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

SYLLABUS

I. GENERAL INFORMATION

Course Title	: Fundamentals of Psychosocial Care
Code and Number	: NURS 2361
Credits	: Three (3)
Academic Term	:
Professor	:
Office Hours	:
Office Phone Number	: 250-1912 Ext. 2159, 2202
Email	:

II. DESCRIPTION

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

III. OBJETIVES

END OF PROGRAM STUDENT LEARNING OUTCOMES (GRADUATE PROFILE OF COMPETENCIES)

1. Demonstrate scientific and humanistic knowledge of the nursing discipline when analyzing biopsychosocial and spiritual aspects in the different stages of growth and development. (ASS)
2. Demonstrate theoretical and practical knowledge integrated into the safe and effective nursing care provided to individuals, families, and communities. (BSN)

GENERAL OBJECTIVES (COURSE STUDENT LEARNING OUTCOMES)

1. Describe basic theories and concepts of psychosocial nursing, fundamental to practice in the micro and macro community, and in society.
2. Explain the psychosocial dysfunction of adults using the nursing process as a frame of reference.
3. Integrate concepts of neuroanatomy, and neurophysiology to psychosocial nursing practice.
4. Examine ethical standards and decision-making impacting psychosocial nursing practice.

5. Estimate 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 patients.

IV. COURSE CONTENT

Describe concepts of psychosocial nursing, fundamental to practice in micro and macro communities, and in society.

A. Unit I: Basic Concepts of Psychosocial Nursing.
1. Joint Commission National Patient Safety Goals (NPSG).
   a. Goal #1 – Improve the accuracy of patient identification.
   b. Goal #2 – Improve the effectiveness of communication among caregivers.
   c. Goal #3 – Improve the safety of using medications.
   d. Goal #8 – Accurately and completely reconcile medications across the continuum of care.
   e. Goal #9 – Reduce the risk of patient harm resulting from falls.
   f. Goal #13 – Encourage patients' active involvement in their own care as a patient safety (suicide) strategy.
   g. Goal #15 – The organization identifies safety risks inherent in its patient's condition.

2. Institute of Healthcare Improvement (IHI) Interventions to save patient lives and prevent harm (related to systems studied in this course)
   a. Deploy Rapid Response Team
   b. Prevent adverse drug events

3. Institute of Medicine Core Competencies for Health Professionals.
   a. Provide patient-centered care.
   b. Collaborate with the interdisciplinary health care team.
         Use of SBAR.
   c. Implement Evidence-Based Practice.
         Critical thinking indicators.
   d. Use quality improvement in patient care.
         Use informatics in patient care.
   e. Psychosocial nursing care.
         General concepts.
   f. Health issues.
         Safety
               1) Accidents (fall prevention).
               2) Driving safely.
               3) Safe medication compliance.

4. Cultural competence/CLAS standards.
    a. General concepts and definitions.
    b. Health care and health care disparities.
    c. Cultural competence.

5. Patient Education.

6. Mental health promotion and illness prevention.
    a. Models of prevention.
    b. Assessment
    c. Planning and implementation.
    d. Evaluation

7. Mayor concepts.
    a. Mental health.
    b. Mental illness.

8. Crisis intervention.
    a. Crisis characteristics.
    b. Assessment
    c. Evaluation
    d. Setting for crisis intervention.
    e. Models of crisis intervention.

B. Unit II: Basic theories and trends of psychosocial nursing practice.
    1. Historical Events
        a. Evolution of Mental Health Nursing.
        b. Issues and trends in psychosocial nursing.

    2. Theories of human behavior
        a. Spirituality
        b. Psychoanalytic (Freud)
        c. Cognitive (Beck)
        d. Humanistic (Roger)
        e. Behavioral (Watson)
        f. Nursing (Peplau)

    3. Communication Process.

    4. Multiaxial evaluation DSMV-TR vs DSM V.
        a. Axis I - Clinical Disorder.
        b. Axis II - Personality Disorder and Mental Retardation.
        c. Axis III - Psychosocial and Environmental Problems.
        d. Axis IV - General Medical Conditions.
        e. Axis V - Global Assessment of Functioning.

