



College of Nursing  
**UNIVERSITY OF THE PHILIPPINES MANILA**  
The Health Sciences Center

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## **N108 Nursing Care of Patients with Problems in Psychosocial Adaptation and Adjustment MENTAL HEALTH AND PSYCHIATRIC NURSING**

### **COURSE GUIDE FOR SECTION 2 1st Semester, AY 2023-2024**

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### **COURSE DESCRIPTION:**

The course provides opportunities to demonstrate a beginning nurse's role in the care of the individual with problems in psychosocial adaptation/adjustment and those with acute psychiatric conditions including their families.

**COURSE CODE:** N-108 (Nursing Interventions III-B)

**COURSE CREDIT:** 4 units (1.5 units lecture, 0.5-unit laboratory, 2 units clinicals)

**PREREQUISITE:** N107

### **COURSE DELIVERY:**

Synchronous and asynchronous lecture sessions delivered through a Learning Management System (LMS) via UP Virtual Learning Environment (VLE); Face to face Laboratory Sessions and Clinical Duty

### **COURSE TEAM:**

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Ma. Rita V. Tamse, MN, RN; [mtamse@up.edu.ph](mailto:mtamse@up.edu.ph)

*\*Course Coordinator*

### **COURSE OUTCOMES:**

1. Build a therapeutic working relationship with clients, their family and/or significant others based on trust, respect and shared decision making
2. Provide safe, quality, holistic and evidence-based nursing care for individuals with or at risk for problems in psychosocial adaptation and adjustment, including their families
3. Use critical thinking in selecting appropriate interventions clients with or at risk for problems in psychosocial adaptation and adjustment, and their families
4. Perform complete, accurate, and up to date recording and reporting system based on the existing protocol and data privacy act
5. Demonstrate professionalism by adhering to ethico-moral and legal principles in the provision of mental health care
6. Facilitate effective interprofessional communication, teamwork and community engagement towards client-centered care



7. Apply management and leadership principles in the care of clients with or at risk for problems in psychosocial adaptation and adjustment, as well as their families in varied settings
8. Demonstrate integrity, culture and gender sensitivity, respect for human dignity, social justice and lifelong learning in mental health and psychiatric nursing practice
9. Advocate for mental health and psychosocial wellness in varied settings and relevant situations

**TEACHING-LEARNING ACTIVITIES:**

- Self-awareness exercises
- Lecture-discussion on mental health psychiatric nursing
- Laboratory sessions on therapeutic communication techniques and handling psychiatric emergencies (use of standardized patient, simulation)
- Supervised (virtual/face to face) clinical experience in primary, secondary and tertiary duty
- Conduct of an individual, family and group psychoeducation
- Facilitation of individual/group activities for mental health clients
- Literature review and journal reporting
- Process recording and other self-analysis methods/ techniques
- Case analysis/ Case discussions, group presentation
- Mentoring (e.g., supervised home visits; consultations)
- Group reports, class discussions and sharing of experiences
- Journaling

**COURSE SCHEDULE:**

Wk	Date	Lecture	Laboratory	Primary	Secondary	Tertiary
1	Oct 23-27					
2	Oct 30-Nov 3					
3	Nov 6-10					
4	Nov 13-17					
5	Nov 20-24					
6	Nov 27-Dec 1					
7	Dec 4-8					
8	Dec 11-15					



