



INTER AMERICAN UNIVERSITY OF PUERTO RICO  
METROPOLITAN CAMPUS  
FACULTY OF SCIENCES AND TECHNOLOGY  
SCHOOL OF NURSING CARMEN TORRES DE TIBURCIO

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## **SYLLABUS**

### **I. GENERAL INFORMATION**

Course title	:	INTERVENTIONS IN PSYCHOSOCIAL TRANSITIONS
Code & Number	:	NURS 3140
Credits	:	TWO (2)
Academic Term	:	
Professor	:	
Office Hours	:	
Office Phone Number	:	250-1912 Ext. 2159, 2202
Email	:	

### **II. DESCRIPTION**

Analysis of the trends, theories and concepts that influence the practice of the psychosocial nursing professional. Review of professional nursing interventions that apply to the psychosocial care of individuals, families, groups and vulnerable populations or with persons with dysfunctions in functional health patterns. Integration of communication, ethical-legal, moral spiritual principles and research findings. Co Requisites: NURS 3190, 4911.

### **III. TERMINAL OBJETIVES**

1. Analyze theories and concepts, which influence the professional practice of psychosocial nursing.
2. Identify contemporary social, cultural, legal, ethical and economic issues influencing trends in the provision of psychosocial care.
3. Discuss the application of the major theories used by mental health professionals to care for individuals, families, groups and populations.
4. Relate communications, ethical-legal, moral, cultural, spiritual principles, and evidence-based practice to the psychosocial care of individuals, families, groups, and vulnerable populations.
5. Identify principles and techniques for communicating effectively with individuals, families and groups. Examine ethical-legal, moral, cultural and spiritual aspects in the psychosocial care of individuals, families and groups.

6. Discuss implications of research finding (evidence-based practice) to the psychosocial care of individuals, families, groups and vulnerable populations.

#### **IV. GRADUATE COMPETENCIES ADDRESSED IN THIS COURSE.**

1. Apply critical thinking skills while offering a safe, effective, efficient, timely, equitable, and direct basic care to patients/clients as she/he initiates use of the nursing process for decision-making.
2. Offer patient-centered care to patients/clients considering their needs, values, preferences, and cultural insights.
3. Show competence in therapeutic, evidence-based interventions as guided by the nursing faculty, while giving nursing care to adults for the promotion, maintenance, and restoration of health in structured settings.
4. Initiate the use of effective verbal and non-verbal communication, including information technology skills to support quality patient/client care and teamwork
5. Apply evidence-based knowledge for decision-making processes as guided by the nursing faculty when offering nursing care to adult's patients/clients within the contexts of their family.

#### **V. CONTENT**

- A. Trends and issues in the psychological care.
  1. Trends
  2. Ethical and legal responsibilities in the psychosocial nursing practice.
  3. Research on the psychosocial care.
- B. Conceptual frameworks of the psychosocial care nursing.
  1. Hildegard Peplau
  2. June Mellow
  3. Betty Newman
  4. Imogene King
  5. Linda Richards
- C. Group process and communication.
  1. Group definition: open, closed, task and therapeutic.
  2. Types of groups: multi-family, community, transition, social skills, age, support, help, among others.
  3. Group communication skills
  4. Group assessment.
- D. Nursing process applied to the family with psychosocial problems.
  1. Assessment
    - a. Family Definition
    - b. Family Structures
    - c. Family Theoretical Approaches
      - 1) Bowen

- 2) Minuchin
  - 3) Olson
  - 4) Mc Cubbin
  - 5) Ackerman
  - d. Family Crisis
  2. Nursing Diagnostics that applied to the family with psychosocial problems.
  3. Planning (NOC)
  4. Nursing Interventions (NIC)
    - a. Family Therapy (7150).
    - b. Family Crisis Interventions.
  5. Evaluation
- E. Psychosocial nursing, Health Educator and Case Manager.
1. Main theories in the teaching-learning process.
    - a. Behavioral
    - b. Learning
    - c. Cognitive
  2. Relationship between health teaching and nursing process.
  3. Teaching strategies
  4. Case Manager Definition
  5. Case Managers Basic Principles
  6. Tools in the context of mental health.
  7. Coordinated nursing care manager psychosocial process.
- F. Psychosocial Community Nursing or Psychiatric Home Services Provider.
1. Community
    - a. Community Definition
    - b. Characteristics of a healthy community.
    - c. Community resources.
      - 1) Humans
      - 2) Agencies providers of services.
  2. Home Psychiatric Care.
    - a. Home Health Definition.
    - b. Nursing Home Visitor roles.
    - c. Nursing Process
      - 1) Assessment
      - 2) Nursing Diagnosis
      - 3) Planning (NOC)
      - 4) Nursing Interventions (NIC)
      - 5) Evaluation
  3. Nursing Management of special population at risk of suffering mental illness.
    - a. Children and adolescents.

