

1. OVERVIEW

Subject Area	Relational Communication and Impact
Degree	Bachelor's Degree in Nursing
School/Faculty	Biomedical and Health Sciences
Year	Second
ECTS	6 ECTS
Type	Core
Language(s)	Spanish
Delivery Mode	On campus
Semester	Throughout the year (Semesters 3 and 4)

2. INTRODUCTION

In this subject area, we will deal with aspects of communication and interpersonal interaction in different areas of a person's life, on both a personal and professional level. The aim is to create awareness of self-communication, individual differences and the two-way impact that takes place between us and those around us.

It is a fundamentally experiential subject area based on theory, in which students develop awareness of themselves and their environment, as well as communication skills in "one-to-one" exchanges, in groups and in public.

3. SKILLS AND LEARNING OUTCOMES

Basic skills (CB, by the acronym in Spanish):

- CG4: Understand the interactive behaviour of individuals in terms of gender, group or community, within their social and multicultural context.
- CG7: To understand people, without prejudice, as autonomous and independent individuals, taking into account their physical, psychological and social aspects, ensuring respect for their opinions, beliefs and values, guaranteeing the right to privacy through confidentiality and professional secrecy.
- CG11: Establish effective communication with patients, families, social groups and colleagues, and promote health education.

Basic skills (CB, by the acronym in Spanish):

- CB2: Students know how to apply their knowledge to their work or vocation professionally and have the skills that are usually demonstrated by forming and defending opinions and solving problems within their study area.

- CB5: Students have developed the necessary learning skills to undertake further studies with a high degree of independence.

Cross-curricular skills (CT, by the acronym in Spanish):

- CT4: Apply effective communication strategies in professional practice.
- CT5: Be oriented towards the development of others by understanding their attitudes, interests, needs and perspectives.
- CT6: Identify new opportunities and resistance to change from yourself and others.

Specific skills (CE, by the acronym in Spanish):

- CE8. Identify people's psychosocial responses to different states of health (particularly disease and suffering), and choose the appropriate course of action for helping them. Establish an empathetic and respectful relationship in accordance with the person's situation, health problem and stage of development, using strategies and skills that enable effective communication with patients, families and social groups, and that allow them to express their concerns and interests.

Learning outcomes (RA, by the acronym in Spanish):

- RA1. Identify the basic concepts of human communication and interpersonal relationships.
- RA2. Use strategies to communicate effectively, both orally and in writing, taking into account cultural and interpersonal aspects.
- RA3. Identify the basic concepts of emotional intelligence.
- RA4. Assess how you manage your own emotions and the behaviour that follows from them.
- RA5. Identify non-explicit attitudes, motives and resistance in interpersonal relationships.
- RA6. Interpret facts and situations from different points of view, taking into account the attitudes, interests, needs and perspectives of others.

European skills:

- CUE2: Collaborate effectively with other actors in the health sector, including taking part in practical training for health workers based on the knowledge and skills acquired in accordance with paragraph 6(d) and (e).
- CUE7: Establish full professional communication and cooperate with members of other health professions.

The following table shows how the skills developed in the subject area relate to the intended learning outcomes:

Skills	Learning outcomes
CB2, CG11, CT4, CUE2, CUE7	RA1. Identify the basic concepts of human communication and interpersonal relationships.
CB2, CB5, CG4, CE8 CG11, CT4, CT5 CUE7	RA2. Use strategies to communicate effectively, both orally and in writing, taking into account cultural and interpersonal aspects.
CG4, CT6, CE8	RA3. Identify the basic concepts of emotional intelligence. RA4. Assess how you manage your own emotions and the behaviour that follows from them.
CG4, CG11, CT5, CT6, CE8	RA5. Identify non-explicit attitudes, motives and resistance in interpersonal relationships.

CB5, CG11, CT6, CE8, CUE2, CUE7	RA6. Interpret facts and situations from different points of view, taking into account the attitudes, interests, needs and perspectives of others.

4. CONTENTS

The subject is organised into six learning units, which in turn are divided into themes (four or five themes depending on the units):

Unit 1. Foundations and theoretical basis of human communication.

Unit 2. Emotional Intelligence in Interpersonal Relationships **Unit 3.**

Tools for effective communication.

Unit 4. Communication in a professional environment:

- The therapeutic relationship with individuals, families and groups.
- Application / adaptation of the therapeutic relationship and communication techniques.

Unit 5. Successful change: Adaptability.

Unit 6. Tools for public speaking

5. TEACHING-LEARNING METHODS

The types of teaching-learning methods are as follows:

- Lecture
- Collaborative learning
- Simulation environments
- Reflective learning
- Dialogic learning

6. LEARNING ACTIVITIES

The types of learning activities, plus the amount of time spent on each activity, are as follows:

On campus:

Learning activity	Number of hours
Lectures	20
Asynchronous lectures	10
Group work	32

Group tutorials	2
Debates and discussions	20
Simulation activities	4
Oral presentations	10
On-campus knowledge tests	2
Independent working	50
TOTAL	150

7. ASSESSMENT

The assessment systems, plus their weighting in the final grade for the subject area, are as follows:

On campus:

Assessment system	Weighting
Knowledge tests	25%
Portfolio: Group case studies	25%
Oral presentations: public speaking	20%
Performance monitoring: mock interview	15%
Performance monitoring: group workshop	15%

On the Virtual Campus, when you open the subject area, you can check the guide with the details of your assessment activities, including the deadlines and assessment procedure for each.

8. BIBLIOGRAPHY

The works of reference for following up this subject area are:

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