SCHEDULE	LECTURE TOPICS
<p><b>Lecture Day 1 (Oct 23)</b></p>	<p><b><u>COURSE ORIENTATION (Synchronous)</u></b>          via Zoom at 8:00-9:00 am</p> <p><b>Unit I. Introduction to Mental Health Psychiatric Nursing</b></p> <ul style="list-style-type: none"> <li>● Defining Mental Health and Mental Illness</li> <li>● Scope, Goals, Roles and Functions of the Nurse in Mental Health</li> <li>● Therapeutic Use of Self and Therapeutic Communication</li> <li>● The Therapeutic Nurse Client Relationship</li> <li>● Epidemiological Trends of Mental Illness in the Philippines</li> <li>● The Philippine Mental Health Law</li> <li>● Legal considerations/Issues</li> <li>● The Filipino as MHPN Client</li> </ul> <p><b>Unit II. Assessment in Mental Health Psychiatric Nursing</b></p> <p><b>Applying the Nursing Process in MHPN: <i>Assessment</i></b></p> <ul style="list-style-type: none"> <li>● Physical Exam / Nursing History</li> <li>● Mental Status Exam</li> <li>● Family Genogram</li> <li>● Anamnesis</li> <li>● Psychiatric Nursing Interview: Principles and Techniques</li> <li>● Diagnostic Exams: Psychological Tests &amp; Laboratory Exams</li> </ul> <p><b>Applying the Nursing Process in MHPN: <i>Analysis</i></b></p> <ul style="list-style-type: none"> <li>● Psychodynamic Formulation</li> <li>● Ego Defense Mechanisms</li> <li>● Conceptual Frameworks: Biological, Psychoanalytic, Cognitive-Behavioral, Social-Interpersonal, Spiritual and/or Cultural</li> </ul> <p><b>Applying the Nursing Process in MHPN: <i>Diagnosis</i></b></p> <ul style="list-style-type: none"> <li>● Diagnostic And Statistical Manual Of Mental Disorders, 5<sup>th</sup> Ed</li> <li>● Overview of Behavioral Patterns</li> <li>● Nursing Diagnoses in MHPN (NANDA typology, etc.)</li> </ul>
<p><b>Lecture Day 2 (Oct 24 )</b></p>	<p><b><u>Synchronous Session with Course Faculty</u></b>          Live Q &amp; A about Unit 1-2 Lecture Topics          Orientation to the Laboratory Sessions          via Zoom at 8:00-9:30 am</p> <p><b>Unit III. Applying the Nursing Process in MHPN: Planning for Specific Disorders and Maladaptive Behavior Patterns</b></p> <ul style="list-style-type: none"> <li>✓ Behavioral Focus: Regressed, Repetitive Behaviors, Inattention, Impulsive, Hyperactive             <ul style="list-style-type: none"> <li>A. <b>Neurodevelopmental Disorders:</b> Intellectual Disabilities, Autism Spectrum Disorder, ADHD</li> <li>B. <b>Neuro-degenerative Disorders:</b> Delirium, Major and Mild Neurodegenerative Disorder</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>✓ Behavioral Focus: Projective, Hallucinating, Delusional, Suspicious/Paranoid           <ul style="list-style-type: none"> <li>C. <b>Schizophrenia Spectrum and Other Psychotic Disorders:</b> Brief Psychotic Disorder, Schizophreniform, Schizophrenia, Schizoaffective, Delusional Disorder and Psychotic Disorder due to Another Medical Condition</li> </ul> </li> <li>✓ Behavioral Focus: Depressed, Withdrawn, Suicidal, Hyperactive, Manic           <ul style="list-style-type: none"> <li>D. <b>Bipolar and Related Disorders:</b> Bipolar I Disorder, Bipolar II Disorder and Cyclothymic Disorder</li> <li>E. <b>Depressive Disorders:</b> Major Depressive Disorder, Persistent Depressive Disorder</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>✓ Behavioral Focus: Anxious/Panic, Obsessive, Compulsive           <ul style="list-style-type: none"> <li>F. <b>Anxiety Disorders:</b> Phobia, Panic Disorder, Agoraphobia, Generalized Anxiety Disorder</li> <li>G. <b>Obsessive- Compulsive and Related Disorders:</b> Obsessive-Compulsive Disorder, Body Dysmorphic Disorder</li> <li>H. <b>Trauma- and Stressor- Related Disorders:</b> Acute Stress Disorder, Posttraumatic Stress Disorder</li> </ul> </li> <li>✓ Behavioral Focus: Manipulative, Anxious, Depressive           <ul style="list-style-type: none"> <li>I. <b>Somatic Symptom and Related Disorders:</b> Somatic Symptom Disorder, Conversion Disorder, Factitious Disorder</li> <li>J. <b>Feeding and Eating Disorders:</b> Pica, Rumination Disorder, Anorexia Nervosa, Bulimia Nervosa, Binge-eating disorder</li> <li>K. <b>Gender Dysphoria and Sexual Dysfunctions:</b> Gender Dysphoria (in Children and in Adolescents and Adults), Sexual dysfunctions and Paraphilia</li> </ul> </li> <li>✓ Behavioral Focus: Angry/Hostile, Passive-Aggressive, Dependent, Suspicious, Addictive           <ul style="list-style-type: none"> <li>L. <b>Disruptive, Impulse-Control, and Conduct Disorders:</b> Oppositional Defiant Disorder, Conduct Disorder</li> <li>M. <b>Substance-Related and Addictive Disorders</b></li> <li>N. <b>Personality Disorders</b></li> </ul> </li> </ul>
<p><b>Laboratory Day 1</b>  <b>(Oct 25- AM)</b></p>	<p><b>Quiz 1:</b> Unit 1-2 (20 items)  <b>Laboratory Session 1 (Face to Face):</b>  <b>Psychiatric Assessment and Interview</b></p> <p>Group Discussion: Case Vignette</p> <p>Note: 27 students (3 groups, 9 members each)          2 sets (divide the group into 2 smaller groups)          Invite 6 actors</p>



