



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

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N-108 Care for Clients with Problems in Adaptation and Adjustment  
1st Semester, AY 2024-2025  
**Guidelines for Tertiary-Level Clinical Experience**

**LEARNING OUTCOMES:**

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

1. Establish a trusting nurse-client relationship with the family.
2. Use therapeutic communication techniques to promote trust, respect, family communication, and shared decision-making.
3. Assess the family health status based on the:
  - Initial database
  - Family structure, relationships, etc.
  - health status of family members
  - psychiatric nursing history, anamnesis, MSE
  - laboratory and diagnostic findings
  - physical assessment
  - other psychiatric assessments (of index client)
  - coping and communication patterns
  - social and cultural belief system
4. Identify the following:
  - reactions to the mental illness state
  - effects of the mental illness state on the family
  - coping strategies
5. Analyze the strengths and weaknesses of the family in promoting rehabilitation of the sick member
6. Illustrate and analyze the family diagram/genogram
7. Identify the family nursing problems
8. Work with the family in planning for rehabilitation
9. Implement care with the family
10. Evaluate care rendered in the family
11. Document outcomes of care based on existing protocol and ethico-legal principles
12. Demonstrate integrity, culture, gender sensitivity, and respect for human dignity in the care of family
13. Link patient to available support groups and/ or community assistance programs
14. Engage relevant community members towards patient-centered care
15. Conduct health teaching/ mental health awareness sessions for significant persons in the community to support patient recovery as deemed necessary





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## **FAMILY ASSESSMENT:**

**Direction:** This is a guide in assessing the family of an individual with psychosocial adjustment problems. The questions listed below are meant to help you identify family health problems in addition to the individual psychiatric assessment. Include as many family members in your assessment as possible. Pay special attention to the direct caregivers.

1. Knowledge, attitudes, beliefs, and practices of family members regarding:
  - cause of mental illness
  - treatment
  - care of afflicted family member
  - prognosis
2. Reactions of the family to the illness
  - cognitive
  - emotional
  - physical
  - behavioral
  - spiritual
3. Effects of mental illness on family:
  - social interaction with others
  - intra-family dynamics
  - economic status
  - home maintenance management
4. Coping Strategies
  - What do they do to help them cope with the problems?
  - How do they evaluate these coping mechanisms?
5. Needs of family members as perceived by them
  - What do they think they need to be able to help the afflicted family member?
6. The family diagram/genogram
  - symptomatic person
  - sibling position



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- the nuclear family's emotional process
- stresses
- emotional reactivity
- nuclear family adaptiveness
- extended family stability and intactness
- emotional cut-off
- therapeutic focus
- prognosis

**Home Visit Progress Notes Guidelines:**

This is a narration of what transpired during the home visit. It must include the following:

1. Objectives of the visit
  - 1.1 personal
  - 1.2 family-centered (this pertains to the objectives of care)
2. Narration of visit
3. Evaluation of whether the objectives were met
4. Analysis: Insights/reflections