



**N108- Nursing Care of Patients with Problems in Psychosocial Adaptation and Adjustment**  
First Semester AY 2024-2025  
**Guidelines for PRIMARY LEVEL Clinical Experience**

**CLINICAL OBJECTIVES:**

Given an individual and population group in a state of wellness, the student will be able to:

1. Establish a trusting relationship with the client
2. Utilize effective communication strategies in client interaction
3. Assess the client's mental health status
4. Analyze factors that hinder or promote the mental wellness of the client
5. Implement a plan of care for mental health promotion
6. Evaluate plan of care
7. Document client responses and outcomes of care based on data privacy guidelines
8. Identify community resources for mental health promotion
9. Demonstrate integrity, culture, and gender sensitivity, and respect for human dignity in client care
10. Facilitate group sessions on mental health and psychosocial wellness in selected at-risk population group

**SUGGESTED POPULATION GROUPS:**

First-year UP Manila College of Nursing Students  
Caregivers

**ACTIVITIES:**

1. Choose individuals and population groups you want to work with
2. Coordinate with appropriate institutions/agencies
3. Meet in person and/or virtually with individuals and selected population groups to assess their mental health promotion needs and a plan of care to address identified needs
4. Implement mental health promotion activities (individual/ group)
5. Evaluate plan of care

**REQUIREMENTS:**

1. Attend individual/ group consultation meetings with the faculty in charge. Create a portfolio of printed individual and group requirements. It should include:
  - a. Psychiatric nursing health history
  - b. PE/mental status exam
  - c. Results of psychological tests as appropriate
  - d. Nursing Care Plan
  - e. Progress notes
  - f. Evaluation



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2. Submit one (1) process recording (assessment is not included). See separate format/guide.
3. Submit a written group report which includes the following:
  - background of the population group selected (characteristics of the population group that may hinder and promote mental health)
  - assessment of actual mental health promotion needs identified
  - interventions that addressed the mental health promotion needs
  - evaluation of the interventions
3. Submit individual student diary. Use the following format
  - a. objectives for the day
  - b. narration of what transpired
  - c. evaluation of the set objectives
  - d. insights/reflections and analysis of what happened
  - e. Submit accomplished individual performance evaluation checklist and peer evaluation for the primary level at the end of the course.

**GRADE BREAKDOWN:**

Individual Grade: 70%

Group grade 20%

Peer evaluation 10%

**SCHEDULE:**

| <b>Freshies Group Schedule</b> |   |  |   |
|--------------------------------|---|--|---|
| <b>Date</b>                    | <b>Activity</b>                                       | <b>Requirement for Submission</b>                  | <b>Action</b>   |
| 09.04.24<br>(Wednesday)        | Recruitment of Clients<br>(Freshies Group Activity 1) |  | Submit in VLE<br>Submission Bin   |
|                                | Informed Consent Form                                 |  |   |
| 09.05.24<br>(Thursday)         | Individual Session 1:<br>Assessment                   | Group Activity 1 Report                            |   |
| 09.06.24<br>(Friday)           | Individual Session 2:<br>Assessment                   | Psychiatric nursing health history (Draft)         | To send through email to<br>the assigned faculty by<br>5PM in word format |
|                                |   | PE/mental status exam (Draft)                      |   |
|                                |   | Results of psychological tests (as<br>appropriate) |   |
|                                |   | Nursing Care Plan (Draft)                          |   |



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|                                      |  |   |                             |
|--------------------------------------|--|---|-----------------------------|
|                                      |  | Progress notes (Day 1 and 2)                    |                             |
| 09.09.24<br>(Monday)<br>08:00- 12:00 | Group Consultation<br>- Individual Case<br>Presentation and discussion | Psychiatric nursing health history              | Printed out portfolio       |
|                                      |  | PE/mental status exam                           |                             |
|                                      |  | Results of psychological tests (as appropriate) |                             |
|                                      |  | Nursing Care Plan                               |                             |
| 09.10.24<br>(Tuesday)                | Individual Session 3:<br>Implementation                                |   |                             |
|                                      | Group Activity 2   |   |                             |
| 09.11.24<br>(Wednesday)              | Individual Session 4:<br>Implementation                                | Group Activity 2 Report                         |                             |
| 09.12.24<br>(Thursday)               | Group Activity 3   |   |                             |
| 09.13.24<br>(Friday)                 | Individual Session 5:<br>Evaluation and Termination                    | Group Activity 3 Report                         |                             |
| 09.15.24<br>11:59 PM<br>(Sunday)     | FINAL PAPER SUBMISSION   |   | Submit to VLE in PDF Format |

