

## 25428 - Psychosocial and cultural Sciences and Communication skills

### Syllabus Information

**Academic year:** 2023/24

**Subject:** 25428 - Psychosocial and cultural Sciences and Communication skills

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

275 - Escuela Universitaria de Enfermería de Huesca

375 - Escuela Universitaria de Enfermería de Teruel

**Degree:** 559 - Degree in Nursing

560 - Degree in Nursing

561 - Degree in Nursing

**ECTS:** 10.0

**Year:** 1

**Semester:** Annual

**Subject type:** Basic Education

**Module:**

### 1. General information

The subject is part of the group of basic subjects of the new undergraduate degrees in Health Sciences . It focuses on the functioning of our psyche throughout the life cycle. Through the knowledge of these aspects, students will be able to identify the psychosocial needs, desires and beliefs of individuals, families, and other culturally diverse groups. As a consequence of all the above , students will be more tolerant and respectful of the needs of all people, being able to respond appropriately to them. The acquisition of skills related to communication, helping relationships, respect and appreciation of the ethnic and cultural diversity are also objectives of this subject. Specific aspects such as the helping relationship and the techniques of psychosocial intervention and the transcultural bases of care will be studied in depth.

*These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations' 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the learning results of the subject provides training and competency to contribute to some extent to their achievement*

Goal 3: Health and Wellness.

Goal 5: Gender Equality.

Goal 10: Reduction of Inequalities

The subject is also part of the English Friendly program. This means that, in these subjects, foreign students will have, upon request

Program and course material in English.

Tutoring in English.

Evaluation (exams, homework...) in English.

### 2. Learning results

1. Identify, analyse and discuss the contributions of the psychic functions in the context of the health Sciences.
2. Develop communication skills.
3. Identify, analyse and discuss the meaning of working in a holistic, tolerant and non-judgmental manner
4. Designing psychosocial nursing assessments that evaluate and synthesize a range of information, respond to the needs of the individual, support their health and well-being, and maintain their dignity.
5. Know the language, concepts, tools and techniques of the social sciences that help nurses to understand the cultural phenomena of health, illness and care in society and its historical context.
6. Value the different responses to health/illness according to different cultures, the creation of identity, bodily expression, expression of emotions and the configuration of biological variations in diverse social and environmental contexts.
7. Understand the real and symbolic role that different health cultures have played and continue to play in the construction of beliefs and values about health, illness and their care.

### 3. Syllabus

#### THEORY

##### • Module 1. Basis of psychosocial nursing

o Topic 1. Introduction to psychosocial nursing (1h).

o Topic 2. Influence of evolution and culture on psychosocial processes (1h).

o Topic 3. Sociocultural determinants of health: Sex, gender, ethnicity, social and economic class (2h).

- o Topic 4. The influence of the environment (2h).
- o Topic 5. Learning (2h).
- o Unit 6. Attitudes (2h).
- o Topic 7. Motivation (2h).
- o Topic 8. Stereotypes (2h).
- o Topic 9. Aggression (2h).

• Module 2. Psychosocial aspects of care

- o Topic 10. Communication (2h).
- o Topic 11. Helping behaviour (1h).
- o Topic 12. Interpersonal skills (in the helping relationship) (2h).
- o Topic 13. Group and nursing (1h).

• Module 3. Basic psychological concepts

- o Topic 14. History of the mind and mental illness (2h).
- o Topic 15. Consciousness and sleep (2h).
- o Topic 16. Attention (2h).
- o Topic 17. Sensory perception (2h).
- o Topic 18. Pain (2h).
- o Topic 18. Language and thought (2h).
- o Topic 19. Memory (2h).
- o Topic 20. Intelligence (2h).
- o Topic 21. Personality (2h).
- o Topic 22. Types of psychological therapies. The role of the mental health nurse.

## SEMINARS

The following is a list of seminars that are considered of interest to develop in the subject. The choice of the seminars to be addressed is left to the discretion of each center.

### Psychological self-care.

- How to cope with stress? Relaxation techniques. Theory and practice.
- Mindfulness. Theory and practice.
- Care of the caregiver. Psychological and social aspects. Intervention.

### Communication skills in the nurse-patient relationship.

- Social vs. therapeutic communication. Case review I
- Groups and group techniques in nursing I

• Communication skills in the field of research.

- How to speak in public, how to present a paper at a Congress. Keys to effective communication.
- How to make an informative poster? And for a congress?

• Career opportunities and communication skills for job search.

- Career opportunities in nursing
- How to make a Curriculum Vitae?
- How to pass a successful interview.

### Some common problems requiring psychosocial intervention.

- A review of the main mental disorders.
- Eating Disorder.
- Psychosocial aspects in paediatrics.
- Psychosocial aspects in special situations: the surgical patient and the chronic patient.
- Terminal patient, bereavement and death care.
- Detection, attention and referral in cases of violence or mistreatment in all areas.
- Action protocols.
- Emergencies and catastrophes. Interdisciplinary intervention and coordination.

## 4. Academic activities

### 1. Master classes (50 h).

The content of the master classes is theoretical (point 3. Program of the subject) and supported by manuals of reference, study materials provided by the teachers in Moodle, and recommended readings during the term.

### 2. Seminars (37 h).

## 5. Assessment system

Evidence of achievement of the intended learning results should be demonstrated through the following assessment activities:

1.-Attendance and participation in all seminars scheduled during the subject and completion of a portfolio and reflection on the content of the seminars (up to 30% - or 3 out of 10 points - of the final grade of the subject ). The 30% is distributed as follows: 10% attendance, 10% participation and 10% portfolio.

If the student attends all the seminars, they will obtain 1 point of the total of the subject. This grade will decrease by 0.1 for each absence regardless of the cause (excused or unexcused).

If the student misses more than two seminars during the entire term without justification, they must take a seminar exam on the theory and practice of the seminars in order to obtain the 30% corresponding to this section.

Excused absences are only understood as those related to health problems demonstrated with medical justification. All other situations will not be considered as excused absences.

In the case of working people, students from other years who have to attend other university classes during the seminar schedule or people who have entered their studies as high performance athletes , this condition will be taken into account and it will be facilitated so that they can change their practice group in order not to miss seminars. However, they will have the same evaluation criteria as the rest of the students.

2.- Final exam of the subject (up to 70% - or 7 out of 10 points - of the final grade of the s).

The acquisition of theoretical knowledge explained in the lectures, and the ability to apply the theoretical content, skills and nursing competencies worked on in the seminars and work of the subject will be evaluated. There will be a 60-question multiple-choice test with 4 possible answers, only one of which is valid.

1 point will be deducted for every 3 failures.

The exam is considered passed with 36 correct answers which will be equivalent to 3.5 points out of a maximum of 7 that can be obtained with the exam. In case of not passing the exam (<36 correct questions), the subject will not be passed.

In case of repeating the subject and having passed the seminar part (point 1 of this section), the grade will be saved.

It is essential to pass both sections in order to pass the subject.

Requests for review of coursework and exam grades should be addressed to the faculty using the UNIZAR email account or through the MESSAGES function of Moodle.