INTERAMERICAN UNIVERSITY OF PUERTO RICO
METROPOLITAN CAMPUS
SCHOOL OF NURSING

SYLLABUS

I. COURSE TITLE: FUNDAMENTAL OF PSYCHOSOCIAL
   CARE
   Code & Number: NURS 1221
   Credits: Three (3)
   Academic Term: 
   Professor: 
   Office Hours: 
   Office Phone Number: 250-1912 Ext. 2159, 2202
   Email: 

II. 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.

III. TERMINAL OBJECTIVES:

   1. Describe basic theories and concepts of psychosocial nursing, fundamental to practice in micro and macro community, and in society

   2. Explain the psychosocial dysfunction of the adult using the nursing process as a frame of reference.

   3. Integrate concepts of neuroanatomy, neurophysiology to psychosocial nursing practice.

   4. Examine ethical standards and decision making impacting psychosocial nursing practice.

   5. Examine the levels of communication, models, process and therapeutic communication skills.

   6. Evaluate the evidence based nursing practice for psychosocial nursing.

   7. Describe the aim of cultural competency in psychiatric nursing care
8. Apply the TEAM STEPPS model and patient safety goals while caring for psychosocial patient

IV. CONTENT

Describe basic theories and concepts of psychosocial nursing, fundamental to practice in micro and macro community, and in society

1. Unit I: Basic Concepts and Theories of Psychosocial Nursing Safety
   a. Joint Commission National Patient Safety Goals (NPSG) related to Medical-Surgical Nursing
      http://www.jointcommission.org/PatientSafety/NationalPatientSafetyGoals/
      1) Goal #1 – Improve accuracy of patient identification
      2) Goal #2 – Improve the effectiveness of communication among caregivers
      3) Goal #3 – Improve safety of using medications
      4) Goal #7 – Reduce the risk of health care-associated infections
      5) Goal #8 – Accurately and completely reconcile medications across the continuum of care
      6) Goal #9 – Reduce the risk of patient harm resulting from falls
      7) Goal #13 – Encourage patient’s active involvement in their own care as patient safety strategy
      8) Goal #15 – The organization identifies safety risks inherent in its patient’s condition
   b. Institute of Healthcare Improvement (IHI) Interventions to save patient lives and prevent harm – www.ihi.org (related to systems studied in this course)
      1) Deploy Rapid Response Teams
      2) Prevent central line infections
      3) Prevent adverse drug events
      4) Prevent surgical site infections.
   c. Institute of Medicine Core Competencies for Health Professionals -
      1) Provide patient-centered care
      2) Collaborate with the interdisciplinary health care team
         1. Use of SBAR
      3) Implement evidence-based practice
      4) Use quality improvement in patient care
      5) Use informatics in patient care

2. Psychosocial nursing care-
   a. General concepts
   b. Health issues
      1) Safety
1. Accidents (fall prevention)
2. Driving safety
3. Safe medication compliance

2) Health care issues in hospitals
1. General concepts
2. Sleep, and nutrition
3. Confusion, falls

3) End-of-life care

3. Cultural competence
   a. General concepts and definitions
   b. Health care and health care disparities
   c. Cultural competence - www.thinkculturalhealth.org

4. Patient Education

Unit two:

1. Historical Events
   1. Evolution of Mental Health Nursing
   2. Issues and trends in psychosocial nursing

B. Theories of the human behavior.
   1. Spirituality
   2. Psychoanalytic (Freud’s)
   3. Cognitive (Beck’s)
   4. Humanistic (Roger’s)
   5. Behavioral (Watson’s)
   6. Nursing (Peplau’s)

B. Communication Process.
   2. Nursing process
      1. The person as a client
      2. Phases of the nursing process
      3. Standardized vocabulary
         a. NANDA
         b. NOC
         c. NIC

E. Evidence Based Mental Health Nursing Practice
   1. Guidelines for care of adults with Psychosocial dysfunctions

   Using of evidence based practice for psychosocial nursing practice writing clinical questions using the PICO format
   http://www.cebm.utoronto.ca/syllabi/nur/intro.htm

Unit II: Psychosocial evidence based nursing
A. Nurse/Client relationship
   1. Self-perception
   2. Phases of the nurse-client relationship
3. Components of therapeutic relationship.
4. Barriers to therapeutic relationship

Ethical Standards

D. Unit III: Examine ethical standards and decision making impacting psychosocial nursing practice.
   1. Ethical context
      A. Ethical standards
      B. Involuntary treatment
      C. Ethical dilemmas
      D. Patients rights