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

6. Evidence-Based Mental Health Nursing Practice.
    a. Guidelines for care of adults with Psychosocial dysfunctions.

7. Psychosocial evidence-based nursing.
    a. Nurse/Client relationship - Therapeutic relationship between the client and the nursing professional.
       1) Self-perception.
       2) Self-knowledge.
       3) Phases of the nurse-client relationship.
       4) Components of the therapeutic relationship.
       5) Barriers to the therapeutic relationship.

8. Evidence-based nursing practice and ethical context.
    a. Ethical context.
       1) Ethical standards.
       2) Involuntary treatment.
       3) Ethical dilemmas.
    b. Patients' rights.
    c. Mental health-related law.
       1) Law 408
       2) Law 177
       3) Law 54
       4) Law HIPAA
       5) Law ADA

C. **Unit II: Integration of the concepts of neuroanatomy, and neurophysiology to psychosocial nursing practice.**
    1. Neuroanatomy and Neuropsychology.
       a. Neuron
           1) Neurons in the mesolimbic system.
       b. Axons
       c. Cell Body
       d. Dendrites
       e. Synapses
       f. CNS
       g. Limbic System
       h. Biochemical factors, related disorders, and their genetic factors.
           Depressive disorders: neuroendocrine dysfunction and biogenic amine

theory. Psychotic disorders: neuroanatomical studies, biochemical, and structural brain factors. Infection-related dementias.

2. Neurotransmitters and their specific receptor sites.
   a. Biogenic Amines: Catecholamines.
      1) Dopamine
      2) Norepinephrine
      3) Epinephrine
   b. Biogenic Amines: Indamines.
      1) Serotonin
      2) Histamine
   c. Biogenic Amines: Cholinergic.
      1) Acetylcholine
      2) Neuropeptides
   d. Neurotransmitters in the Brain.
      1) Amines
      2) Pituitary peptides.
      3) Circulatory hormones.
      4) Hypothalamic releasing hormones.
      5) Amino acids.
      6) Gut hormones.
      7) Opioid peptides.
      8) Miscellaneous peptides.
      9) Gases
      10) Lipid neurotransmitter.
      11) Neurokinins/Tachykinin.

3. Organization and Structure in the brain for understanding mental health.
   a. Cerebrum
   b. Diencephalon
   c. Cerebellum
   d. Brainstem
   e. Pons
   f. Medulla oblongata.
      1) Brain Development.
      2) Role of Genetics.
      3) Circadian Rhythm
4. Depressive disorders: neuroendocrine dysfunction and biogenic amine theory.
5. Psychotic disorders: neuroanatomical studies, biochemical, and structural brain factors.
6. Infection-related dementias.

D. Unit III: Description of the psychosocial dysfunction of the adult using the nursing process as a frame of reference.
   1. Anxiety Response and Anxiety Disorders.
      a. Continuum of Anxiety Response.

  b. Assessment
    1) Behaviors
    2) Predisposing factors.
    3) Precipitating factors.
    4) Appraisal of stressors.
    5) Coping resources.
    6) Coping Mechanisms.
  c. Diagnosis
  d. Outcome Identification.
  e. Planning
  f. Evaluation

2. Evidence-Based Nursing practice in psychiatric disorders: Affective and suicidal Disorders.
  a. Depression
    1) Theoretical focuses.
    2) Emotional response.
    3) I'm Safe.
    4) Stressful situations.
    5) Mechanisms of adjustment.
    6) Medical diagnosis: bipolar disorder, major depression, dysthymia & cyclothymia
    7) Suicide
    8) Clinical manifestations.
    9) Application of the nursing process.
    10) Pharmacological management (Antidepressants).

