

**INTERAMERICAN UNIVERSITY OF PUERTO RICO
GUAYAMA CAMPUS
HEALTH SCIENCES DEPARTMENT
NURSING PROGRAM**

SYLLABUS

I. GENERAL INFORMATION

Course Title : **FUNDAMENTALS OF PSYCHOSOCIAL CARE**
Code and Number : NURS 2361
Credits : Three (3)

II. DESCRIPTION

Discussion of theoretical models, principles and concepts of psychosocial nursing. Description of psychosocial dysfunctions of the adult using the nursing process as a framework. Includes neuroanatomy, neuropsychology, ethical legal, research, and communication concepts. Prerequisites: NURS 2233, 2141. Corequisites: NURS 2351, 2362 and 2970.

III. OBJECTIVES

It is expected that upon completing the course, the student will be able to:

1. Discuss the historical events that have marked the evolution of psychosocial nursing.
2. Discuss theoretical models, principles, concepts and process of therapeutic communication of psychosocial nursing.
3. Analyze ethical and legal considerations related to the practice of psychosocial nursing in interventions with mental health patients.
4. Integrate health literacy and computer science into psychiatric client care and interaction with the interprofessional team.
5. Estimate risk behavior in the population of adults with psychosocial problems.
6. Discuss of psychosocial dysfunctions of the adult using the nursing process.
7. Integrate the concepts of neuroanatomy, neurophysiology, ethical-legal, research and communication.

IV. CONTENT

Unit I. Theoretical Bases and Fundamental Processes:

1. Concepts Introduction
 - a. Mental Health (Healthy Characteristics)
 - b. Mental illness
2. Historical evolution
3. Client-Nurse Relationship
 - a. Personal Qualities of the Nursing Professional
 - b. Phase
 - c. Qualities of the nursing professional
4. Therapeutic Communication Process
 - a. Principles
 - b. Therapeutic Techniques
 - c. Communication barriers
5. Levels of nursing care
 - a. Primary prevention
 - b. Secondary prevention
 - c. Third prevention
6. Ethical legal considerations
 - a. Act 408 (October 2 / 2000)
 - b. Physical restrictions
 - c. Mechanical restrictions
 - d. Protocols
 - e. Involuntary hospitalization
 - f. Insolation
 1. Assessment
 2. Nursing intervention
7. "TEAM STEPS"
8. DSM
9. Theoretical bases:
 - I. Theorizing
 - a. Psychoanalyst School
 1. Principles
 - a. Sigmund Freud
 - b. Erick Fromm
 - b. Interpersonal School
 1. Principles
 - a. Harry Stack Sullivan
 - c. Behavioral School
 1. Principles
 2. Authors
 - a. B. F. Skinner

- d. Humanist School
 - 1. Principles
 - 2. Authors
 - a. Abraham Maslow
 - b. H. Peplau
- e. Existentialist School
 - 1. Principles
 - 2. Authors
 - a. Victor Frank

Unit II. Nursing Practice in Psychiatric Disorders: Anxiety and Anxiety Disorders

1. Human Responses that Alter Functioning

1. Anxiety

- a. Types
 - 1. Normal
 - 2. Acute
 - 3. Chronic

- b. Levels
 - 1. Light
 - 2. Moderate
 - 3. Severe
 - 4. Panic

- a. Nursing Interventions by Level

2. Disorders Affecting Psychosocial Integrity

1. Panic Disorder

- a. Description
- b. Assessment
- c. Nursing intervention

2. Post-traumatic stress Disorder

- a. Description
- b. Events that affect
- c. Assessment
- d. Nursing Intervention

3. Obsessive compulsive Disorder

- a. characteristics
- b. Assessment
- c. Nursing Intervention

4. Eating Disorder

- a. definition

- b. Types
 - 1. Anorexia Nervosa
 - 2. Bulimia
 - c. Assessment
 - d. Nursing Intervention
5. Stress Management
- a. Sources of stress
 - b. Manifestation
 - c. Assessment
 - d. Measures of stress reduction
 - e. Education of stress management techniques
6. Intervention in crisis
- a. Definition
 - b. Types
 - c. Balance Factors
 - d. Identification of precipitating factors
 - e. Development characteristics (Erickson)
 - f. Phases of the crisis
 - g. Nursing Intervention

