1. OVERVIEW

Subject area	Psychosocial Care
Degree	Bachelor's degree in nursing
School/Faculty	Faculty of Biomedical and Health Sciences
Year	First
ECTS	6 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On campus
Semester	Semester 1

2. INTRODUCTION

In order to establish a meaningful and therapeutic relationship, it is important that the nurse has training in behavioral sciences (emotion, motivation, learning, memory, attention) that allow us to understand and address human behavior. Furthermore, it is necessary for them to know the impact of the environment on behavior related to health and illness and to be able to identify and manage effectively the fears and anxieties of patients , learning to identify the psychological factors involved.

In this matter, through the specific competence CE 8, the psychosocial responses of people to different health situations will be identified, in this way the appropriate actions can be selected to provide help in them and an empathetic and respectful relationship with the patient will be established. patient and family, according to the person's situation, health problem and stage of development.

Therefore, through the development of this competence, we will contribute to a greater or lesser extent to the achievement of the Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (https://www.un.org/sustainabledevelopment/es/).

In conclusion, throughout the course we will try to provide students with knowledge that will help future nurses when:

- Identify psychosocial responses based on the patient's situation
- Select the appropriate actions
- Establish a good relationship with the patient
- Acquire communication skills

3. SKILLS AND LEARNING OUTCOMES

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

- CB1 - That students have demonstrated possession and understanding of knowledge in an area of study that is based on general secondary education, and is usually found at a level that, although supported by advanced textbooks, also includes some aspects that involve knowledge from the cutting edge of their field of study.

- CB2 - That students know how to apply their knowledge to their work or vocation in a professional manner and possess the skills that are usually demonstrated through the elaboration and defense of arguments and the resolution of problems within their area of study.

- CB3 - That students have the ability to gather and interpret relevant data (normally within their area of study) to make judgments that include reflection on relevant issues of a social, scientific or ethical nature.

- CB4 - That students can transmit information, ideas, problems and solutions to both a specialized and non-specialized audience.

- CB5 - That students have developed those learning skills necessary to undertake further studies with a high degree of autonomy.

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

- CT01 - Responsibility: That the student is able to assume the consequences of the actions he performs and be responsible for his own actions

- CT02 – Self-confidence: That the student is able to act confidently and with sufficient motivation to achieve his or her goals.

- CT05 - Interpersonal understanding: That the student is capable of active listening in order to reach agreements, using an assertive communication style.

- CT07: Teamwork: That the student is able to participate actively in achieving a common objective, listening, respecting and valuing the ideas and proposals of the rest of the members of their team.

- CT10 – Innovation -Creativity: That the student is able to devise new and different solutions that add value to problems that arise.

Specific competencies (CB, by the acronym in Spanish):

- CE08 - Identify people's psychosocial responses to different health situations (in particular, illness and suffering), selecting appropriate actions to provide help in them. Establish an empathetic and respectful relationship with the patient and family, in accordance with the person's situation, health problem and stage of development. Use strategies and skills that

allow effective communication with patients, families and social groups, as well as the expression of their concerns and interests.

Learning outcomes (CB, by the acronym in Spanish):
- RA1: Relevant knowledge and ability to apply social, behavioral and health sciences.
- RA2: Ability to allow patients and their caregivers to express their concerns and interests, and to be able to respond appropriately.
- RA3: Ability to appropriately use counseling skills.
- LO5: Ability to recognize and manage anxiety, stress and depression.
- RA6: Ability to provide emotional support and identify when specialist advice or other interventions may be necessary.

The table below shows the relationship between the competencies developed in the subject and the learning outcomes pursued:

Competencies	Learning outcomes
CB1, CB4, CB5 CT01, CT02, CT05, CT07, CT10 CE08	RA1: Relevant knowledge and ability to apply social, behavioral and health sciences.
CB1, CB4, CB5 CT01, CT02, CT05, CT07, CT10 CE08	RA2: Ability to allow patients and their caregivers to express their concerns and interests, and to be able to respond appropriately
CB1, CB4, CB5 CT01, CT02, CT07, CT10 CE08	RA3: Ability to appropriately use counseling skills.
CB1, CB4, CB5 CT01, CT02, CT05, CT07, CT10 CE08	LO5: Ability to recognize and manage anxiety, stress and depression.
CB1, CB4, CB5 CT01, CT02, CT05, CT07, CT10 CE08	RA6: Ability to provide emotional support and identify when specialist advice or other interventions may be necessary.

4. CONTENTS

The subject is organized into topics:

TOPIC 1 Social nature of the human being. Social behavior

TOPIC 2 Psychological processes:

       Sensation and perception

       Memory, attention and consciousness

TOPIC 3 Emotion and motivation.

TOPIC 4 Interaction systems and behavioral modalities

TOPIC 5 Help relationship. Problems related to the establishment of therapeutic relationships.

TOPIC 6 Adaptive and maladaptive behaviors related to a disease state: psychosocial variables that intervene.

TOPIC 7 Problems and psychosocial characteristics of the main illness situations: surgical patient, hospitalized patient, patient admitted to a special care unit, chronic patient and terminally ill.

TOPIC 8 Stress and coping. Anxiety.

5. TEACHING-LEARNING METHODOLOGIES

Below are the types of teaching-learning methodologies that will be applied:

- Master class
- Communicative tasks
- Simulation environments

6. LEARNING ACTIVITIES

Below, the types of training activities that will be carried out and the student's dedication in hours to each of them are identified:

Om campus:

Training activity	Number of hours
Master class	25h
Asynchronous master classes	12 noon
Practical exercises	fifty
Seminars	5
Self-study	40
Tutorships	10
Case analysis	6
Knowledge test	2
TOTAL	150

7. ASSESSMENT

The evaluation systems are listed below , as well as their weight on the total grade of the subject:

On campus:

Evaluation system	Weight
Oral presentations	10%
Portfolio (skills workshops, self-assessment)	25%
Individual directed work	15%
Knowledge test	50%

In the Virtual Campus, when you access the subject, you will be able to consult in detail the evaluation activities that you must carry out, as well as the delivery dates and evaluation procedures for each of them

8. BIBLIOGRAPHY

The reference work for monitoring the subject is:

Basic:

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- Pons, X. (2006). Communication between the health professional and the patient: conceptual aspects and application guide. *Comprehensive Nursing* , 27-34.

- Reeve, J. (2018). *Understanding motivation and emotion.* (7th Ed). Wiley.

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