Neuroanatomy

E. Unit II: Integration of the concepts of neuroanatomy, neurophysiology to psychosocial nursing practice.
   1. Neuroanatomy and Neuropsychology
      a. Neuron
      b. Axons
      c. Cell Body
      d. Dendrites
      e. Synapses
   2. Neurotransmitters and their functions
      f. Biogenic Amines: Catecholamine’s
         i. Dopamine
         ii. Norepinephrine
         iii. Epinephrine
      g. Biogenic Amines: Indolamines
         i. Serotonin
         ii. Histamine
      h. Biogenic Amines: Cholinergic
         i. Acetylcholine
         ii. Neuropeptides
      i. Neurotransmitters in the Brain
         i. Aminos
         ii. Pituitary peptides
         iii. Circulatory hormones
         iv. Hypothalamic releasing hormones
         v. Amino acids
         vi. Gut hormones
         vii. Opioid peptides
         viii. Miscellaneous peptides
         ix. Gases

j. Cerebrum
k. Diencephalon
l. Cerebellum
m. Brainstem
n. Pons
o. Medulla oblongata
   i. brain development
   ii. role of genetics
   iii. circadian rhythm

**Psychosocial dysfunctions**

F. Unit III: Description of the psychosocial dysfunction of the adult using the nursing process as a frame of reference.

G. Evidence Based Nursing practice in psychiatric disorders: Affective and suicidal disorders

2. DSM IV

3. Axis

4. Depression

   a. Theoretical focuses
   b. Emotional response
   c. I’m Safe
   d. Stressful situations
   e. Mechanisms of adjustment
   f. Medical diagnosis: Bipolar disorder, major depression, dysthymia & cyclothymiacs
   g. Suicide
   h. Clinical manifestations
   i. Application of the nursing process
   j. Pharmacological management (Antidepressants)
H. Evidence Based 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 (Antipsychotics)

I. Evidence Based Nursing practice in Personality disorders

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

J. Evidence Based 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
   a. Pharmacological management
   b. Treatment modalities

K. Evidence Based 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
L. Evidence Based 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

Therapeutic communication skills

M. Unit IV: Examine the levels of communication, models, process and therapeutic communication skills.

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

D. ACTIVITIES

1. Conference
2. Large and small group discussions
3. Study guides
4. Audiovisual aids
5. Assigned readings Re
6. Internet research
7. Video clips discussions
8. Power point presentation

DI. EVALUATION

METHODS OF EVALUATION POINTS

Partial exams (3) ..............................................................50%
Group case study presentation ....................................... 15%
Final exam ........................................................................25%
Attendance .......................................................................10%

Total points 100%
DII. SPECIAL NOTES

Special Needs or help services

1. Auxiliary services or special assistance
   All students who require auxiliary services or special assistance should apply at the beginning of the course or as soon as they acquire the knowledge of the needs, through registration with the Office of the Professional Counselor, Professor José Rodríguez located in the University Orientation Program.

2. Honesty, fraud and plagiarism (General Student Regulations (Chapter V, Article 1)
   Plagiarism, the lack of honesty, fraud and the manipulation of falsification of information are contrary to institutional principles and norms and are subject to disciplinary sanctions, as established in Chapter V Article 1, of these regulations. Mayor infractions, as General Students Regulations dispose, can have consequences of suspension of the University for a definite time of more than one year, permanent expulsion from the University, or other sanctions.

3. Use of electronic devices
   All cellular phones and any other electronic devices that might interrupt the learning and teaching processor or alter the environment that conduces to academic excellence must be deactivated. Special situations must be taken care of, accordingly. The use of electronic devices that allow access, storage or sending of information during evaluations or tests is prohibited.

VIII. EDUCATIONAL RESOURCES

A. Text Book

B. Supplemental Texts:


Web Sites

The Cochrane Collaboration
www.cochrane.org

National Guideline Clearinghouse
www.guidelines.gov

Teaching Smart – Learning Easy
Rosalinda Alfaro-LeFevre
www.alfaroteachsmart.com

Program of Culturally Competent Nursing Care – Cornerstone of Caring
U.S. Department of Health & Human Services
Office of Minority Health
www.thinkculturalhealth.org
TEAM STEPPS model
U.S. Department of Health & Human Services
Agency for Healthcare Research & Quality
http://teamstepps.ahrq.gov/

The Joint Commission – National Patient Safety Goals
http://www.jointcommission.org/PatientSafety/NationalPatientSafetyGoals/

American Nurses Association
www.nursingworld.org

National Council of State Boards of Nursing (NCSBN)
https://www.ncsbn.org/index.htm

National Institute of Nursing Research
www.ninr.nih.gov

Clinical Practice Guidelines Online
http://www.ahrq.gov/clinic/cponline.htm
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

Mental Health Commission

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

National Alliance for the Mentally III
http://nami.org

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

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

ii. Journals online
   a. Behavioral Medicine (I)*
   b. Community Mental Health Journal (I)*
   c. Hospital and Community Psychiatric (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)*

b. 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.

   a. Health Reference Center
   b. CINAHL
   c. ProQuest (ACADEMIC RESEARCH LIBRARY)
   d. ProQuest Nursing Journals

Revised by: Erika Carrasquillo, 2010