

Covenant School of Nursing
Instructional Module 1- Learning Guide
Topic: Spirituality, Cultural Diversity and Stress

Learning Goals/Outcomes
Upon completion of this lesson, you will be able to: • Explain the influence of spiritual practices on the health status of patients. • Explain social and cultural influences in health, illness, and caring patterns. • Describe steps towards cultural competence. • Discuss physiologic changes (acute and chronic) that occur when stressed. • Identify symptoms associated with stress.
Pre-Class Preparation
Required: • Read Fundamentals of Nursing, 10th ed Chapter 9, 35 and 37. Additional Resources: • http://www.nsna.org/Portals/0/Skins/NSNA/pdf/Imprint_NovDec08_Feat_Jeffreys.pdf (Dynamics of Diversity). • https://www.youtube.com/watch?v=ql8ePgViEUs&feature=em-share_video_user (please watch 12:24-18:34). • https://www.youtube.com/watch?v=X7skwmlAqFw&feature=em-share_video_user (Diversity. What does It Really Mean?) (5min)
Learning Activities
Classroom Activities: • Lecture and discussion. • Group activity identifying differences between partners. • “Stand If” game • We’re not all that different - Video • Case Study Laboratory/Clinical Activities: • None Online: • None
Evaluation Methods
• Unit Exam

<i>Texas DEC's</i>	<i>QSEN Competency (s)</i>
Knowledge IA.7a IIB.4.5 IIC.1.a. Clinical Judgments and Behaviors 1.B.a.b.c	Patient Centered Care
<i>Student Learning Outcomes</i>	<i>NCLEX Test Plan</i>
1,3,4,7,8	PI: Religious and Spiritual Influences on Health, PI: Cultural Awareness/Cultural Influences on Health, PA: Pathophysiology.
<i>Concepts</i>	<i>Faculty</i>
Spirituality	<i>M Foster MSN, RN</i>
<i>Date originated: 6/25/15</i>	<i>Revision Dates:</i> <i>11/30/15,4/21/2016,12/15/16,07/10/18,12/3/2020, 5/2021, 1/2022</i>