I. Name of Course: Interventions in Psychosocial Transitions  
Code & Number of Course: NURS 3140  
Credits: Two (2)

II. Course Description

Analysis of the trends, theories and concepts, which influence the professional practice of psychosocial nursing. Examination of the professional nursing interventions, which apply to the psychosocial care of individuals, families, groups, and vulnerable populations or those with dysfunctions in the functional health patterns. Integration of communication, ethical-legal, moral and spiritual principles and research findings. Concurrent with NURS 3190 y 4911.

III. Course objectives

Terminal and Enabling Objectives

At the end of the course the student will be able to:

1. Analyze the trends, theories and concepts, which influence the professional practice of psychosocial nursing.
   a. Identify contemporary social, cultural, legal, ethical, and economic issues influencing trends in the provision of psychosocial care.
   b. Discuss the application of the major theories used by mental health professionals to care for individuals, families, groups and populations.

2. Relate communication, ethical-legal, moral and spiritual principles, and research findings to the psychosocial care of individuals, families, groups, and vulnerable populations.
   a. Identify principles and techniques for communicating effectively with individuals, families and groups.
   b. Examine ethical-legal, moral and spiritual aspects in the psychosocial care of individuals, families and groups.
   c. Discuss implications of research findings to the psychosocial care of individuals, families, groups and vulnerable populations.
3. Examine professional nursing interventions, which apply to the psychosocial care of individuals, families, groups, and vulnerable populations or those with dysfunctions in the functional health patterns.

   a. Discuss the ANA standards of Psychiatric Mental Health Clinical Nursing Practice.
   b. Recognize the significance of psychosocial interventions across the lifespan.
   c. Identify populations vulnerable to psychosocial problems
   d. Apply the nursing process to the psychosocial care of individuals, families, groups and populations

IV. Course Outline

A. Major conceptual frameworks for psychosocial care
   1. Psychoanalytical
   2. Interpersonal
   3. Behavioral
   4. Cognitive
   5. Medical
   6. Aguilera’s crisis intervention theory

B. Psychosocial care to individuals, families and groups
   1. Influencing aspects
      a. Socio-cultural
      b. Legal-ethical & moral
      c. Spiritual
      d. Communication principles and techniques
      e. Research findings

C. Nursing process in psychosocial care
   1. Foundational principles
      a. ANA’s standards of psychiatric mental health clinical nursing practice
      b. Public health prevention model
         1) Primary prevention
         2) Secondary prevention
         3) Tertiary prevention
   2. Nursing process with different client types
      a. Individual client
         1) Theories of individual psychotherapy
         2) Psychotherapy across the life span
            a) Techniques
            b) Challenges
      b. Family client
         3) Assessment
            a) Definition
            b) Family structure
            c) Family theories
1) General systems theory
2) Bowen’s family systems theory
3) Minuchin’s structural family therapy
4) Duvall’s family developmental theory
5) McCubbin & McCubbin’s Resiliency model of family stress, adjustment and adaptation
6) Olson circumplex model

d) Functional families
e) Dysfunctional families
f) Family crisis

4) NANDA nursing diagnosis
   a) Coping, ineffective family: compromised
   b) Coping, family: potential for growth
   c) Ineffective role performance,
   d) Interrupted family processes
   e) Caregiver role strain
   f) Caregiver role strain, risk for
   g) Parental role conflict
   h) Impaired parenting
   i) Others

5) NOC outcomes
   a) Family coping –2600
   b) Parenting performance – 2211
   c) Family resiliency – 2608
   d) Caregiving endurance potential – 2210
   e) Family integrity – 2603
   f) Others

6) NIC interventions
   a) Family integrity promotion -7100
   b) Family process maintenance -7130
   c) Family therapy -7150
   d) Caregiver support –7040
   e) Crisis intervention - 6160
   f) Others

7) Therapeutic interventions
   a) Therapeutic use of self
   b) Crisis management for families
   c) Multifamily support groups
   d) Family therapies

6) Evaluation
c. Group client
   1) Assessment
      a) Definition
      b) Theoretical models
      c) Types of groups
      d) Components of small groups
(1) Structure
(2) Size
(3) Length of sessions
(4) Communication
(5) Roles and functions
(6) Power
(7) Norms
(8) Cohesion
e) Group leadership
f) Stages of group development

2) NANDA nursing diagnosis
a) Ineffective health maintenance
b) Ineffective role performance
c) Anticipatory grieving
d) Disturbed body image
e) Deficient knowledge (of medication)
f) Powerlessness
g) Chronic low self-esteem
h) Social isolation
i) Others

3) NOC outcomes
a) Health promoting behavior – 1602
b) Knowledge: Medication – 1808
c) Self-esteem – 1205
d) Grief resolution – 1304
e) Role performance – 1501
f) Body image – 1200
g) Loneliness severity – 1203
h) Personal autonomy – 1614
i) Others