Unit III. Nursing Practice in Psychiatric Disorders: Mood Disorders and Suicide

- 1. Characteristics of the Mood and Suicide
 - a. Major Depression
 - b. Major Depression with psychosis
 - c. Bipolar disorder
 - d. Seasonal Affective Disorder (S.A.D.)
 - 1. Etiology
 - 2. Nursing Intervention
- 2. Suicide
 - a. Characteristics and factors that precipitate
 - b. Incidence and prevalence
 - c. Assessment
 - 1. Sign of intension
 - 2. Risk Behavior
 - 3. Lethality
 - 4. Nursing Intervention
- 3. Loss and grief (Grief)
 - a. Types of loss
 - b. The process of mourning and associated theories
 - 1. Elizabeth Kubler- Ross Duel stages
 - 2. John Bowlby Theories of attachment

- c. Grief responses or behaviors:
 - 1. Cognitive
 - 2. Emotional
 - 3. Physiological
 - 4. Spiritual
- d. Cultural considerations
- e. Assessment
- f. Nursing Interventions

Unit IV. Nursing Practice in Psychiatric Disorders: Schizophrenia

- 1. Precipitating factors
- 2. Theoretical basis and complexity of the disease
- 3. Clinical manifestations
- 4. Medical Diagnostic
 - a. Paranoid Schizophrenia
 - b. Catatonic Schizophrenia
 - c. Disorganized Schizophrenia
 - d. Undifferentiated Schizophrenia
 - e. Residual Schizophrenia
- 5. Application of the nursing process
- 6. Pharmacological Management

Unit V. Personality Disorders and the Nursing Process application

- 1. Borderline Personality Disorder
 - a. Characteristics
 - b. Assessment
 - c. Nursing Intervention
 - 1. Orientation to reality
 - 2. Establishing boundaries in relationships
 - 3. Safe Environment Promotion

Unit VI. Disorder in children and adolescents

- 1. Autistic Disorder
 - a. Characteristics
 - b. Etiology
 - c. Assessment
 - d. Nursing Interventions
- 2. Hyperactivity disorder with attention deficit hyperactivity disorder (ADHD)
 - a. Characteristics

- b. Incidence and prevalence
 - c. Etiology
 - d. Assessment
 - e. Nursing Interventions
 - f. Pharmacological treatment
 - 1. Agents for treating disorder Attention Deficit Hyperactivity Disorder
 - 2. Indication and action
 - Examples: Central Nervous System Stimulants
 - a) Amphetamines
 - b) Dexedrine
 - c) Metadate
 - d) Ritalin
 - e) Cylert
 - 3. Nursing Implications
3. Oppositional Defiant Disorder
- a. Characteristics
 - b. Assessment
 - c. Nursing Intervention

Unit VI. Nursing Practice in Psychiatric Disorders

- A. Substance Abuse:
- 1. Alcohol Abuse
 - a. Definition
 - b. Risk Factors
 - c. Assessment
 - d. Psychological and poisoning symptoms
 - e. Complications associated with chronic abuse
 - 1) Abstinence symptoms and stages
 - 2) Nursing Intervention
 - 3) Disulfiram Therapy (Antabuse)
 - 4) Therapeutic Modalities
 - 2. Central system depressants (barbiturates, benzodiazepines, Marijuana, Heroin)
 - a. Symptoms of Poisoning
 - b. Abstinence symptoms
 - c. Nursing Interventions
 - 3. Central Nervous System Stimulants (Amphetamines, inhalers, caffeine, cocaine, ecstasy)
 - a. Symptoms of Intoxication
 - b. Abstinence symptoms
 - c. Nursing Interventions

Unit VI. Negligence / Violence / abuse

1. Domestic violence
 - a. Definitions
 - b. Characteristics of the aggressor
 - c. Characteristics of the victim
 - d. Nursing Interventions
 - e. Statistics

2. Child Abuse
 - a. Assessment
 - b. Types
 1. Physical abuse
 2. Physical Negligence
 3. Emotional abuse
 4. Sexual abuse
 - c. Nursing Interventions

3. Abuse of Elder
 - a. Assessment
 - b. Types
 1. Physical abuse
 2. Sexual abuse
 3. Psychological abuse
 4. Financial Abuse
 5. Negligence
 - c. Nursing Interventions

V. ACTIVITIES

1. Conferences
2. Discussion of small and large groups
3. Study guides
4. Audiovisual aids
5. Movies
6. Oral Presentation
7. Concepts Map
8. Headings
9. Case Study

VI. EVALUATION

	SCORE	% FINAL SCORE
A. Partial exams	200	40%
B. Integration of Sciences	100	20%
C. Oral Presentations	100	20%
D. Final Exam	<u>100</u>	<u>20%</u>
	500	100%

VII. ASSESSMENT

Oral Presentation (Rubric)

VIII. SPECIAL NOTES

1. Auxiliary services or special needs

All students who require ancillary services or special assistance must request them at the beginning of the course or as soon as they acquire knowledge that they need them, through the corresponding register, in the Dean of Students.

