Course Description: This course explores selected psychosocial concepts and theories basic to nursing practice with clients 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.
2. Explain dynamics for behaviors encountered in the nurse-client relationship.
3. Assess functioning of selected families using family theories.
4. Examine the theoretical basis of palliative care.
5. Identify nursing interventions for clients experiencing crisis situations.
6. Assess the effects of culture, beliefs, and values on the health seeking behavior of individuals, families and groups.
7. Explain patterns in family violence, addictive behaviors and psychophysiological distress.
8. Identify the nurse's legal and ethical responsibilities related to abuse.
9. Formulate psychosocial nursing strategies for the health promotion of individuals, families and groups.
10. Demonstrate characteristics for professional nursing.
11. Demonstrate responsibility and accountability reflecting professional values.

Recommended Content

A. Health promotion and nurse's role, alternative & complimentary therapies, holistic health model.
B. Therapeutic use of self, therapeutic communication, identification of values, behaviors and attitudes, values clarification related to selected issues.
C. 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
D. Palliative theory
E. Crisis theory and intervention, powerlessness, loss and grief theory, anxiety, stress
management theory, relaxation response, coping strategies, defense mechanisms.

F. Cultural beliefs and values of a variety of populations
   Cultural assessment of populations
   Effects of culture, beliefs, and values on health seeking behavior

G. Addictive behavior, abusive behavior, powerlessness, stress/anxiety/distress.

H. Addiction theories and treatment
   Codependency/family responses
   Cycle of violence; resources in community
   Substance abuse in nurses
   Stress related disorders

Examples of Learning Activities

Assessments of psychosocial status of an individual
Assessments of families, communities and groups
Assessment of a cultural group
Participation in self help groups/support group/staff group
Utilization of Process Recordings
Discussion formats focused on developed clinical scenarios and case studies
Discussion format to share student's clinical experiences
Lecture
Appropriate audio visual and computer assisted instruction materials
Experiential Exercises (classroom setting) such as:
   - stress reduction techniques
   - values clarification
   - assertiveness techniques
   - therapeutic touch
Participation in wellness clinics

Approved by Faculty December 2001