



Guidelines for Secondary Level Clinical Experience
N-108 Care for Clients with Problems in Adaptation and Adjustment
First Semester, AY 2023-2024

CLINICAL OBJECTIVES:

Given an individual with problems in psychosocial adjustment, the student will be able to:

1. Establish trust and rapport with the patient.
2. Utilize therapeutic communication techniques in the nurse-patient interaction.
3. Assess the health status based on the:
 - psychiatric nursing history
 - anamnesis
 - mental status exam
 - diagnostics exam
 - physical assessment
 - psychodynamic paradigm
 - other psychiatric assessments
4. Analyze client data utilizing various theoretical perspectives
5. Formulate plan of care based in priority nursing diagnosis
6. Implement appropriate interventions such as:
 - Promoting ADLs and self-care activities
 - Milieu therapy
 - Psychopharmacology
 - Psychoeducation
 - Socialization
7. Evaluate psychiatric nursing care rendered
8. Record data accurately
9. Demonstrate integrity, culture and gender sensitivity and respect for human dignity in client care.
10. Identify opportunities for collaboration with other health care professionals
11. Mobilize resources for continuity of care

CLINICAL POLICIES:

1. All students will report to the clinical area 15 minutes prior to the scheduled duty. The student who reports to the area 15 minutes after the start of duty is considered absent but can continue to work in the clinical area.
2. Uniform is the prescribed UPCN hospital uniform **WITHOUT** the apron. Well-pressed uniform should be clean. Observe appropriate grooming.
 - For females: do a hair bun for long hair, apply light make-up, wear wrist watch with second hand, avoid wearing jewelry, trim nails and avoid nail polish. Hairpins/strings will be colored black or dark blue.

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- For male: fix hair neatly, no mustache, no beard, wear wrist watch with second hand, avoid wearing jewelry, trim nails and avoid nail polish.
- 3. Written requirements will be submitted depending on the agreed date/time with the faculty.
- 4. You should embody the UPCN core values: Integrity, Nationalism, Caring, Excellence, Learning, and Leadership.

Health and Safety Protocols

1. The students are required to wear a KN95 mask all the time.
2. Eating together with social distancing is not allowed.
3. The students are required to report to UPM BESTS daily before the start of the clinical duty and in the afternoon.
4. If the student is experiencing any COVID-19 associated symptom, they are NOT ALLOWED to go on duty and should inform their FIC and wait for further advice.
5. If the student had a known high-risk exposure to COVID-19, they should inform their FIC but if they are not experiencing any symptoms they could still come for duty as long they will maintain strict safety protocols and monitoring of symptoms.

SAMPLE WARD SCHEDULE

6:00 -7:00 am	Endorsement, Rounds and Morning Exercise
7:00-8:00	Morning care and Medications
8:00-9:00	Nurse Patient Interaction (Individual)
9:00-10:00	Group activity with Clients/ Caregivers
10:00-11:00	Documentation and Post Conferences/ Ward Class

DAILY STUDENT ACTIVITIES AND REQUIREMENTS

	Activities	Requirements
Day 0 (Pre-duty)	<ol style="list-style-type: none"> 1. Wellness Check 2. Expectation Setting 3. Orientation <ul style="list-style-type: none"> • Clinical Guidelines • Groupings & Schedule • Performance Evaluation Checklist (VLE) • Ward 7 Orientation Video (VLE) 	Create a google drive folder for secondary papers with the following: <ul style="list-style-type: none"> • Psych Assessment Papers • NCP & Nurses' Notes (per day) • Student Journal/Diary



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Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
 Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
 Email: upm-cn@up.edu.ph



Day 1	<ul style="list-style-type: none"> • Ward Orientation • Observation of Ward Activities • Patient Assignment and Rapport Setting 	<ul style="list-style-type: none"> • Student Diary <p>Assign the following: Group Leader/ Coordinator Medication Nurse (Day 2-6) Facilitator of Ward Exercise (Day 2-6) Facilitator of Group Psychoeducation (Day 2-5)</p>
Day 2-3	<ul style="list-style-type: none"> • Morning Exercise • Preparation of Medications • Establish a nurse-client relationship • Review of client's psychiatric history • Assess client's mental health state • Group Psychoeducation • Documentation • Ward conference with faculty 	<p>Submit the following:</p> <ul style="list-style-type: none"> • Psychiatric History • PE • MSE • Drug study • Laboratory study • Nursing Care Plan (standard format) • Nurses' Notes • Student Diary
Day 4-5	<ul style="list-style-type: none"> • Morning Exercise • Preparation of Medications • Implementation of appropriate nursing interventions (based on NCP) • Review and carrying out of doctor's orders • Provide psychoeducation to patient and caregiver • Documentation of care given • Journal reporting/ Ward conference with faculty • Case Presentation 	<ul style="list-style-type: none"> • Nurses' Notes • Journal Report • Case Presentation with Psychodynamic Paradigm • Student Diary
Day 6	<ul style="list-style-type: none"> • Morning Exercise • Preparation of Medications • Review and carrying out doctor's orders • Group Socialization • Termination of nurse-client relationship • Contract setting for Tertiary • Documentation • Evaluation of the experience 	<ul style="list-style-type: none"> • Nurses' Notes • Student Diary • Process Recording • Final Clinical Papers

Nursing Care Plan Format:

ASSESSMENT	NURSING DIAGNOSIS	BACKGROUND KNOWLEDGE	GOAL AND OBJECTIVES	INTERVENTIONS AND RATIONALE	EVALUATION	
					Standard	Criteria

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Drug Study Format:

DRUG NAME	DOSE, ROUTE, FREQUENCY	ACTION	INDICATION	CONTRAINDICATION	NURSING CONSIDERATIONS

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