2. Honesty, Fraud and Plagiarism

The lack of honesty, fraud, plagiarism and any other inadequate behavior in relation to academic work constitute major infractions sanctioned by General Student Regulations. Major infractions, per General Students Regulation, may result in suspension from the University for a definite period of time greater than one year or the permanent expulsion from the University, among others sanctions.

3. Use of electronic devices

Cell phones and any other electronic device that could disrupt the teaching and learning processes or alter the environment conducive to academic excellence will be deactivated. The pressing situations will be addressed, as appropriate. The handling of electronic devices that allow access, storage or sending data during evaluations or exams is prohibited.

4. Compliance with the provisions of Title IX

The Federal Higher Education Act, as amended, prohibits sex discrimination in any academic, educational, extracurricular, athletic, or any other program or employment, sponsored or controlled by an institution of higher education regardless of whether it is conducted inside or outside the institution's premises, if the institution receives federal funds.

As provided by current federal regulations, a Title IX Assistant Coordinator has been designated in our academic unit to provide assistance and guidance in relation to any alleged incident of discrimination based on sex or gender, sexual harassment or sexual assault. You can contact the Assistant Coordinator at (787) 864-2222, ext. 2247, or email at arcilia.rivera@guayama.inter.edu.

The Normative Document entitled Standards and Procedures for Responding to Alleged Violations of Title IX Provisions is the document that contains the institutional rules for channeling any complaint that is based on this type of allegation. This document is available on the website of the Inter-American University of Puerto Rico (www.inter.edu).

IX. EDUCATIONAL RESOURCES

Textbook

Towsand, Mary C. (2015). *Essentials of Psychiatric Mental Health Nursing* (8 va ed.) Philadelphia: F.A. Davis Company.

CAI ONLINE DATA BASES:

[Http://guayama.inter.edu/cai.html](http://guayama.inter.edu/cai.html)

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EBSCO

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X. BIBLIOGRAPHY

Adams, M., Holland, L. N., & Urban, C. (2014). *Pharmacology for nurses: A pathophysiologic approach* (4th ed.). Boston: Pearson

Albert, N. (2016). *Building and sustaining a hospital-based nursing research program*. Springer Publishing Company

Autismo y otras problemáticas graves en la infancia: La clínica como oportunidad (1ª ed.). Ciudad Autónoma de Buenos Aires: Lumen.

Baile Ayensa, J. I. & González Calderón, M. J. (2016). *Trastornos por atracón: Diagnóstico, evaluación y tratamiento*. Madrid: Ediciones Pirámide.

Balderas Rentería, I. (2015). *Diabetes, obesidad y síndrome metabólico: Un abordaje*

- multidisciplinario (1ª ed.). México, DF: Editorial EL Manual Moderno.
- Battista, E. (2013). *Lo esencial en farmacología* (4ª ed.). Barcelona: Elsevier.
- Bulechek, G. M., Butcher, H. K., Dochterman, J. M., & Wagner, C. M. (2014). *Clasificación de intervenciones de enfermería (NIC)* (6ª ed.). Barcelona: Elsevier.
- Canevaro, A. (2012). *Terapia individual sistémica con la participación de familiares significativos: Cuando vuela los cormoranes*. Madrid: Ediciones Morata.
- Diagnostic and Statistical Manual of Mental Disorder. CD-ROM, Version 1.0 Windows. Washington: American Psychiatric Association.
- Foelsch, P. A., Schluter-Muller, S., Odom, A. E., Arena, H. T., Borazutzky H., A. & Schmeck, K.(2015). *Tratamiento para la identidad del adolescente (ALT): Una aproximación integral de la personalidad* (1ª. ed.). México, DF: El Manual Moderno.
- García de Vinuesa, F., González Pardo, H. y Pérez Álvarez, M. (2014). *Volviendo a la normalidad: La invención del TDAH y del trastorno bipolar infantil*. Madrid: Alianza Editorial.
- Gottlieb, L. N. (2015). *Cuidados de enfermería sobre la base de los puntos fuertes: Un modelo de atención para favorecer la salud y la curación de la persona y la familia*. Bilbao: Desclée de Brouwer.
- Guía de consulta de los criterios diagnósticos del DSM-5 (5th ed.). (2013). Arlington, VA: American Psychiatric Association.
- Herdman, T. H., (Ed.). (2013). *Diagnósticos enfermeros: Definiciones y clasificación*. Barcelona:Elsevier.
- Herdman, T. H. y Kamitsure, S. (Eds.). (2015-2017). *Diagnósticos enfermeros de la NANDA:Definiciones y clasificación*. Barcelona: Elsevier.
- Herdman, T. H. (2017). *Nursing diagnoses: Definitions & classification 2015-17* (10th ed.). Philadelphia, PA: NANDA International.
- Hogan, M., Przybylowicz, T.A. & Vacek, J. (2017). *Mental Health Nursing: Review & Rationales*. (3th ed.). Boston: Pearson.
- Jones, Jeffrey S. (2017). *Psychiatric-mental health nursing: and interpersonal approach*. (2 da ed.). Springer Publishing Company.
- Jonsma, A, & Klott, J. (2015). *Practice Planners Ser.: The Co-Occurring Disorders*

