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Nursing Syllabi Fall 2018

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2018

462-01-02 Success Over Stress

Jennifer Bradley
bradleyj10@xavier.edu

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Xavier University
College of Professional Sciences
School of Nursing
Fall 2018

Course Number and Title: NURS 462, Success Over Stress
Credit Hours: 3
Theory Hours: 45 Theory Hours
Pre-Requisites: All Junior Level Nursing Courses

Course Description:

This course explores current understandings of the etiologies and triggers, risk factors, manifestations and consequences of acute and chronic stress. Specific content includes current theoretical models of stress and coping, the fight-or-flight response, immuno-biological manifestations, psychosocial and occupational complications of stress, and current evidence-based stress management and stress reduction methods. The students will design an individualized stress-management plan per the Jesuit philosophy *Curas Personalis*, by integrating the concepts of mind, body and spirit with the learning done throughout the course and self-reflection through journaling activities.

Course Objectives	Essentials	Sample Content
1. Examine current theories on the etiologies and triggers of physical and psychological stress.	Essential II: Basic Organizational & Systems Leadership for Quality Care & Patient Safety Essential VIII: Professionalism and Professional Values	Interpersonal interactions/communications Communication/skill development Communication/stress management
2. Differentiate between chronic stress, acute stress, distress and eustress.	Essential IX: Baccalaureate Generalist Nursing Practice Essential VIII: Professionalism and Professional Values	Discuss chronic and acute stress, distress and eustress. Differentiate ways to manage stress Integration of pathophysiology and stress Self-care strategies
3. Holistically examine physiologic, immunologic, genetic, psychological, cognitive, emotional, sociological, and occupational manifestations and consequences of stress.	Essential IX: Baccalaureate Generalist Nursing Practice Essential VIII: Professionalism and Professional Values	Growth and development Holistic care of self Management of physical & psychosocial conditions with stress as major component Professional identity Self-regulation Discuss current stressors and it's influence on body, mind, spirit and emotional health
4. Explore evidence-based stress management and stress-reduction methods.	Essential III: Scholarship for Evidence-Based Practice Essential IX: Baccalaureate Generalist Nursing Practice	Self- reflection Caring and healing techniques Complementary and alternative therapies

5. Integrate <i>Curas Personalis</i> of mind, body, and spirit in stress management.	Essential VIII: Professionalism and Professional Values Essential IX: Baccalaureate Generalist Nursing Practice	Immersion in subject matter, self-awareness exercises, practice different stress management strategies and techniques
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Location/Time: 462-01 Mondays 4:30-7:00pm Cohen 14
462-02 Tuesdays 4:00 pm – 6:30 pm Cohen 192

Faculty: Jennifer Bradley, Ph.D., RN, AHN-BC, ACC
Office: Cohen 124
Phone: 745-1915
Email: bradleyj10@xavier.edu
Office Hours: By appointment or Mondays 2:15 pm – 4 pm

Required Textbooks:

Seaward, B. L. (2015). Managing Stress Principles and Strategies for Health and Well-Being, 9th edition. Jones & Bartlett Publisher. ISBN: 978-1284126266

Seaward, Brian Luke. (2015). The Art of Peace and Relaxation Workbook, 8th edition.. Jones & Bartlett Publisher. ISBN: 978-1-284-04439-3.

Instructional Methods:

Discussion, lecture, guest speakers, multimedia, independent and group activities, journaling, presentation and other written assignments.

Attendance & Class Participation:

Each student’s participation is an important part of the learning process and the success of this course. Each of you has an important point of view and everyone learns from each other! Students should enter into all discussions since every view is important to the learning of the group as a whole. Collaborative educational activities are designed to promote an environment that supports a community of learning. Class attendance, and of course, careful reading of assignments (preparedness) and participation are essential for your own comprehension of the material.

Students are expected to attend all classes. **If an absence is unavoidable due to extenuating circumstances, the student should notify the faculty prior to the missed class.** If a student is absent because of official Xavier activities, the student shall present the schedule to the faculty at the beginning of the semester.

Journals

There are four journals due throughout the semester. Each of the four journals is worth 12.5% of the total course grade. The journal assignments, due dates and rubric for each journal are posted on Canvas. Journals are worth a total of **50%** of course grade.

Presentation

Each student will choose a topic to present to the class from the topical outline. A Presentation Guideline is posted on Canvas. A rubric for the presentation is also posted on Canvas. The textbook may be used as a resource for the presentation. Two recent (within the last 5 years) research articles need to be incorporated into your presentation. The presentation is worth **25%** of the course grade.