| <b>Cancer Institute Schedule</b> |                                     |   |  |
|----------------------------------|-------------------------------------|---|--|
| Date                             | Activity                            | Requirement for Submission                      | Action   |
| 09.04.24<br>(Wednesday)          | Recruitment of Clients              |   | Submit in VLE Submission Bin                         |
|                                  | Informed Consent Form               |   |  |
| 09.05.24<br>(Thursday)           | Individual Session 1:<br>Assessment |   | Submit in VLE Submission Bin                         |
|                                  | Group Activity 1                    |   |  |
|                                  | Informed Consent                    |   |  |
| 09.06.24<br>(Friday)             | Individual Session 2:<br>Assessment | Psychiatric nursing health history (Draft)      | To send through email to the assigned faculty by 5PM |
|                                  |                                     | PE/mental status exam (Draft)                   |  |
|                                  |                                     | Results of psychological tests (as appropriate) |  |
|                                  |                                     | Nursing Care Plan (Draft)                       |  |
|                                  |                                     | Progress notes (Day 1 and 2)                    |  |
|                                  |                                     | Group Activity 1 Report                         |  |



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|                                      |  | PE/mental status exam                           |                             |
|                                      |  | Results of psychological tests (as appropriate) |                             |
|                                      |  | Nursing Care Plan                               |                             |
| 09.10.24<br>(Tuesday)                | Individual Session 3:<br>Implementation                                |   |                             |
|                                      | Group Activity 2   |   |                             |
| 09.11.24<br>(Wednesday)              | Individual Session 4:<br>Implementation                                | Group Activity 2 Report                         |                             |
| 09.12.24<br>(Thursday)               | Group Activity 3   |   |                             |
| 09.13.24<br>(Friday)                 | Individual Session 5:<br>Evaluation and Termination                    | Group Activity 3 Report                         |                             |
| 09.15.24<br>11:59 PM<br>(Sunday)     | FINAL PAPER SUBMISSION   |   | Submit to VLE in PDF Format |

**PRIMARY CLINICAL EXPERIENCE GROUPS AND ASSIGNED FACULTY**

| <b>Cancer Institute 1<br/>Faculty: JIDSoberano</b> | <b>Cancer Institute 2<br/>Faculty: MVTamse</b> |
|--|--|
| AGUILAR, JULIANA CARMELA LOPEZ                     | BARLAAN, MARIELLE LOIE ARCANO                  |
| AGUILAR, HACHELLE CHYAH DUMAGUIN                   | BATAK, PATRICIA MARI MONTERO                   |
| AMADAR, KRISTINE GABRIELLE AVENTURADO              | BIANZON, RHEA ALEGRE DELEON                    |
| ASMIRALDE, ALYANNA SALAMAT                         | BUCO, VANESSA LORRAINE IBALE                   |
| BAUTISTA, VINCE PANA                               | BUSTOS, MATTHEW DANIEL GUTIERREZ               |
| RAMOS, RIA GRACE REYES                             | REYES, ELYZZA NICKAYLE VILLAMIL                |
| CANDELARIA, KIMBERLY ANNE PANGAN                   | LIM, CHARLES JASPER TAN                        |
| CASTILLO, JUSTINE ANTIG                            | LOPEZ, CARLOS GABRIELLE TAN                    |
| DELA VEGA, PRINCESS ALLEN CARANDANG                | MAGNO, JESSE CYRILLE CASTOR                    |
| <b>UPCN Freshies 1<br/>Faculty: KLSiongco</b>      | <b>UPCN Freshies 2<br/>Faculty: BBVillarta</b> |
| FABRIGAS, JASON RAFAEL MAKALINAW                   | MATA, AUDREY KEZIAH BAROLA                     |
| GO, CAITLIN ONG                                    | MONTAÑEZ, ALLYSSA LHYE MORALES                 |



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|                                  |                                       |
|----------------------------------|---------------------------------------|
| SISON,AFLLY YSABEL GALANG        | SIY,TRISHA DENISE T.                  |
| YAGO,JAN BAGUNU                  | VELEZ,ANALI LIBRADILLA                |
| MORENO,ROGELSA MAE GUMAGAY       | PACHECO,MA VICTORIA PLACIDO           |
| NIETES,THERESE GAIL MAGOS        | PADRE,SAMANTHA MAUREEN MICHAELA SUING |
| OLEDAN,CHARLENE MARIELLE PONGASE | PATRICIO,PIOLO MIGUEL LAPUZ           |
| OMANDAM,ANGEL DHYRIEL NELLAS     | RACAL,KRIZIA NICOLE PAGAR             |
| SORSOGON,KRISHNA MAE MILLENA     | VARGAS,KAREN ANNE PASCUA              |

### Progress Notes Format

Name of the client: \_\_\_\_\_

Date: \_\_\_\_\_

### Objectives

- *Develop at least three specific, measurable, achievable, relevant, and time-bound (SMART) objectives for the client.*

### Interventions

- *Outline focus nursing interventions for the particular session to address the identified objectives, rationale, and plan of evaluation*

### Evaluation

- *Assess the client's progress toward achieving the objectives*
- *Evaluate the effectiveness of the interventions.*
- *Identify any modifications or adjustments needed to the plan.*