you a Rose Garden
14. Birdcage
15. Torch Song Trilogy
14. Patch Adams
15. Girl Interrupted
16. A Beautiful Mind
17. El Hijo de la Novia
18. Hombre Mirando al Sudeste
19. The Confession

G. Internet Resources:

Administración de Servicios de Salud Mental y Contra la Adicción
www.assmca.gobierno.pr

American Psychiatric Nurses Association
http://www.apna.org

APA On Line: American Psychiatric Association
http://www.psych.org

Bazelon Center for Mental Health Law
http://www.bazelon.org

Colegio de Profesionales de la Enfermería de Puerto Rico
http://www.cpepr.org/

Consalud.com (provisto por Virtual, Inc.)
http://salud.consalud.com/saludmental

Fortalecimiento de la Sensibilidad Ética
http://coqui.lce.org/bioetica/

Índice de sitios de psiquiatría en Yahoo!
http://dir.yahoo.com/Health/Medicine/Psychiatry/

Índice de sitios de revistas de psiquiatría en Yahoo!
http://dir.yahoo.com/Health/Medicine/Psychiatry/Journals/

Índice de sitios de revistas de psiquiatría en Yupi MSN
http://busqueda.yupimsn.com/categorias/salud/medicinat/medicina/psiquiatria/index2.cfm
Lippincott
http://www.nursingcenter.com

Mental Health Commission

Mental Health Matters
http://www.mental-health-matters.com

National Alliance for the Mentally Ill
http://www.nami.com

National Institute of Mental Health
http://www.nimh.nih.gov

National Mental Health Association (Contiene información en español)
http://www.nmha.org

Physician’s Desk Reference
www.pdr.net

Psicofarmacología On-Line
http://psicofarmacologia.bizland.com/Psicofarm.html

Risperidone
www.risperdal.com

Sistema San Juan Capestrano
www.sanjuancapestrano.com

The Devereux Foundation
http://www.devereux.org/site/PageServer

Tools for Coping with Life Stressors (Se puede seleccionar el idioma español)
http://coping.org

Revised by C. Andino, October 2006