- Treatment Planner, with DSM-5 Updates (4)*. Hoboken, New Jersey: John Wiley & Sons, Incorporated
- Keltner, N. L., & Steele, D. (2014). *Psychiatric Nursing (7ª ed.)*. St Louis, MO: Elsevier Mosby.
- Kumar, V., Abbas, A. K., Fausto, N., & Aster, J. C. (Eds.). (2010). *Robbins y Cotran patología estructural y funcional (8ª ed.)*. Barcelona: Elsevier.
- Lambert, T. (2014). *Técnicas curativas del aloe vera*. Barcelona: Robin Book.
- Manual diagnóstico y estadístico de los trastornos mentales: DSM-5 (5ª ed.)*. Buenos Aires: Editorial Medica Panamericana.
- Manual de la enfermería: Fundamentos, técnicas, enfermería médico-quirúrgica, enfermería materno-infantil, geriatría, farmacología diagnósticos de la NANDA, clasificación de intervenciones NIC, clasificaciones de resultados NOC, glosario, atlas de anatomía humana, índice (Nueva edición)*. Barcelona: Edificio Océano.
- Johnson, M., Moorhead, S., Bulechek, G., Butcher, H., Maas, M., & Swanson, E. (2012). *Vínculos de NOC y NIC: a Nanda-I y diagnósticos médicos: Soporte para el razonamiento crítico y la calidad de los cuidados (3ª ed.)*. Barcelona: Elsevier.
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- Moorhead, S., Johnson, M. Maas, M. L., & Swason, E. (Eds.). (2014). *Clasificación de resultados de enfermería (NOC): Medición de resultados en salud (5ª ed.)*. Barcelona: Elsevier.
- Morrison, J. (2015). *La entrevista psicológica (1ª ed.)*. México, DF: Editorial El Manual Moderno.
- Muñiz Landeros, C. E. (2015). *Neurología clínica de Rangel Guerra (1ª ed.)*. México, DF: El Manual Moderno.
- Myers, E. (2015). *Notas de enfermería (3ª ed. en esp.)*. Mexico: McGraw Hill Education.
- Nursing drug handbook. (2016). (36 th ed.)*. Philadelphia: Wolters Kluwer.
- Patton, K. T., & Thibodeau, G. A. (2013). *Anatomía y fisiología (8ª ed.)*. Barcelona: Elsevier
- Perkinson, R. (Ed.). (2014). *The addiction treatment planner*. Weley.

Ramos-Zúñiga, R. (Ed.). (2014). *Guía básica en Neurociencias* (2ª ed.). Barcelona: Elsevier.

Schultz, J. M., & Videbeck, S. L. (2013). *Enfermería psiquiátrica: Planes de cuidados* (1ª ed.). Mexico: Editorial EL Manual Moderno.

Seligman, Linda. (2014). *Selecting effective treatments: a comprehensive systematic guide to treating mental disorders*. (4ª ed.). Wiley: Hoboken, New Jersey.

Townsend, M. (2015). *Psychiatric mental health nursing: concepts of care in evidence-based practice*. Philadelphia F. A. Davis Company.

Varcarolis, E. M. (2013). *Essentials of psychiatric mental health nursing: A communication approach to evidence-based care* (2 nd ed.). St. Louis, MO: Elsevier Mosby.

Electronic Resources:

American Public Health Association (APHA): <http://www.apha.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

College of professionals of the Nursing of Puerto Rico: <http://www.cpepr.org/>

PEG Modules: <http://www.guayama.inter.edu>

National Library of Medicine: <http://www.nlm.nih.gov>

U.S. Department of Health and Human Services: <http://os.dhhs.gov>

World Health Organization: <http://www.who.ch>

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