

**NEW YORK UNIVERSITY  
THE STEINHARDT SCHOOL OF EDUCATION  
DIVISION OF NURSING**

**Course Title: E41.0238      Elements of the Nurse-Client Therapeutic Interaction**

**Course Description:** This required nursing course is designed to provide students with the theoretical principles and skills necessary to initiate and develop therapeutic interactions and caring/healing relationships with patients/clients/families. Students will explore how their personal experiences, attitudes and communication style affect their interactions with patients/clients/families in health care settings. Students will learn and practice effective therapeutic communication skills through self-reflection and analysis of relational dynamics.

**Faculty:**                      **Theodora Sirota, PhD, APRN, BC (Course Coordinator)**  
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**Credits:**                        Two (2)

**Time:**                            seven weeks - second half of semester  
M/W 4:55PM- 7:35PM

**Prerequisite:**                A89.0001 Introduction to Psychology

**Pre- or Co-Requisites:** E41.0240 Nursing Science I  
E41.0239 Health Assessment

**Course Objectives:** Upon the successful completion of this course, the student will be able to:

1. Discuss how pertinent theoretical principles about psychosocial development and human needs are related to the provision of optimal therapeutic health care throughout the lifespan.
2. Discuss how age, gender, culture, sexuality, spirituality and crisis affect health care needs.
3. Explain the role of family, community and other social supports as these relate to initiating and maintaining optimal therapeutic communication strategies
4. Describe the elements, purposes and techniques of the caring/healing therapeutic interaction and relationship

5. Identify own attitudes, feelings, beliefs and judgments in the therapeutic interaction and how they influence nurse-patient/client/family communication
6. Discuss appropriate therapeutic communication strategies and techniques useful in interacting with patients/clients and families presenting special situations/needs: loss/grief, anger, alteration in thought, mood or perception, anxiety/fear or adaptation to acute or chronic medical illness

**Teaching Strategies:** Lecture/discussion, in-class simulation (role-playing,) oral presentation, health care interactions with patients/clients and families in concurrent clinical nursing course, interactions with senior mentors, readings, hand-outs, journals, process notes with analysis

**Note:** Students will conduct patient/client/family interactions for this course within a Fundamentals of Nursing clinical day as well as with Senior Mentors. The Senior Mentor Event will take place on April 14, 2004 during the lecture period.

**Readings:**

Taylor, C., Lillis, C. & LeMone, P. (1997). *Fundamentals of nursing: the art and science of nursing care* (4th Ed.). Philadelphia: Lippincott. (Various chapters- see individual classes)

**Evaluation Methods:** The grade for the course will be based on:

1. Therapeutic interaction with patients/clients/families in acute care, long- term care and community clinical settings:
  - a. Assessment of journal entries and process notes from therapeutic health care interactions using assessment tool to evaluate self-reflection, critical thinking and communication skills (journals-at least 4):10%; 2 process recordings: 30%)
    - i. Level of self-reflection abilities
    - ii. Degree of ability to observe, describe and demonstrate appropriate verbal and non-verbal therapeutic communication strategies during simulated and actual patient/client/family interactions
    - iii. Degree of ability to modify communication in increasingly therapeutic directions over length of course
    - iv. Degree of ability to accurately identify and assess patient/client/family issues based on the therapeutic interaction over length of course
2. Final examination to test knowledge and application of theoretical principles and therapeutic communication strategies (35%.)
3. Current Event Assignment- Patient Education (15%)

## GRADE CONVERSION

A	93-100	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	60-66
B-	80-82	F	59 and below
C+	77-79		

**STUDENTS ARE EXPECTED TO FOLLOW THE POLICY ON ACADEMIC DISHONESTY FOUND IN THE DIVISION OF NURSING UNDERGRADUATE HANDBOOK AND THE POLICY CONCERNING PLAGIARISM OUTLINED IN THE SAME HANDBOOK AND IN THE SCHOOL OF EDUCATION HANDBOOK. VIOLATING THESE PRINCIPLES IS CONSIDERED AMONG THE MOST SERIOUS OFFENSES.**

**Passing Grade:** Students admitted to the Division of Nursing after April, 2001 must achieve a minimum grade of B- to pass the course. Students admitted prior to April 2001 must receive a minimum grade of C to pass the course.

### **Topics:**

**3/31; 4/5; 4/7** Orientation to course. Understanding Human Needs and Development Across The life cycle: Includes review of psychosocial, age-related, gender-related, cultural, sexual, spiritual, family, and community dimensions affecting health care (Text: Ch. 3, 8 ,9,10,11, 30, 34, 35)

In-class role play.

Begin class culture oral reports

**4/12:** Elements and purposes of the healing/caring therapeutic interaction/relationship.

Patient/client/family issues and nurse's issues affecting therapeutic interactions.

(Text: Ch. 21, 22, 23)

Continue class culture oral reports

**4/14:** Senior Mentors Event – Separate Interview Guide.

**4/19; 4/21:** Therapeutic Communication: Factors promoting, factors interfering, techniques and skills. (Text: Ch. 21, 22, 23- same as previous week)

In-class role play

Continue class culture oral reports

**4/26; 4/48:** Crisis intervention: theory and skills- includes crisis of acute or chronic medical/surgical illness (Text: Ch. 31). Special conditions affecting therapeutic intervention/communication: altered thought/mood/perception, anxiety/fear, adaptation to medical illness

In-class role play

Continue class culture oral reports (If necessary)

**5/3:** Special conditions affecting therapeutic intervention/communication: grief/loss (includes death, dying), anger (Text: Ch. 32)

In-class role play

**5/5:** Final Exam