

**COURSE SYLLABUS**  
Southeast Missouri State University

Department of Nursing

Course No. NS 184

Title of Course: Emotional and Spiritual Aspects of the Well Client

Revision \_\_\_\_\_

New X

- I. Catalog Description and Credit Hours of Course:  
Focus on the emotional, spiritual, and cultural dimensions of the well-individual. Includes sensitivity towards diversity, therapeutic communication, self-awareness and empathy. (3) (Two hours theory, 1 hour clinical)
- II. Prerequisite (s): Satisfactory completion of first semester of BSN program.
- III. Objectives of the Course:
- A. Use critical thinking in guided experiences to explore the influence of emotional and spiritual aspects on the behavior of self and others.
  - B. Practice behaviors that will enhance the student's professional practice such as increasing self-awareness and stress reduction techniques.
  - C. Initiate the development of the role of communicator by identifying and practicing therapeutic communication techniques in guided experiences.
  - D. Demonstrate a basic understanding of the interrelationship between body, mind, and spirit.
  - E. Explore resources related to mental and spiritual health.
  - F. Demonstrate a sensitivity to the influence of the emotional, spiritual, and cultural factors that influence health patterns and health seeking behaviors.
- IV. Expectations of Students:
- A. Successful completion of all assignments and course tests.
  - B. Participation in class discussions and clinical experiences.
  - C. Complete focused assessments of: emotional status, spiritual status, group dynamics, and family dynamics.
  - D. Videotape and evaluation of an interaction with another student.
  - E. Comprehensive holistic assessment.
  - F. Journal about the classroom experiences.
  - G. Fulfillment of requirements identified in *BSN Student Handbook*
- V. Course Content:
- A. Introduction to Holistic Care: Mind, Body, and Spirit (4 hours)

- B. Nursing Skills for Knowledgeable Caring (10 hours)
  - 1. Therapeutic Communication
  - 2. Self-awareness
  - 3. Empathy
  
- C. Dimensions of Person Across the Lifespan (10 hours)
  - 1. Emotional/feelings
    - a. Anxiety
    - b. Anger
    - c. Grieving/loss
  - 2. Cognition - mental status
  - 3. Spirituality
  
- D. Interrelationships (6 hours)
  - 1. Family
  - 2. Groups
  - 3. Intimacy

Two hours allotted for examinations; remaining hours clinical application

VI. Textbook(s) and/or Other Required Materials or Equipment:

- A. Carson, V. (1989). Spiritual dimensions of nursing practice. Philadelphia: W. B. Saunders.
  
- B. Jasmin, S., and Trygstad, L. (1989). Behavioral concepts and the nursing process. St. Louis: The C. V. Mosby Co.

VII. Basis for Student Evaluation:

A. Critical Thinking Case Studies	12.5%
B. Assessments	25
C. Videotaping and Critique	25
D. Journaling	12.5
E. Tests	<u>25</u>
TOTAL	100%
 F. Clinical Performance	 Pass/Fail