

25441 - Applied Psychosocial Sciences and mental health Nursing

Syllabus Information

Academic year: 2023/24

Subject: 25441 - Applied Psychosocial Sciences and mental health Nursing

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: 6.0

Year: 3

Semester: Annual

Subject type: Compulsory

Module:

1. General information

Through this subject, students will be able to identify the psychosocial needs, desires and beliefs of the individual, families and other groups. As a consequence of the above, the student will be able to apply the emotional aspects in the care plans. They will be able to carry out care plans in relation to mental illness.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 () 2030 Agenda of the United Nations (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to their achievement.

Goal 3: Health and Wellness.

Goal 5: Gender Equality.

Goal 10: Reduction of Inequalities

2. Learning results

1-The student is able to design and implement a behaviour modification program, taking into account the needs, desires and beliefs of the user, integrating it into the nursing process and applying the methodology of Psychosocial Sciences

2-The student demonstrated the ability to detect the psychological, social, cultural, spiritual and environmental factors in relation to different diseases

3-The student demonstrated the ability to identify useful tools in different contexts to identify the psychological, social, cultural, spiritual and environmental factors in relation to different diseases.

4-The student demonstrated the ability to identify the usual psychological signs and symptoms in relation to the different diseases

5-The student demonstrated the ability to identify priorities for action in relation to the different diseases.

6-The student is able to design and implement a nursing care plan for a patient with a mental illness

3. Syllabus

Module I. Psychosocial nursing. Health behaviour modification. Stress. The burnout syndrome. Psychosocial aspects of cancer patients, hospitalized patients, victims of violence and terminally ill patients.

Module II. Psychopathology. Psychic phenomena: psychopathology of affectivity, perception, consciousness, psychomotor skills, attention, orientation and memory.

Module III. Mental Health and Mental Illness. Historical Perspectives. Schizophrenia. Schizophrenia care plan. Severe Mental Disorder. Affective Disorders. Care Plan. Delirium. Anxiety Disorders. Care plan. Eating Disorders. Care plan. Crisis Intervention. Nursing care in psychiatric emergencies. Personality disorders

Theoretical and practical 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 at the discretion of each center

- Family Therapy
- Psychosocial Aspects of Gender Violence
- Psychosocial Aspects of Job Stress and Burnout Syndrome
- Psychosocial Aspects of Personality Disorders

- Alcoholism
- Grieving
- Myths and realities in mental health
- Stigma in mental health
- Attachment theory
- Emotional education
- Testimonials in eating disorders
- Clinical cases in mental health

4. Academic activities

1. Theoretical lessons. 35 hours

Teaching methodology: Expository and explanatory sessions of contents.

2. Seminars. 25 hours

Teaching methodology: Problem-based learning, case resolution.

3. Group work. 24 hours

Teaching methodology: Seminar preparation, data analysis and information search are included.

4. Individual work. 60 hours

Teaching methodology: Autonomous student learning. It includes the study of contents related to the theoretical classes, preparation of seminars, data analysis, search of information and complementary readings and writing of papers.

5. Tutoring and evaluation. 10 hours

Interview with the student.

5. Assessment system

Activities and evaluation criteria:

1. **Individual or group work supervised by the subject teacher:** 20% of the total grade.

The work can be done individually or in groups following the indications of the teacher of the subject.

The specific instructions for the realization of these activities will be available to students on the ADD platform Moodle platform.

Weighting on the final grade 2 out of 10. In order to pass the subject, at least 1 point must be obtained in this section.

2. **Seminar evaluation:** 40% of the total grade. The activities carried out in the seminars will be evaluated. There will be a test of theoretical-practical assumptions with multiple-choice answers. Weighting on the final grade 4 out of 10. To pass the subject, the student must achieve at least 2 points in this section. Attendance to the seminars is mandatory. In case of exceptional inability to attend, students, after contacting the teacher responsible for the same, may replace it by an activity defined by the teacher responsible for them.

3. **Written examination:** 40% of the total grade. The written exam is an objective test, which will consist of multiple-choice questions, of a theoretical or theoretical-practical nature on the subject matter explained in class and/or required readings. Weighting on the final grade 4 out of 10. To pass the subject, the student must achieve at least 2 points in this section.