

**MONTANA STATE UNIVERSITY**  
**COLLEGE OF NURSING**  
**Master Resource Outline**

NRS 341: Psychosocial Nursing Concepts  
Credits: 3 (2 lecture; 1 college laboratory)  
Semesters Offered: F, Sp, Su  
Prerequisites: NRS 115, NRS 220, NRS225,  
NRS 238, NRS 258 \* [co-requisites for ABSN only]

Course Description: This course explores selected psychosocial concepts and theories basic to nursing practice with clients across the lifespan in a variety of settings. Topics include family theory, palliative care, crisis theory, anxiety, loss, grief and other human responses; and related psychosocial nursing strategies.

Course Objectives: The student will:

1. Analyze psychosocial factors that influence health and health behavior. (F2-6, 10, 11, 13; T2, 3, 5, 6, 9, 11)
2. Explain dynamics for behaviors encountered in the nurse-client relationship. (F2-6, 9, 13; T2, 3, 5-7, 9, 12)
3. Assess selected families using family theories. (F1-12; T2, 3, 5-7, 12)
4. Examine the theoretical basis of palliative care. (F2-13; T1-7, 9)
5. Identify nursing interventions for clients experiencing crisis situations. (F1-7; 9-11; T1-9; 12)
6. Assess the effects of culture, beliefs, and values on the health seeking behavior of individuals, families and groups across the lifespan. (F1-7, 9-12; T1-7, 9, 12)
7. Explain patterns in family violence, addictive behaviors and psychophysiological distress. (F1-13; T1-7, 9, 12)
8. Identify the nurse's legal and ethical responsibilities related to abuse. (F1-13; T1-3, 5-7, 9-12)
9. Formulate psychosocial nursing strategies for the health promotion of individuals, families and groups across the lifespan,. (F1-13; T1-13)
10. Students will demonstrate behaviors that are congruent with the MSU Code of Conduct, CON Student Handbook, ANA Code of Ethics, Scope and Standards of Practice, and Social Policy Statements in all class related interactions..(F2-10; 12, 13; T2-10; 12, 13)

Recommended Content and Concepts:

1. Health promotion and nurse's role, alternative & complimentary therapies, holistic health model.
2. Therapeutic use of self, therapeutic communication, identification of values, behaviors and attitudes, values clarification related to selected issues, including end of life concerns, i.e. advance directives/POLST, and power of attorney.
3. Family roles, functions, structure
  - Developmental stages of the family
  - Review of family theories
  - Clinical strategies for working with families

4. Palliative theory
5. Crisis theory and intervention, powerlessness, loss and grief theory, anxiety, stress

#### Suggested Student Learning Activities

Reflective journaling

Interviewing

Community cultural visits

Hospice visit

Preparing and giving a speech about interventions with an anxious client

Instructor guided group exercises and activities

Independent group exercises and activities

Visit to funeral home

Visit to art museum (tied with community based psychosocial health embedded in aesthetic)

Written exercises

Process recording exercises

Role playing exercises

Find and share evidence related to psychosocial concepts ("Journal Club" or "Psychosocial Nursing Rounds")

**Approved by UAAC: April 14, 2014**

**Approved by Faculty: May 1, 2014**