<p><b>Lecture Day 3 (Oct 25 - PM)</b></p>	<p><b>Unit IV. Applying the Nursing Process in MHPN: <i>Implementation and Evaluation</i></b></p> <ul style="list-style-type: none"> <li>● Primary Prevention in MHPN</li> <li>● Psychosocial Interventions for Mental Health Promotion (e.g., Self-Care, Relaxation Techniques, etc.)</li> <li>● Treatment Modalities/Interventions             <ul style="list-style-type: none"> <li>○ Biological Therapies: Drugs/Psychopharmacology &amp; ECT</li> <li>○ Psychodynamic Therapy: Psychotherapy</li> <li>○ Behavioral Therapy</li> <li>○ Milieu Therapy</li> </ul> </li> <li>● Group Therapy and Family Therapy</li> <li>● Others: Occupational Therapy, Attitude Therapy, Expressive Therapies and other Contemporary Therapies</li> <li>● Rehabilitation and the Family</li> <li>● Role of the Community in the Rehabilitation Process of the Patient</li> </ul> <p><b>Unit V-A. Management of Psychiatric Emergencies</b></p> <ul style="list-style-type: none"> <li>● Handling Disturbed and Violent Behaviors (Suicidal &amp; Assaultive)</li> <li>● Safety measures (for client and others)</li> <li>● Self-defense/ Breakaway techniques (for caregivers)</li> </ul> <p><b>Unit V-B. Trends and Issues in the practice of MHPN</b></p> <ul style="list-style-type: none"> <li>● Day Care</li> <li>● Forensic Psychology</li> <li>● Palliative and Hospice Care</li> <li>● Trauma care; Disaster Response / Psychosocial Interventions</li> <li>● Addictive Behaviors and Drug Use</li> <li>● Workplace Mental Health; Burnout and Compassion Fatigue</li> <li>● Online Social Engagement</li> <li>● Culture and Gender Sensitivity</li> <li>● Telemental health</li> </ul>
<p><b>Laboratory Day 2 (Oct 26 - AM)</b></p>	<p><b><u>Laboratory Session 2A (Face to Face):</u></b>          Psychosocial Interventions for Common Maladaptive Behaviors:          Role Play and Presentation of NCP</p> <p><b><u>Quiz 2:</u></b> Unit 3 (20 items)</p>
<p><b>Laboratory Day 3 (Oct 27 - AM)</b></p>	<p><b><u>Quiz 3:</u></b> Unit 4 &amp; 5 (20 items)  <b><u>Laboratory Session 2B (Face to Face):</u></b>          Simulation: Handling Difficult Behaviors (2 hours)</p> <ul style="list-style-type: none"> <li>● Depression/Suicide</li> <li>● Psychosis / Disorganized</li> <li>● Mania/ Manipulative/ Personality traits</li> <li>● With plenary discussion (1 hour)</li> </ul>
<p><b>TBA</b></p>	<p><b><u>Laboratory Session 3 (Face to Face):</u></b>          Simulation: Management of Psychiatric Emergencies</p>



<b>October 31</b> Tuesday	<b><u>Orientation to the Primary Clinical Rotation</u></b> 9:00 -10:30 am via Zoom
<b>November 6</b> Monday	<b><u>FINAL EXAM (FACE TO FACE)</u></b> 8:00 - 10:00 am

### COURSE REQUIREMENTS

For the lecture portion, refer to the study guides for the requirements on each topic. There will be a separate document about the guidelines for the clinical component of the course which will include a list of requirements for each rotation. For the clinical portion, it is a requirement to pass the primary level before proceeding to the secondary and then the tertiary clinical duty.