- 1) Common mental disorders.
  - 2) Etiology of mental disorders.
  - 3) Theoretical Models
  - 4) Nursing Process Application
- b. Elderly Patients
- 1) Mental Disorders of the aging population.
  - 2) Nursing Process applied to the aging population.
    - a) Assessment
    - b) Nursing Diagnostics
    - c) Planning
    - d) Nursing Interventions
      - (1) Orientation to reality
      - (2) Improve cognitive function
      - (3) Recreational therapy
      - (4) Education to the caregiver
  - 3) Customers with mental retardation and developmental disabilities.
    - a) Etiology
    - b) Clinical Presentation
    - c) Nursing Interventions
      - (1) Maintenance of well-being.
      - (2) Enabling
      - (3) Psychotherapy
      - (4) Psychopharmacology
  - 4) Clients with chronic mental illness.
    - a) Etiology
    - b) Clinical Presentation
    - c) Nursing Interventions:
      - (1) Counseling for loss and mourning.
      - (2) Stress Management
      - (3) Crisis Interventions
      - (4) Empowerment
      - (5) Psychiatric Rehabilitation
    - d) Evaluation
  - 5) Clients with acute, chronic and terminal diseases.
    - a) Etiology
    - b) Disease impact on the individual and family.
    - c) Stressors associated with disease: acute, catastrophic, chronic and/or terminal and death.
    - d) Nursing process

## VI. ACTIVITIES

1. Conference
2. Large and small group discussions.

3. Study guides
4. Audiovisual aids
5. Assigned readings
6. Internet research
7. Video clips discussions
8. Power point presentation

## VII. EVALUATION

CRITERIA	PUNCTUATION	% OF THE FINAL GRADE
3 Partial Exams	300	60
Final Exam	100	20
Quizzes	100	10
Assignments	100	10
Assistant	100	10
<b>TOTAL</b>	<b>600</b>	<b>100</b>

## VIII. SPECIAL NOTES

### A. Supporting Services or Special Needs

Students requiring additional services or special assistance must request these at the beginning of the course or as soon as they learn that they need them, through the appropriate register in the office of Mr. José Rodríguez, at the University Orientation Program located at the first floor of Harris Building.

### B. 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, according to General Regulation Students, 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 other sanctions.

### C. Use of Electronic Devices

Cellular (mobile) telephones, IPODS, and any other electronic device that could interrupt the teaching-learning process or disrupt a milieu favorable for academic excellence will be deactivated. Critical situations will be dealt with in an appropriate manner. The use of electronic devices that permit the accessing, storing or sending of data during tests or examinations is prohibited.

### D. Special Requirements of Practice and Internship Centers

Some academic programs of the University require students to complete a practice or internship in a real work scenario as part of the degree requirements. These external centers may be state and federal agencies, hospitals, and nongovernmental organizations, among others. It is students' responsibility to comply with the external center's requirements in order to complete their practice or internship. Depending on the practice center, these requirements may be doping tests, HIV tests, an immunization certificate against hepatitis, a health certificate, a negative criminal record, or any other requirement that the institution or practice center may stipulate. If students refuse or are not able to meet any of the requirements, they will be unable to complete their practice or internship and, therefore, will not pass the practice or internship course or meet the graduation requirements of their academic program.

#### **F. Compliance with the provisions of Title IX**

If an institution receives federal funding, the law on graduate higher education as amended prohibits discrimination based on sex in any academic activity, education, extracurricular, athletic or any other program or employment sponsored or controlled by an institution of higher education independently of it being celebrated within or out of the territories of the institution, if the institution receives federal funding.

