

SUBJECT TEACHING GUIDE

G1020 - Psychosocial Sciences II

Degree in Nursing

Academic year 2022-2023

| 1. IDENTIFYING DATA | | | | | |
|----------------------------------|---|------------------|--------------------|------------------|--------------|
| Degree | Degree in Nursing | | | Type and Year | Core. Year 2 |
| Faculty | Faculty of Nursing | | | | |
| Discipline | Subject Area: Psychology Module: Common Basic Training | | | | |
| Course unit title and code | G1020 - Psychosocial Sciences II | | | | |
| Number of ECTS credits allocated | 6 | Term | Semester based (1) | | |
| Web | https://aulavirtual.unican.es/ | | | | |
| Language of instruction | Spanish | English Friendly | No | Mode of delivery | Face-to-face |

| | | | | | |
|------------------|---|--|--|--|--|
| Department | DPTO. ENFERMERIA | | | | |
| Name of lecturer | MARIA DEL CARMEN ORTEGO MATE | | | | |
| E-mail | carmen.ortego@unican.es | | | | |
| Office | Facultad de Enfermería. Planta: + 2. DESPACHO (208A) | | | | |
| Other lecturers | MARIA DEL MAR APARICIO SANZ REBECA ABAJAS BUSTILLO | | | | |

3.1 LEARNING OUTCOMES

- THEMATIC BLOCK I. THE INTERPERSONAL RELATIONSHIP.

- Explain the importance of socioemotional competencies
- Illustrate assertive behavior
- Know the impact of emotions and beliefs on behavior
- Recognize the importance of social support in the disease
- Identify socio-emotional skills that allow effective communication with patients, families and social groups and team, as well as the expression of their concerns and interests

- THEMATIC BLOCK II. THE INTERVIEW AND BEHAVIOR MODIFICATION

- Know the elements that make up non-verbal communication
- Demonstrate the importance of non-verbal communication in interaction
- Analyze the main behavior modification strategies
- Test skills that facilitate the development of an interview

- THEMATIC BLOCK III: HEALTH AND ILLNESS. PSYCHOSOCIAL ASPECTS

- Inform about the strengths of the individual in the context of Health Sciences
- Identify the relationships between psychosocial factors and health.
- Inform about the effect of stress on health
- Define the variables involved in adherence to treatment.
- Demonstrate the difficulty of adhering to chronic treatment
- Identify the psychosocial responses of people to different health situations (in particular, illness and suffering) and select the appropriate actions to provide help in them.
- Illustrate an empathic and respectful relationship with the patient and family, according to the person's situation, health problem and stage of development
- Describe psychosocial variables in terminal illness
- Report about the grief.
- Propose communication skills in the face of death and mourning

4. OBJECTIVES

The student will be able to identify psychosocial aspects that must be integrated into nursing assessment and care and use psychoemotional skills that will allow him or her to carry out an adequate interaction with individuals and human groups in relation to the health-disease and care process.

| 6. COURSE ORGANIZATION | |
|------------------------|--|
| CONTENTS | |
| 1 | THEMATIC BLOCK I. THE INTERPERSONAL RELATIONSHIP. Topic 1: Socio-emotional competencies. Topic 2: Prosocial behavior. Topic 3: Social support in the health-disease process. Classroom practice 1: Socio-emotional competencies |
| 2 | THEMATIC BLOCK II: THE INTERVIEW AND BEHAVIOR MODIFICATION. Topic 4: Non-verbal communication. Topic 5: The interview. Topic 6: Behavior modification techniques. Classroom practice 2: Non-verbal communication. Classroom practices 3: The interview. |
| 3 | THEMATIC BLOCK III: HEALTH AND ILLNESS. PSYCHOSOCIAL ASPECTS. Topic 7: Well-being, happiness and strengths. Topic 8: Stress and health. Topic 9: The disease. Topic 10: Adherence to treatment. Topic 11: Chronic pain. Topic 12: Illness in childhood and adolescence. Topic 13: Disease in advanced-terminal phase. Topic 14: Duel. Classroom Practice 4: Adherence to treatment. Classroom Practice 5-9: Psychosocial approach to the disease. Classroom Practice 10-11: We talk about death |
| 4 | . |

| 7. ASSESSMENT METHODS AND CRITERIA | | | | |
|---|--------------|-------------|-----------|---------------|
| Description | Type | Final Eval. | Reassessn | % |
| Final exam, written exam | Written exam | Yes | Yes | 60,00 |
| Group work in Classroom practices | Work | No | No | 25,00 |
| Continuous evaluation | Others | No | No | 15,00 |
| TOTAL | | | | 100,00 |
| Observations | | | | |
| When a student has not carried out evaluation activities whose weight exceeds 50% of the grade for the subject, it will appear in their record 'Not presented'. When the student has taken tests that suppose the aforementioned 50% or more, the corresponding qualification will appear in the minutes. (Art. 39 of the UC Evaluation Process Regulations). In the event that the health and academic authorities so advise, the evaluation may be carried out remotely. | | | | |
| Observations for part-time students | | | | |
| Those students who are in a part-time regime may benefit from the following evaluation system: * Take the final exam with a percentage weight of 80% *Carry out 50% of the classroom practices with a weight of 20% In order to take advantage of this type of evaluation, the responsible professor must be informed | | | | |

8. BIBLIOGRAPHY AND TEACHING MATERIALS

BASIC

Fundamentos de Psicología para Ciencias Sociales y de la Salud. Delgado ML. 2014. Editorial Médica Panamericana