

## Purdue Northwest Curriculum Document Coversheet

<b>Document No:</b> <small>(According to <a href="#">Instructions</a><sup>1</sup>)</small>	CHESS 17-02 NEW COURSE PSY 25200	<b>Approval by Faculty Senate:</b> <small>(Leave Blank)</small>	December 8, 2017
<b>Proposed Effective Date</b>	Jan. 1, 2018	<b>Date Reviewed by Senate Curriculum Committee:</b> <small>(Leave blank)</small>	November 17, 2017
<b>Submitting Department:</b> <small>(Name of both Dept &amp; College/School )</small>	Psychology Department CHESS	<b>Name(s) of Library Staff Consulted:</b> <small>(NA if not required)</small>	N/A
<b>Date Reviewed by Department</b>	Sept. 15, 2017		
<b>Submission Date:</b> <small>(Date sent to College/School Curr Comm after Dept Review)</small>	Sept. 19, 2017	<b>Will New Library Resources Used?</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <small>Double-click to check Yes / No.</small>
<b>Date Reviewed by College/School Curriculum Committee</b>	Sept. 29, 2017 (CHESS cc) Oct. 6, 2017 (CHESS council)	<b>Form 40 Needed?</b> <small>(Double-click one box.) Registrar will complete Form 40 <b>after</b> Senate approval of document.</small>	<input checked="" type="checkbox"/> <b>Yes</b> New courses or any course change, check <b>YES</b> <input type="checkbox"/> <b>No</b> For <b>all other</b> curriculum matters, check <b>NO</b> .
<b>Contact Person(s):</b> <small>(Name &amp; Title)</small>	Dr. Alicia January, Assistant Professor of Psychology		

Unless marked "Leave blank" all parts of this form must be filled in **before** sending to Secretary of the Faculty Senate.

<p><b>Task (check all that apply and fill out sections appropriate for each change).</b></p> <p><input type="checkbox"/> Program/Concentration Change or New Program/Concentration Proposal: Complete Section I, III, &amp; IV</p> <p><input type="checkbox"/> Minor Change or New Minor Proposal: Complete Section I (delete sections III &amp; IV)</p> <p><input type="checkbox"/> Certificate Change or New Certificate Proposal: Complete Section I (delete sections III &amp; IV)</p> <p><input checked="" type="checkbox"/> Course Change or New Course Proposal: Complete Section II (delete sections III &amp; IV)</p>
<p><b>Program name.</b> Psychology Department course offering for the RN to BSN online degree</p>
<p><b>Degree name(s).</b> (If applicable.) BSN online degree</p>

<sup>1</sup> <http://faculty.pnw.edu/blog/curriculum-document-approval-procedures/>

## Section II: This section is for changes in courses only

**Subject.** (Brief description of proposed change, addition or deletion.) New course: Health Psychology for Nurses (PSY 25200)

**Justification.** (Briefly list main reasons for proposed change, addition or deletion.)  
 Training and coursework in the area of health psychology can facilitate a better understanding of patients' mental processes and behaviors, the role of mental health in illness, and the tools necessary to help facilitate change behavior. Additionally, given the high rate of burnout and stress in the helping professions, taking a health psychology course can provide students with information and resources on the importance and value of self-care. There is no other course currently in the curriculum that meets these interdisciplinary needs.

Use the **Current** and **Proposed** spaces below for course changes only. Otherwise, mark "N/A"

<p><b>Current:</b> (Course changes: include entire <u>present</u> catalog information. Leave blank if new course)</p>	<p><b>Proposed:</b> (Course changes: include entire <u>new</u> catalog information.)</p> <p>PSY 25200 Health Psychology for Nurses          This course is intended for nurses and related healthcare practitioners to introduce them to the essentials of health psychology. The course will address basic research, theoretical models, and processes by which psychosocial and behavioral factors relate to health. The course will also focus on behavioral health interventions and clinical skills as they relate to diseases, disorders, or health problems.          Prerequisite: PSY 12000 (or equivalent) with a C- or better.          Class 3, Lab 0, Credit 3</p>
<p><b>Is this course also:</b>    <input type="checkbox"/> <b>General Education</b></p>	<p><b>Currently Designated ExL (see <a href="#">instructions</a><sup>2</sup>)</b>    <input type="checkbox"/></p>
<p><b>Course Objectives / Learning Outcomes.</b> (New courses only. List main outcomes. If lengthy, attach separate page.)          By the end of this course, the student should be able to:</p> <ol style="list-style-type: none"> <li>1. Identify key theories of health and behavior change</li> <li>2. Define common mental disorders and recognize the screening and management options for disorders</li> <li>3. Identify the skills necessary to deal with heightened emotion (grief/anger/stress) within the healthcare environment</li> <li>4. Recognize the relationship between stress and illness</li> <li>5. Identify factors that interfere with treatment adherence and methods that improve adherence</li> <li>6. Describe various intervention approaches (motivational, behavioral, cognitive-behavioral, mindfulness), and be able to implement these approaches</li> <li>7. Articulate the impact of economic factors on health psychology</li> <li>8. Recognize risk and protective factors in impaired wellness</li> <li>9. Identify strategies to increase resilience and decrease burnout</li> </ol>	
<p><b>Impact on Students.</b> (State "N/A" if proposal will not greatly affect students.) Students will be better prepared to deal with psychological issues in their nursing practice after having taken this course.</p>	
<p><b>Impact on University Resources.</b> (State "N/A" if proposal will not require new resources, faculty or funds.) May increase the need for additional faculty in Psychology, because it will be taught by a full-time faculty member as part of their faculty load.</p>	
<p><b>Impact on other Academic Units.</b> (State "N/A" if proposal will not affect other units.) (Include name of person in affected area this was discussed with.) N/A</p>	

<sup>2</sup> <http://faculty.pnw.edu/blog/curriculum-document-approval-procedures/>