In accordance to the federal regulations, our academic unit has designated a coordinator Title IX auxiliary, which will offer assistance and orientation in regard to any a ledge incident related to discrimination based on sex or gender, sexual harassment or sexual assault. Contact the Auxiliary Coordinator George Rivera, Security Director, at phone number 787-250-1912, extension 2147, or email [grivera@metro.inter.edu](mailto:grivera@metro.inter.edu).

The regulatory document entitled rules and procedures that address alleged violations of the provisions of title IX is the document containing institutional rules to channel any complaint addressing on this type of allegation. This document is available on the gateway of the Interamerican University of Puerto Rico ([www.inter.edu](http://www.inter.edu))

### **IX. EDUCATIONAL RESOURCES**

#### **Text Book**

Stuart, G. & Laraira, M. (2013). *Principles and practice of psychiatric nursing* (10th.). St. Louis: Elsevier Mosby.

#### **Supplemental Texts**

Mohr, K. W. (2009). *Psychiatric-Mental Health Nursing Evidence-Based*

concepts, skills and practices (7<sup>th</sup> ed.) Philadelphia: Lippincott

American Psychiatric Association. (2008). Manual diagnóstico y estadístico de los trastornos mentales. DSM IV. Barcelona: Masson, S.A.

American Psychiatric Association. (2008) DSM-IV-TR: Diagnostic and statistical manual of mental disorders-Text Revision. (6<sup>th</sup> ed.) Washington, DC: American Psychiatric Association.

Carpenito, L. J. (2002). Nursing diagnosis: application to clinical practice. (9<sup>th</sup> ed.). Philadelphia: J. B. Lippincott.

Cook, J. K. (1995) Enfermería Psiquiátrica. (2<sup>nd</sup> ed.). Madrid: McGraw-Hill InterAmerican.

Fortinash, K. & Holoday-Worret, P. (2006) Psychiatric Nursing Care Plans. (6<sup>rd</sup> ed.) St. Louis: Mosby.

Johnson, M. & Maas, M. (2000) Nursing Outcomes Classification (NOC). (2<sup>nd</sup> ed.) St Louis: Mosby.

Patton K. T. & Thibodeau, G. A. (2009). *Anatomy and Physiology*. 7<sup>th</sup> Ed. St. Louis, MO: Elsevier

Silvestri, L.A. (2008). *Saunders Comprehensive Review for the NCLEX-RN Examination*. 4<sup>th</sup> Ed. St. Louis: Saunders Elsevier

McCloskey, J. and Bulechek, G. (2000). *Nursing interventions classification (NIC)*. (3<sup>rd</sup> Ed.). St. Louis: Mosby.

Spector, R. (2000). *Cultural care: Guides to heritage assessment and health traditions*. New Jersey: Prentice Hall Health.

Gordon, M. (2000). *Manual of nursing diagnosis*. (9<sup>th</sup>. Ed.) St. Louis: Mosby.

#### **Web Sites**

*The Cochrane Collaboration*

[www.cochrane.org](http://www.cochrane.org)

National Guideline Clearinghouse

[www.guidelines.gov](http://www.guidelines.gov)

Teaching Smart – Learning Easy

Rosalinda Alfaro-LeFevre

[www.alfaroteachsmart.com](http://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](http://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](http://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](http://www.ninr.nih.gov)

Clinical Practice Guidelines Online  
<http://www.ahrg.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  
<http://www.MentalHealthCommission.gov>

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**



A. Printed journals at the Information Access Center

1. Applied Nursing Research
2. Neurobiology Files
3. Cumulative Index to Nursing and Allied Health (Monthly).
4. Cumulative Index to Nursing and Allied Health (Annual).
5. Journal of Christian Nursing.
6. Psychiatric Quarterly
7. Research in Nursing and Health.

B. Journals online

1. Behavioral Medicine (I)\*
2. Community Mental Health Journal (I)\*
3. Hospital and Community Psychiatric (I)\*
4. Issues in Mental Health Nursing (I)\*
5. Journal of Neurophysiology (I)\*
6. Journal of Neuroscience Nursing (I)\*
7. Journal of Psychosocial Nursing and Mental Health Services (I)\*
8. Nursing Research (I)\*
9. Perspectives in Psychiatric Care (I)\*

C. 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

**Faculty Approved May 2018**