NorthWest Arkansas Community College
Division of Health Professions

Course Number and Title
NURS 9404 Nursing Care Of Persons with Psychosocial Stressors

Catalog Description
This course is based on concepts derived from general psychology and focuses on psychosocial responses to stressors. The needs of the patient coping with psychosocial stressors, mental illness and substance abuse at various points on the mental health-illness continuum are addressed utilizing the nursing process. The emphasis is on the role of the Associate Degree nurse as direct care provider, utilizing active listening skills and therapeutic communication.

The clinical component provides the student the opportunity to intervene with patients demonstrating ineffective psychosocial responses in a mental health setting and/or to interact with patients at risk for ineffective psychosocial responses in the community setting.

Prerequisites
MATH 1204 College Algebra or MATH 1103 Survey of College Math
BIOL 2214 Anatomy and Physiology I
BIOL 2224 Anatomy and Physiology II
MBIO 2014 General Microbiology
ENGL 1013 English Composition I
ENGL 1023 English Composition II
PSYC 2003 General Psychology
PSYC 2103 Human Growth and Development
3 hours College Level Transferable Elective
NURS 9108 Fundamentals of Nursing
NURS 9203 Nursing Care of Older Adults
NURS 9206 Nursing Care of Adults I
NURS 9305 Nursing Care of Adults II
NURS 9306 Nursing Care of Childbearing/Childrearing Families

Co-requisites
CISQ 1103 Introduction to Computer Information or CISQ Challenge Exam
NURS 9406 Nursing Care Adults III

Credit hours/Contact hours/Load hours
Credit hours: 4
Contact hours: 45 classroom + 45 clinical = 90
Load hours: 12, depending on class size

Target Audience/Transferability
Students apply for and are selected for admission into the Nursing Program. While

licensure as a Registered Nurse is an end-goal for some individuals, all AAS Nursing graduates are eligible to seek advanced placement towards a BSN degree at most colleges and universities.

Student Learning Outcomes

Following completion of this course, the student

As a direct care provider will:

1. Compare the effects of historical and current trends and issues on psychiatric nursing practice.
2. Discuss selected psychosocial stressors by describing biopsychosocial theories of etiology, clinical manifestations and commonly used therapeutic regimens.
3. Examine the influence of sociocultural variables in the care of patients experiencing psychosocial stressors.
4. Utilize the nursing process to meet the psychosocial needs of patients experiencing psychosocial stressors.
5. Analyze therapeutic communication principles related to the care of patients with psychosocial stressors.
6. Explore and evaluate own values and feelings related to patients experiencing psychosocial stressors.
7. Establish a therapeutic relationship with the patient experiencing psychosocial stressors through communication and interaction.

As a manager of patient care will:

8. Describe the responsibilities of the nurse for managing a therapeutic environment in the mental health setting.

As a member within the profession of nursing will:

9. Discuss the legal and ethical issues related to patients with psychosocial stressors.

Topics

Classroom Orientation

Clinical Orientation

Foundations of Psychiatric Mental Health Nursing

Psychiatric Illnesses & Special Topics:

- Psychotic disorders
- Depression & suicide
- Bipolar disorder & personality disorders
- Anxiety & somatoform disorders
- Substance abuse
- Disorders of self regulation
- Disorders unique to children
- Adult ADHD
- Violence & abuse
- Forensic & homelessness
- Group & family

Forms of Assessment

Unit exams and final exam
Case Study evaluation
Quizzes/take home tests/class requirements evaluation
Culture presentation instructor and peer review evaluations
Clinical performance evaluation
Clinical assignments: Interpersonal Recording, Psychosocial Assessment and Journal grading tools
Standardized computerized mental health nursing assessment formulated by an outside entity