



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

SYLLABUS

I. GENERAL INFORMATION

| | | |
|---------------|---|--------------------------------------|
| Course title | : | PRACTICE OF PSYCHOSOCIAL CARE |
| Code / Number | : | NURS 2362 |
| Credits | : | 2 |
| Academic Term | : | |
| Professor | : | |
| Office Hours | : | |
| Telephone | : | (787) 250-1912 ext. 2202, 2182 |
| Email | : | |

II. DESCRIPTION

Application of the nursing process, theoretical models, principles and concepts in psychosocial care of the adult. Practice of the skills of therapeutic communication in interventions. Requires a total of 60 hours of clinical practice in diverse scenarios. Prerequisites: NURS 2142, 2234. Corequisites: NURS 2352, 2361, 2970. 2 credits

III. TERMINAL AND SPECIFIC OBJECTIVES:

1. Apply of the nursing process, models, theories, principles, and concepts in the psychosocial care of adults. (Illness/ wellness, nursing process)
2. Integrate the National Patient Safety Goals while caring for patients with psychosocial needs (Safety)
3. Use the TEAM STEPPS model to intervene with adults with psychosocial needs (Leadership)
4. Use therapeutic communication skills in interventions with adults (Communication)
5. Apply cultural competency concepts and evidence based nursing practice in treatment modalities. (Patient center care, research)

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 adults' patients/clients within the contexts of their family.

IV. CONTENT

Unit I: Application of the nursing process, models, theories, principles, and concepts in the psychosocial care of adults.

- A. Legal and ethical aspects of psychosocial nursing practice
 1. Legal aspects
 - a. Law 408
 - b. HIPAA law
 - c. Patients' bill of rights
 - d. National patient safety goals
- B. Ethical aspects
 1. Ethical concerns in psychosocial nursing practice
 2. Ethical decision making
 3. Theoretical models of psychosocial care
 - a. Psychosocial model
 - b. Social model
 - c. Behavioral model
 - d. Medical model
 - e. DSM V-TR vs DSM V

Unit II: Apply cultural sensitivity concepts and evidence-based nursing practice in treatment modalities.

- A. Somatic care
 1. Brief and debrief check list
 2. Psycho pharmacy (patient safety 03.03.01, 03.04.01)
 3. Electro convulsive therapy (patient safety 01.01.01, 01.03.01)
 4. Phototherapy
 5. Sleep deprivation
 6. Trans cranial magnetic stimulation
 7. Vagal nerve stimulations
 8. Non somatic therapy
 9. IM SAFE check list
 10. Individual therapy
 11. Group therapy
 12. Family therapy
- B. Alternative and complementary therapies

1. Acupuncture
2. Exercise
3. Meditation and yoga

Unit III: Use therapeutic communication skills in interventions with adults.

- A. Phases of therapeutic relationship (Health literacy)
 1. Pre interaction
 2. Introduction
 3. Termination
- B. Factors that affect therapeutic relationships
 1. Facilitators
- C. Therapeutic techniques
 1. Impasses
 2. Resistance
 3. Transference
 4. Counter transference
- D. Nursing process using evidence-based nursing practice
 1. Assessment
 - a. Neuro status
 - b. Psychiatric history
 - c. Genogram, ecomap
 - d. Nursing diagnosis
 - i. NANDA
 - e. Expected outcomes
 - i. NOC
 - f. Care Plans
 - i. NIC
 - g. Family integrations
 - h. Implementations
 - i. Evaluations
 - j. Documentations

V. ACTIVITIES

- A. Large and small group discussions
- B. Role playing
- C. Assigned readings
- D. E-portfolio
- E. ATI
- F. NLN
- G. Socratic
- H. PICO
- I. Simulations
- J. Case studies
- K. Gaming
- L. Concept maps

VI. EVALUATION

| CRITERIA | POINTS | % of the FINAL GRADE |
|---|-------------------|----------------------|
| Clinical executory (includes nursing care plans) | 100 POINTS | 40 % |
| Therapeutic communication process | 100 POINTS | 10 % |
| Diary Reflexive | 100 POINTS | 15 % |
| Case Study | 100 POINTS | 25 % |
| Attendance | 100 POINTS | 10 % |
| TOTAL | 700 POINTS | 100 % |

VII. 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 others 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.

E. Clinical practice in diverse scenarios

This course considers clinical practice in diverse scenarios such as hospitals, mental health patients centers, psychosocial centers, psych pedagogical centers, partial hospitalization centers, and simulation laboratories, among others. There is a minimum of a four weeks period, at the school laboratory to acquire skills before going to the clinical scenario. In the event of the occurrence of special situations which would be beyond of the School of Nursing an alternate plan would be considered.

VIII. EDUCATIONAL RESOURCES

A. Text Book

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

B. Required Texts:

American Psychiatric Association. (2013). *Manual diagnostico y estadístico de los trastornos mentales. DSM V*. Barcelona: Masson, S.A.

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

Patton K. T. & Thibodeau, G. A. (2012). *Anatomy and Physiology*. 8th Ed. St. Louis, MO: Elsevier.

Silvestri, L.A. (2014). *Saunders Comprehensive Review for the NCLEX-RN Examination*. 6th Ed. St. Louis: Saunders Elsevier.

Hamilton, Harper, & Moore (2012) *Nursing documentation using electronic health records*. Mc-Graw Hill.

C. 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 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 centred

- Picker Institute www.pickerinstitute.org
- Cultural competence www.thinkculturalhealth.org
- Patient-Centered Outcomes Research Institute : <http://www.pcori.org/>

Quality Improvement

- Institute healthcare improvement www.ihl.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>
- The Science Improving Patient Safety video:
http://www.youtube.com/watch?v=jxxkz-WeV_w
- 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/>
- Departamento de Salud Gobierno de Puerto Rico
<http://www.salud.gov.pr/Pages/default.aspx>

Integrated Science

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

NCLEX-RN

- National Licensure Compact Update
www.youtube.com/watch?v=KgYXULIGoa8
www.bon.texas.gov/about/October11/6-1.pdf
- Online NCLEX REVIEW Maternity lecture
www.youtube.com/watch?v=NQeBDGkikY
- Ten Questions and Answers about Taking the NCLEX-RN
<http://www.nsna.org/CareerCenter/CareerPrep.aspx>

Mental health

- 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

- **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

- **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)*

- **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

- **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

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