3. Evidence-Based Nursing Practice in Schizophrenic psychiatric disorders
  a. Stress precipitators.
  b. Basic theory and complexity of illness.
  c. Clinical manifestations.
  d. Medical diagnosis.
    1) Paranoid schizophrenia.
    2) Catatonic schizophrenia.
    3) Disorganized schizophrenia.
    4) Undifferentiated schizophrenia.
    5) Residual schizophrenia.
  e. Application of the nursing process.
  f. Pharmacological management (Antipsychotics).

4. Evidence-Based Nursing Practice in Personality Disorders.
  a. Alterations in self-concept.
  b. Symptoms associated with low self-concept, identity, and depersonalization.
  c. Categories of personality disorders.
  d. Clinical manifestations.

      e. Using the nursing process.

    5. Evidence-Based Nursing Practice in Substance Abuse.
        a. Related terminology.
        b. Precipitating factors.
        c. Theoretical basis.
        d. Conduct associated with substance abuse.
            1) Abuse and domestic violence.
            2) Child abuse and elder abuse.
            3) Anger, hostility & aggression.
        e. Co-dependent families.
        f. Impulse control.
            1) Pharmacological management.
            2) Treatment modalities.

    6. Evidence-Based Nursing Practice in eating disorders.
        a. Sociological and behavioral characteristics.
        b. Stress precipitators: social influence.
        c. Anorexia nervosa and bulimia.
        d. Related disorders.
        e. Applying the nursing process.

    7. Evidence-Based Nursing Practice in Cognitive Disorders.
        a. Acute and chronic disorders.
        b. Theoretical basis.
        c. Delirium and dementia.
        d. Related disorders.
        e. Pharmacological management.
        f. Use of the nursing process.

E. 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.

V. ACTIVITIES
    A. Conference
    B. Large and small group discussions
    C. Study guides

D. Cultural case studies
E. Audiovisual aids
F. Assigned readings
G. EBNP
H. Video clips discussions
I. PowerPoint presentation
J. E-portfolio
K. ATI
L. Socrative
M. PICO
N. Matix
O. Concept Map
P. Cultural assessment

VI. EVALUATION

CRITERIA	SCALE	% FINAL GRADE
Partial exams (3)	300 points (100 points each)	45%
Assignments	100 POINTS	5%
Final EXAM	100 POINTS	25%
Evidence-based practice project	100 POINTS	10%
Attendance and Participation	100 POINTS	10%
ATI	100 POINTS	5%
TOTAL	**700 POINTS**	**100%**

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 Office of the Coordinator of Services to Students with Disabilities, Dr. María de los Angeles Cabello, located in the Counseling Program, Room 419, on the fourth floor of the John Will Harris Building, 787-250-1912, extension 2306.

B. **Honesty, fraud, and plagiarism**
Dishonesty, fraud, plagiarism, and any other inappropriate behavior in relation to 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 in 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 at 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 on the Web site of the Inter-American University of Puerto Rico.

VIII.   EDUCATIONAL RESOURCES

A. Textbook

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

IX.   BIBLIOGRAPHY (OR REFERENCES)

A.   Required Texts

American Psychiatric Association. (2013 DSM-V Diagnostic and statistical manual of mental Disorders-Text Revision. (7th ed.) Washington, DC: American Psychiatric Association.

Engelkirk & Duben-Engelkirk (2018). *Burton's Microbiology for the Health Sciences*. 11th ed. ISBN 1496380460 / 978-0323528900. Jones & Bartlett Learning.

Patton & Belll (2022). *Anatomy and Physiology Laboratory Manual and E-Labs*. 11th ed. ISBN 0323791069 / 978-0323791069. Elsevier.

Patton & Thibodeau (2018). *Anatomy & Physiology*. 10th ed. ISBN 0323528902 /

978-0323528900. Mosby.

Silvestri & Silvestri (2022). *Saunders Comprehensive Review NCLEX-RN Examination*. 9th ed. ISBN 0323795307 / 978-0323795302. Saunders.

