

**INTERAMERICAN UNIVERSITY OF PUERTO RICO  
METROPOLITAN CAMPUS  
SCIENCE AND TECHNOLOGY FACULTY  
CARMEN TORRES DE TIBURCIO NURSING DEPARTMENT**

**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 and 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. OBJETIVES**

**TERMINAL OBJECTIONS**

1. Demonstrate theoretical and practical knowledge integrated into the safe and effective nursing care provided to individuals, families and communities.

**GENERAL OBJECTIVES**

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 findings (Evidence-Based Practice) to the psychosocial care of individuals, families, groups, and vulnerable populations.

#### IV. CONTENT

- A. Trends and issues in psychological care.
  1. Trends
  2. Ethical and legal responsibilities in the psychosocial nursing practice.
  3. Research on psychosocial care.
- B. Conceptual frameworks of psychosocial care nursing.
  - a. 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, and 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 is applied to families 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 Manager's 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 populations 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 is 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 impacts the individual and family.
  - c) Stressors associated with the disease: acute, catastrophic, chronic, and/or terminal and death.
  - d) Nursing process

**V. 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. PowerPoint presentation

**VI. EVALUATION**

<b>CRITERIA</b>	<b>POINTS</b>	<b>PERCENT</b>
2 Partial Exams	200	50

Final Exam or equivalent evaluation	100	20
Quizzes	100	10
Assignments	100	10
Contact Hours	100	10
<b>TOTAL</b>	<b>600</b>	<b>100</b>

## VII. SPECIAL NOTES

### A. Auxiliary services or special needs

All students who require auxiliary services or special assistance must request these at the beginning of the course or as soon as they know that they need them, through the proper registry, in the Guidance Office with Dr. María de los Ángeles Cabello at email [mcabello@metro.inter.edu](mailto:mcabello@metro.inter.edu)

### B. Honesty, fraud, and plagiarism

Dishonesty, fraud, plagiarism, and any other inappropriate behavior with academic work constitute major infractions sanctioned by the General Student Regulations. The major infractions, as stated in the General Student Regulations, may have therefore suspension from the University for a definite period greater than one year or permanent expulsion from the University, among other sanctions.

### C. Use of electronic devices

Cellular telephones and any other electronic device that could interrupt the teaching and learning processes or alter the environment leading to academic excellence will be deactivated. Any urgent situation will be dealt with, as appropriate. The handling of electronic devices that allow students to access, store or send data during evaluations or examinations is prohibited.

### D. Compliance with the Provisions of Title IX

The Federal Higher Education Act, as amended, prohibits discrimination because of sex in any academic, educational, extracurricular, and athletic activity or any other program or function, sponsored or controlled by a higher education institution, whether it is conducted within or outside the property of the institution if the institution receives federal funds.

In harmony with current federal regulations, in our academic unit an Assistant Coordinator of Title IX has been designated to offer assistance and orientation in relation to any alleged incident constituting discrimination because of sex or gender, sexual harassment or sexual aggression. The Assistant Coordinator, Mr. George Rivera, can be reached by phone at (787) 250-1912 extension 2147, or by e-mail [grivera@metro.inter.edu](mailto:grivera@metro.inter.edu).

The Normative Document Titled **Norms and Procedures to Deal with Alleged Violations of the Provisions of Title IX** is the document that contains the institutional rules to direct any complaint that appears to be this type of allegation. This document is available in the Web site of Inter American University of Puerto Rico ([www.inter.edu](http://www.inter.edu)).

## VIII. EDUCATIONAL RESOURCES

### Textbook

Boyd & Luebbert (2021). *Psychiatric Nursing Contemporary Practice*. (7<sup>th</sup> ed.).  
Lippincott Williams & Wilkins. ISBN: 978-1975161187

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

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

REV. December 2022.