Comprehensive Final Exam

A comprehensive final exam will be given at the end of the semester. The final exam is worth **25%** of the course grade.

Methods of Evaluation:

Journals (12.5% x 4 journals)	50%
Stress Management Presentation	25%
Comprehensive Final Exam	25%
Total	100%

Grading Scale:

94 -100	A
90 – 93	A-
87 – 89	B+
84 – 86	B
80 – 83	B-
77 – 79	C+
75 – 76	C
70 – 74	C-
67 – 69	D+
64 – 66	D
Below 64	F

***Grades will be rounded to the nearest whole number from the hundredth's position of the decimal.**

Classroom Protocol:

It is important that everyone have the opportunity to share their thoughts and points of view in a positive and respectful environment. For everyone to benefit, it is necessary to be present with minimal distractions.

Therefore, cell phones should be turned off during class and respectful attention should be shown to the presenter, be it faculty, guest speaker, or peer.

Social Media: Social media and the internet provide an important medium for sharing information and offers easily accessible methods for mass communication. Nursing students must be aware of the risks and consequences associated with social networking. On-line social networking (e.g., Face book, MySpace, Twitter, blogs, etc.) are open, publicly accessible sites. Unprofessional or unbecoming online behavior undermines not only the nursing student's reputation, but may also have negative implications for Xavier University, and the profession of nursing. Certain violations in the use of social media may expose the offender to criminal and civil liability. Refer to your student handbook or handbook policy addendum for more information and to view the Social Media Policy <http://www.xavier.edu/nursing/current-students.cfm>

Academic Honesty:

Refer to the Xavier University Catalogue (p. 54) and the Department of Nursing Student Handbook.

The pursuit of truth demands high standards of personal honesty. Academic and professional life requires a trust based upon integrity of the written and spoken word. Accordingly, violations of certain standards of ethical behavior will not be tolerated at Xavier University. These include theft, cheating, plagiarism, unauthorized assistance in assignments and tests, unauthorized copying of computer software, the falsification of results and material submitted in reports or admission and registration documents, and the falsification of any academic record including letters of recommendation. **All work submitted for academic evaluation must be the student's own.** Certainly, the activities of other scholars will influence all students. However, **the direct and**

unattributed use of another's efforts is prohibited as is the use of any work untruthfully submitted as one's own. Penalties for violations of this policy may include one or more of the following: a zero for that assignment or test, an "F" in the course, and expulsion from the University. The dean of the college in which the student is enrolled is to be informed in writing of all such incidents, though the teacher has full authority to assign the grade for the assignment, test, or course. If disputes of interpretation arise, the student, faculty member, and chair should attempt to resolve the difficulty. If this is unsatisfactory, the dean will rule in the matter. As a final appeal, the academic vice president will call a committee of tenured faculty for the purpose of making a final determination.

In addition to The Academic Honesty Policy of Xavier University, the American Nurses' Association's Code of Ethics includes provisions which hold nurses accountable for demonstrating integrity, knowledge development and competency to promote personal and professional growth. Students are expected to work toward meeting these standards throughout **ALL** of their coursework.

Office of Academic Support: The Office of Academic Support offers tutoring, Supplemental Instruction (SI), and study groups. For information about these services, contact Stephanie Daniels at 745-3214 or danielss3@xavier.edu. The OAS is located on the fifth floor of the Conaton Learning Commons, Suite 514.

Students with Disabilities: Qualified students with disabilities who will require disability accommodations in this class are encouraged to make their requests to me by sharing their Accommodation Letters with me at the beginning of the semester either during office hours or by appointment. Disability related information is confidential. If you have not previously contacted Disability Services, I encourage you to do so by phone at 513-745-3280, in person on the Fifth Floor of the Conaton Learning Commons, Room 514, or via e-mail to Cassandra Jones at jonesc20@xavier.edu to coordinate reasonable accommodations as soon as possible as accommodations are not retroactive.

Caveat:

The schedule and procedure in this course are subject to change in the event of extenuating circumstances.

Faculty: Dr. Bradley earned her BSN from Mount St. Joseph University, her MSN from the University of Cincinnati, College of Nursing and her doctoral degree in Interdisciplinary Studies with a major in clinical psychology from the Union Institute and University in 2006. Her research and area of interest is in promoting the health and well-being of nurses caring for others. Her current research interest is in the development of nurse managers and leaders through professional coaching engagements. She has many years of clinical practice as a registered nurse in various clinical setting. She began her career in pediatrics at Shriners' Burns Institute and has continued learning and gaining experience in various settings with pediatric clients and their families. She has been a board member of a private IRB and has had a private practice in clinical psychology. She is a certified professional coach and continues to work with clients in her practice. She is a member of Omicron Omicron Chapter of Sigma Theta Tau International.