B. Web Sites

Evidenced-based practice (EBP)
- Cochrane (Gold Standard for EBP): www.cochrane.org
- EBP- An Interprofessional Tutorial: http://www.biomed.lib.umn.edu/learn/ebp/mod01/index.html
- Basic Introduction to Evidence-Based Practice Resources: http://libguides.hsl.washington.edu/ebpintro
- Clinical Practice Guidelines: http://www.guideline.gov/
- Melnyk BM, Fineout-Overholt E, et al. Evidence-based practice: step-by-step. 12 article (CE) series in the American Journal of Nursing which overviews EBP for nurses: http://journals.lww.com/ajnonline/pages/collectiondetails.aspx?TopicalCollectionId=10
- TRIP Database (Turning Research into Practice): http://www.tripdatabase.com/
- SUM Search2: http://sumsearch.org/

Informatics
- The T.I.G.E.R Initiative http://www.tigersummit.com/uploads/3.Tiger.Report_Competencies_final.pdf

Care patient-centered
- Cultural competence - www.thinkculturalhealth.org
- Patient-Centered Outcomes Research Institute - http://www.pcori.org/

Quality Improvement
- Institute healthcare improvement - www.ihi.org

Safety
- 2014 Patient Safety Goals - www.jointcommission.org
- Health Care-Associated Infections (HAI) Portal - http://www.jointcommission.org/hai.aspx
- Comprehensive Unit-based Safety Program (CUSPS) Toolkit Modules - http://www.ahrq.gov/professionals/education/curriculum-tools/cusptoolkit/index.html
- Josie King Foundation Patient Safety Foundation - http://www.josieking.org/patientsafety
- Patient Safety Movement –Zero preventable deaths by 2020 - http://patientsafetymovement.org/#1

Teamwork and Collaboration
- www.teamstepps.ahrq.gov

Professional Issues
- Standards of Practice
- Code of Ethics:
  http://www.nursingworld.org/MainMenuCategories/EthicsStandards/CodeofEthicsforNurses/Code-of-Ethics.pdf

Puerto Rico
- Colegio de Profesionales de la Enfermería de Puerto Rico:
  http://www.cpepr.org/

Integrated Science
- Anatomy Physiology Online Courses:
  http://freevideolectures.com/Subject/Anatomy-Physiology#
- Interactive tutorial and Quizzes Animations: http://www.getbodysmart.com/

Mental health
- APA Online: American Psychiatric Association
  http://www.psych.org
- Bazelon Center for Mental Health Law:
  http://www.bazelon.org
- Mental Health Commission:
  http://www.MentalHealthCommission.gov
- National Alliance for the Mentally III:
  http://nami.org
- National Institute of Mental Health:
  http://nimh.nih.gov

National Institute on Minority Health and Health Disparities (NIMHD)

- http://www.nimhd.nih.gov/

Recommend Journals
- **Printed journals at the Information Access Center**
  a. Applied Nursing Research
  b. Archivos de Neurobiología
  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

- **Journals online**
  a. Behavioral Medicine

b. Community Mental Health Journal
c. Hospital and Community Psychiatric
d. Issues in Mental Health Nursing
e. Journal of Neurophysiology
f. Journal of Neuroscience Nursing
g. Journal of Psychosocial Nursing and Mental Health Services
h. Nursing Research
i. Perspectives in Psychiatric Care

- **Data Bases**
  The following databases may be accessed through the Web from the Information Access Center of 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

- **Recommended videos**
    a. Forest Gump
    b. My life
    c. Mr. Jones
    d. Sybil
    e. Awakening
    f. The Dream Team
    g. Clean and Sober
    h. Fatal Attraction
    i. Fisher King
    j. One Flew over the Cuckoo's Nest.
    k. Ordinary People
    l. When a man loves a woman.
    m. I never promised you a rose garden.
    n. Patch Adams
    o. Girl Interrupted
    p. A beautiful mind
    q. El hijo de la novia.
    r. Hombre mirando al sudeste.

REV. June 2023.