4) NIC interventions
a) Health education - 5510
b) Teaching: Group – 5604
c) Anticipatory guidance – 5210
d) Role enhancement – 5370
e) Self-esteem enhancement – 5400
f) Grief work facilitation – 5290
g) Self-responsibility facilitation – 4480
h) Socialization enhancement – 5100
i) Others

5) Evaluation
   Goals and outcomes
   Yalom’s curative outcomes
d. Community mental health
   1) Historical perspectives
      a) The community mental health movement
b) Deinstitutionalization

2) Contemporary practice
   a) Philosophical bases
   b) Case management
   c) Nursing’s Agenda for Health Care Reform

3) Assessment
   a) Definition of community mental health
   b) Characteristics of healthy communities

4) Evidence-based interventions
   a) Assertive community treatment
   b) Multisystemic therapy
   c) Therapeutic elements
      (1) Social-ecological model
      (2) Pragmatic & outcome-oriented treatment approach
      (3) Home-based interventions
      (4) Individualized treatment goals.

5) Roles of the nurse in the community
e. Psychosocial home care
   1) Historical perspectives
   2) Principles
   3) ANA Standards of home health nursing practice
   4) Assessment
      a) Indications for care
      b) Cultural factors
   5) NANDA diagnosis
      a) Impaired adjustment
      b) Spiritual distress
      c) Ineffective management of therapeutic regime
      d) Disturbed thought processes
      e) Risk for self-mutilation
      f) Others
   6) NOC outcomes
      a) Psychosocial adjustment: Life change- 1305
      b) Symptom control – 1608
      c) Spiritual health – 2001
      d) Distorted thought self-control – 1403
      e) Impulse self-control – 1405
      f) Others
   7) NIC interventions
      a) Spiritual support- 5420
      b) Delusion management - 6450
      c) Impulse control training – 4370
      d) Coping enhancement- 5230
      e) Self-modification assistance – 4470
      f) Others
8) Evaluation
f. Populations at risk

1) Children and adolescents
   a) Evolution of child psychiatric care
   b) Theoretical framework for etiological understanding
   c) A framework for nursing practice
      (1) Communication
      (2) Cultural competence
      (3) Legal and ethical issues
   d) Assessment
      (1) Key areas
      (2) Ego competency skills
   e) Diagnosis
      (1) Medical diagnosis
      (2) NANDA nursing diagnosis
   f) NOC outcomes
   g) Interventions
      (1) NIC interventions
      (2) Treatment modalities
   h) Evaluation

2) Clients with mental retardation and developmental disabilities
   a) Assessment
      (1) The interview
         (a) Communication skills
   b) Diagnosis
      (1) Medical diagnosis
      (2) NANDA nursing diagnosis
   c) NOC outcomes
   d) Interventions
      (1) NIC interventions
      (2) Treatment modalities
   e) Evaluation

3) Elderly persons
   a) Theories of aging
   b) Assessment
      (1) The interview
         (a) Communication skills
   c) Diagnosis
      (1) Medical diagnosis
      (2) NANDA nursing diagnosis
   d) NOC outcomes
   e) Interventions
      (1) NIC interventions
      (2) Treatment modalities
   f) Evaluation
4) Persons with severe and persistent mental illness
   a) Theoretical framework
      (1) Continuum of negative impact
      (2) Quality of life
      (3) Institutionalization
   b) Assessment
      Family member’s mental health issues
   c) Diagnosis
      (1) Medical diagnosis
      (2) NANDA nursing diagnosis
   d) NOC outcomes
   e) Interventions
      (1) NIC interventions
      (2) Treatment modalities
   f) Evaluation

5) Persons with acute, chronic and terminal illness
   a) Assessment
      (1) Impact of physical illness
         (a) On the individual
         (b) On the family
         (c) On the society
      (2) Change, loss and grief
   b) Diagnosis
      (1) Medical diagnosis
      (2) NANDA nursing diagnosis
   c) NOC outcomes
   d) Interventions
      (1) NIC interventions
      (2) Treatment modalities
   e) Evaluation

V. Learning activities

   Conferences
   Large and small group activities
   Homework
   Assigned readings

VI. Course evaluation criteria

   Mid term exam.................................................................25%
   Final exam.................................................................25%
   Group visit.................................................................20%
   Small group oral presentation
      Includes discussion of research findings..................10 %
   Written presentation.....................................................10%
   Attendance.................................................................10%

   Total….100%
VII. Educational resources

A. Textbook


B. Supplemental Texts:


VIII. Bibliography

A. Books


**B. Recommended Articles:**


C. Recommended Journals:

1. Journals with paper access through the Library
   a. Applied Nursing Research
   b. Archivos de Neurobiologia
   c. Cumulative Index to Nursing and Allied Health (Monthly)
   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 with electronic access
   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)

D. Web sites

Administración de Servicios de Salud Mental y Contra la Adicción
http://www.gobierno.pr/assmca/inicio

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

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, December 2007