



Course Syllabus

N108- Nursing Care of Patients with Problems in Psychosocial Adaptation and Adjustment
First Semester AY 2024-2025

COURSE DESCRIPTION: The course provides opportunities to demonstrate a beginning nurse's role in the care of the individual with problems in psychosocial adaptation or adjustment and those with acute psychiatric conditions including their families in various health settings.

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: The course will be delivered through a combination of asynchronous, in-person lectures, hands-on laboratory sessions, and the three levels of care (primary, secondary, and tertiary) clinical practicum experiences.

COURSE TEAM: Julienne Ivan D. Soberano, MISW, MSN, RN; jdsobrano1@up.edu.ph
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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

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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
- Simulation based learning laboratory sessions
- Supervised clinical experience in primary, secondary and tertiary duty
- Conducting individual, family and group psychoeducation
- Facilitation of individual/group activities for mental health clients
- Process recording and other self-analysis methods/ techniques
- Case analysis/ Case discussions, group presentation
- Mentoring (e.g., supervised home visits; consultations)
- Individual and group reports
- Journaling

COURSE SCHEDULE:

Wk	Date	Activity	Venue
Batch 1			
1	August 19-23	Lecture	UPM Learning Resource Center AV Room, OUR Building 2nd Floor
2	August 26-29	Laboratory	UPCN 2nd Floor (TBA)
	August 30	Final Exam	UPCN
3	Sept 2-6	MHPN Primary Nursing Care	TBA
4	Sept 9- 13	MHPN Primary Nursing Care	TBA
5	Sept 16- 20	MHPN Secondary Nursing Care	PGH/NCMH
6	Sept 23-27	MHPN Secondary Nursing Care	PGH/NCMH
7	Sept 30-Oct 04	MHPN Tertiary Nursing Care	TBA
8	Oct 07-11	MHPN Tertiary Nursing Care	TBA
Batch 2			
9	Oct 14- 18	Lecture	UPM Learning Resource Center AV Room OUR Building 2nd Floor

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10	Oct 21- 24	Laboratory	UPCN 2nd Floor (TBA)
	Oct 25	Final Exam	UPCN
11	Oct 28- Nov 1	Reading Break	
12	Nov 04-8	MHPN Primary Nursing Care	TBA
13	Nov 11-15	MHPN Primary Nursing Care	TBA
14	Nov 18-22	MHPN Secondary Nursing Care	PGH/NCMH
15	Nov 25- 29	MHPN Secondary Nursing Care	PGH/NCMH
16	Dec 2- 6	MHPN Tertiary Nursing Care	TBA
17	Dec 9-13	MHPN Tertiary Nursing Care	TBA
18	Dec 16-19	Integration	PGH/NCMH

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



	<p>Behavioral Focus: Projective, Hallucinating, Delusional, Suspicious/Paranoid</p> <p>C. Schizophrenia Spectrum and Other Psychotic Disorders: Brief Psychotic Disorder, Schizophreniform, Schizophrenia, Schizoaffective, Delusional Disorder and Psychotic Disorder due to Another Medical Condition</p> <p>Behavioral Focus: Depressed, Withdrawn, Suicidal, Hyperactive, Manic</p> <p>D. Bipolar and Related Disorders: Bipolar I Disorder, Bipolar II Disorder and Cyclothymic Disorder</p> <p>E. Depressive Disorders: Major Depressive Disorder, Persistent Depressive Disorder</p>
Lecture- Day 3	<p>Unit II. Applying the Nursing Process in MHPN: Planning for Specific Disorders and Maladaptive Behavior Patterns</p> <p>Behavioral Focus: Anxious/Panic, Obsessive, Compulsive</p> <p>F. Anxiety Disorders: Phobia, Panic Disorder, Agoraphobia, Generalized Anxiety Disorder</p> <p>G. Obsessive- Compulsive and Related Disorders: Obsessive-Compulsive Disorder, Body Dysmorphic Disorder</p> <p>H. Asynchronous Lecture: Trauma- and Stressor-Related Disorders: Acute Stress Disorder, Posttraumatic Stress Disorder</p> <p>Behavioral Focus: Manipulative, Anxious, Depressive</p> <p>I. Somatic Symptom and Related Disorders: Somatic Symptom Disorder, Conversion Disorder, Factitious Disorder</p> <p>J. Asynchronous Lecture: Feeding and Eating Disorders: Pica, Rumination Disorder, Anorexia Nervosa, Bulimia Nervosa, Binge-eating disorder</p> <p>K. Asynchronous Lecture: Gender Dysphoria and Sexual Dysfunctions: Gender Dysphoria (in Children and in Adolescents and Adults), Sexual dysfunctions and Paraphilia</p> <p>Behavioral Focus: Angry/Hostile, Passive-Aggressive, Dependent, Suspicious, Addictive</p> <p>L. Disruptive, Impulse-Control, and Conduct Disorders: Oppositional Defiant Disorder, Conduct Disorder</p> <p>M. Substance-Related and Addictive Disorders</p>