### BASIS FOR EVALUATION:

<b>Lecture (1.5 units):</b>		<b>Clinicals (2 units):</b> Weight of different levels	
Final Exam Passing: 60%	65%	Primary	30%
Attendance and Class Participation	10%	Secondary	40%
Quizzes	25%	Tertiary	30%
<b>Total</b>	<b>100%</b>	<b>Total</b>	<b>100%</b>
<b>Laboratory (0.5 units):</b>			
Attendance	10%		
Class Participation and Peer Evaluation	30%		
Group Output (Lab Exercises)	60%		
<b>Total</b>	<b>100 %</b>		



## COMMUNICATION PLAN

- **Synchronous Sessions**  
Regular meetings via Zoom will be scheduled for group discussions, updates, consultations, monitoring, and feedback. If needed, sessions will be recorded for those who won't be able to attend. Refer to the course guide and coordinate with the faculty-in-charge for the schedule of synchronous sessions.
- **Course Site**  
UPM VLE will also be used for announcements or updates relevant to the course.
- **E-mail**  
For course related concerns, you can send an email to the course coordinator, Asst. Prof. Maria Angela Mabale at [mamabale@up.edu.ph](mailto:mamabale@up.edu.ph). You can also message your respective faculty-in-charge for questions/clarifications about client care and other group activities.
- **Facebook Messenger, Viber, SMS, Google Chat**  
We can communicate reminders or any urgent messages on the agreed upon communication platform between the group and the faculty-in-charge.

## HOUSE RULES

- 1) At the beginning of the semester, the course guide will be made available to students in our VLE course site. Other materials will be uploaded on the course site as we go along with the course.
- 2) The course guide includes a **Learner's Contract** which the student needs to sign and upload to the designated submission bin in VLE as proof of agreement to the learning/teaching content and modality. This enables us to attain the course outcomes and achieve a final grade.
- 3) Observe network etiquette when posting in the discussion boards. Your participation in the online discussion forums is a part of your class participation grade in the lecture component of the course. Therefore, your contribution should be **substantive, constructive, and relevant** to the topics.
- 4) During synchronous zoom meetings, please be mindful of the following:
  - a. Keep a presentable appearance  
*Although you are in a study-at-home mode, it is good and professional practice to look presentable during online sessions.*
  - b. Mute your microphone





*To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.*

- c. Be mindful of background noise  
*When your microphone is not muted, avoid activities that could create additional noise, such as shuffling papers.*
- d. Position your camera properly  
*If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible. Doing so helps create a more direct sense of engagement with other participants.*
- e. Limit distractions  
*You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and muting your smartphone.*
- f. Avoid multitasking  
*You'll retain the discussion better if you refrain from replying to emails or text messages during the meeting and wait to work on that PowerPoint presentation until after the meeting ends.*
- g. Prepare materials in advance  
*If you will be sharing content during the meeting, make sure you have the files and/or links ready to go before the meeting begins.*

From: (<https://www.technology.pitt.edu/blog/zoom-tips>)

- 5) In compliance with the MEMORANDUM NO. CCDP-2022-022 of UP Manila, there will be no deadlines for submission of assignments in the lecture component of the course. However, the Faculty may send a gentle reminder regarding these, as your submissions are part of your final grades. In this way, you will also give an ample amount of time for your FIC to grade your requirements and provide feedback.
- 6) In connection with No. 5, you are expected to submit the requirements in the format provided. Most submissions must be in PDF file, unless stated otherwise. Should uploading to the G-Drive be necessitated, make sure to: a) submit the G-Drive link; and b) assign all faculty as editors.
- 7) During synchronous sessions, please inform your FIC should you be late or you have connectivity issues.
- 8) Face to face meetings will be announced by the course team. Wear the prescribed uniform and observe health and safety protocols at all times.
- 9) The schedule of synchronous sessions and examinations will be provided during the start of the course; therefore, it is expected that students will inform the faculty before the date if attendance is not possible.
- 10) Observe **intellectual honesty** at all times in the conduct of the course and in the fulfillment of your course requirements. There are University rules against plagiarism and cheating which will be strictly enforced.



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- 11) **SETTING LIMITS.** In handling clients during the primary and tertiary duty, please make sure that you set boundaries such as but not limited to no form of communication outside of the course and connecting on Facebook and/or other social media platforms. This is an important aspect in maintaining a professional relationship with your clients. Further instructions will be given during our course.
  
- 12) **LIGHT UP.** This discussion forum will be our break room where you are encouraged to post anything that is non-ACADEMIC per week for the whole duration of the course. You can also post pictures/ videos, really anything-- in English or Tagalog! Feel free to react to your classmate's posts as well. This will be an opportunity for virtual *kuwentuhan* that sometimes we are missing out because of the remote learning set-up.

Thank you and we are looking forward to a lot of learning experiences with you!

Prepared by:

A handwritten signature in black ink, appearing to read "Mabile".

**MARIA ANGELA A. MABALE, MA (NURSING), RN**  
Faculty and N108 Course Coordinator