

College of Nursing UNIVERSITY OF THE PHILIPPINES MANILA

The Health Sciences Center

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



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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ACTIVITIES:

- Choose a family client (based on set criteria) that you can work with face to face/ virtually.
- Coordinate with institutions/agencies
- Meet face-to-face or online with the family to assess their mental health and psychiatric rehabilitation needs
- Work with family in developing a plan of care to address identified family needs
- Implement family mental health interventions
- Evaluate care rendered

REQUIREMENTS:

- 1. Family Assessment and Family Nursing Care Plan
- 2. Family Progress Report of (Face-to-Face/ Virtual) Home Visits
- 3. Psychodynamic Formulation with Analysis
- 4. Student Diary/ Daily Reflection
- 5. Process recording

SCHEDULE:

No. of Visits: 5 visits (At least 45 minutes per session)

*Flexible schedule depending on client availability

	WEEK 1					WEEK 2				
ACTIVITIES	1	2	3	4	5	1	2	3	4	5
Initial Contact/ Rapport Setting *Secure Informed Consent										
Assessment										
Analysis/ Planning										
Implementation										
Evaluation/ Termination										



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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