XAVIER UNIVERSITY
COLLEGE OF PROFESSIONAL SCIENCES
SCHOOL OF NURSING
NURS 462-01 AND 462-02
SUCCESS OVER STRESS
MONDAY & TUESDAY CLASS MEETINGS

Jennifer Bradley, Ph.D., RN, AHN-BC, ACC
Fall 2018

Date Monday	Date Tuesday	Topic	Reading Assignment/Activity	Presenter: Faculty or Student
8/20	8/21	A. Orientation to course B. Nature of Stress C. Sociology of Stress	<ul style="list-style-type: none"> • Bring workbook to class each week • Chapter 1 • Chapter 2 • Presentation Topic Due before class ends 	Dr. Bradley
8/27	8/28	A. Stress Physiology B. Diaphragmatic Breathing	<ul style="list-style-type: none"> • Chapter 3 • Chapter 18 	Dr. Bradley
9/3 No Class	9/4 No Class	Work on presentation outside of class		
9/10	9/11	A. Stress and Disease	<ul style="list-style-type: none"> • Chapter 4 	Dr. Bradley
9/17 Stress Emotions	9/18	A. Freud: Defense Mechanisms	<ul style="list-style-type: none"> • Chapter 5 	Dr. Bradley
		B. Kubler-Ross: Death of Unmet Expectations	<ul style="list-style-type: none"> • Chapter 5 	Dr. Bradley
		C. Jung Dream Therapy * (Not in textbook)	<ul style="list-style-type: none"> • Chapter 5 	Dr. Bradley
		D. Frankl: Tragic Optimism	<ul style="list-style-type: none"> • Chapter 5 	Dr. Bradley
		E. Dyer: Guilt and Worry	<ul style="list-style-type: none"> • Chapter 6 	Dr. Bradley

		F. Anatomy of Anger & Anatomy of Fear	• Chapter 6	Student
		G. Stress- Prone Personality Traits	• Chapter 7	Student
9/24	9/25	A. Buscaglia: Self-Love	• Chapter 5	Dr. Bradley
Love, Happiness, and Self-Esteem		B. Maslow: Self Actualization	• Chapter 5	Student
		C. Seligman: Optimism/Art of Being Happy	• Chapter 5	Student
		D. Joy, Eustress and the Art of Happiness	• Chapter 6	Student
		E. Humor Therapy and Anatomy of the Smile*	• Chapter 13	Student
		F. Anatomy of the Smile * (Not in textbook)		
		G. Stress-Resistant Personality Traits	• Chapter 7	Student
10/1	10/2	A. Spirituality, Forgiveness, Prayer & Faith	• Chapters 8 and 17	Dr. Bradley
Spirituality		B. Eco-Therapy (Nature)	• Chapter 28	Student
10/8	10/9	A. Journal Writing	• Chapter 11	Student
Catharsis		B. Expressive Art Therapy	• Chapter 12	Dr. Bradley
10/15	10/16	A. Music Therapy	• Chapter 22	Dr. Bradley
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10/22	10/23	A. Cognitive Restructuring	• Chapter 9	Student
Skills		B. Communication Skills	• Chapter 15	Student
		C. Managing Time & Money	• Chapter 16	Student
10/29	10/30	A. Meditation and Mindfulness	• Chapter 19	Dr. Bradley
Mind Power		B. Mental Imagery and Visualization	• Chapter 21	Dr. Bradley
		C. Autogenic Training	• Chapter 26	Dr. Bradley
		D. Biofeedback	• Chapter 26	Dr. Bradley
11/5	11/6	A. Human Touch and Massage Therapy	• Chapter 23	Student
Muscle Relief		B. Progressive Muscular Relaxation	• Chapter 25	Student
		C. Aromatherapy (Not in textbook)		Student

11/12	11/13	A. Hatha Yoga	• Chapter 20	Dr. Bradley
Muscle Relief		A. T'ai Chi	• Chapter 24	Dr. Bradley
		B. Breathing		Dr. Bradley
11/19	11/20	A. Behavior Modification	• Chapter 10	Student
Healthy Behaviors		B. Pet Therapy	• Chapter 23	Student
11/26	11/27	A. Exercise	• Chapter 27	Student
Healthy Behaviors		B. Nutrition	• Chapter 27	Student
		C. Sleep (Not in text)		Student
12/3	12/4	Exam		