

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 Potter & Perry Fundamentals of Nursing. Chapters: Cultural Competence, Spiritual Health, and Stress and Coping

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	M Foster MSN, RN
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