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:

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 25

   TOTAL 100%

   F. Clinical Performance Pass/Fail