NRSG 341: Psychosocial Nursing Concepts
Credits: 3 (2 lecture; 1 college laboratory)
Semesters Offered: F, Sp
Prerequisites: NRSG 115, NRSG 220, NRSG225, NRSG 238, NRSG 258

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 functioning of 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. Demonstrate characteristics for professional nursing. (F1-13; T1-13)
11. Students will demonstrate behaviors that are congruent with the 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
   Characteristics of functional vs. dysfunctional families
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 19, 2012
Approved by Faculty: May 3, 2012