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N. Personality Disorders	
Quiz Unit 1-2	
Lecture- Day 4	<p>Unit IV. Applying the Nursing Process in MHPN: <i>Implementation and Evaluation</i></p> <ul style="list-style-type: none"> ● Primary Prevention in MHPN <ul style="list-style-type: none"> ○ Psychosocial Interventions for Mental Health Promotion (e.g., Self-Care, Relaxation Techniques, etc.) ● Treatment Modalities/Interventions <ul style="list-style-type: none"> ○ Biological Therapies: Drugs/Psychopharmacology & ECT ○ Psychodynamic Therapy: Psychotherapy ○ Behavioral Therapy ○ Milieu Therapy ● Group Therapy and Family Therapy ● Others: Occupational Therapy, Attitude Therapy, Expressive Therapies and other Contemporary Therapies ● <u>Asynchronous Lecture:</u> Rehabilitation and the Family <ul style="list-style-type: none"> ○ Role of the Community in the Rehabilitation Process of the Patient
Lecture- Day 5	<p>Unit V-A. Management of Psychiatric Emergencies</p> <ul style="list-style-type: none"> ● Handling Disturb and Violent Behaviors (Suicidal & Assaultive) ● Safety measures (for client and others) ● Self-defense/ Breakaway techniques (for caregivers) <p>Unit V-B. Trends and Issues in the practice of MHPN</p> <ul style="list-style-type: none"> ● Day Care ● Forensic Psychology ● Palliative and Hospice Care ● Trauma care; Disaster Response / Psychosocial Interventions ● Addictive Behaviors and Drug Use ● Workplace Mental Health; Burnout and Compassion Fatigue ● Online Social Engagement ● Culture and Gender Sensitivity ● Telemental health
SCHEDULE	LABORATORY SESSIONS
Laboratory- Day 1	QUIZ Unit 3-5
	<u>Laboratory Session 1: Psychiatric Assessment and Interview</u>
Laboratory- Day 2	<u>Laboratory Session 2: Psychological First Aid</u>
Laboratory- Day 3	<u>Laboratory Session 3: Delusion</u>

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Laboratory- Day 4	<u>Laboratory Session 4: Management of Psychiatric Emergency</u>
Laboratory-Day 5	Final Exam
MHPN Primary Nursing Care Clinicals - Day 1	<u>Orientation to the MHPN Primary Nursing Care Clinical Experience</u> 07:00 am -12:00 pm

COURSE REQUIREMENTS

Lecture requirements for each topic are outlined in the study guide. A separate document will detail guidelines for the clinical component, including specific requirements for each rotation. Successful completion of the primary clinical level is a prerequisite for advancement to the secondary and tertiary levels

BASIS FOR EVALUATION

Lecture (1.5 units):		Laboratory (0.5 units)		Clinicals (2 units): Weight of different levels	
Final Exam <i>Minimum Passing level: 70%</i>	65%	Attendance	10%	Primary	30%
Attendance and Class Participation	10%	Class Participation and Peer Evaluation	30%	Secondary	40%
Quizzes	25%	Group Output (Lab Exercises)	60%	Tertiary	30%
Total	100%	Total	100 %	Total	100%

COMMUNICATION PLAN

- Course Site
UPM VLE will be used as repository for references, forms, and submission of requirements.
- E-mail
For course related concerns, you can send an email to the course coordinator, Asst. Prof. Julienne Ivan Soberano, MISW, MSN, RN. You can also message your respective faculty-in-charge for questions/ clarifications about client care and other group activities.

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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) Every student must wear the prescribed uniform and observe health and safety protocols at all times.
- 4) 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.
- 5) Please take note that students must PASS all components of the course to be able to get a grade. Passing the lecture and laboratory portion is a prerequisite to proceed in the clinicals.

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