

Teaching Guide of the subject

Year 2026 – 2027

SELF-CARE AND PROMOTION OF EMOTIONAL WELL-BEING

Code: 108551

ECTS credits: 3

Qualification	Types	Course	Semester
2500891 Nursing	OP	4	Annual

Contact	Use of languages
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Prerequisites

There are no official prerequisites, but it is advisable to have assumed the knowledge of the subjects: Psychosocial, Therapeutic Communication, Nursing Care in Mental Health

Contextualisation and objectives

This subject is optional" and is planned in the seventh semester of the Bachelor's Degree in Nursing.

This optional subject of the Bachelor's Degree in Nursing aims to provide students with a space for reflection and personal and professional development to improve their emotional well-being and promote a more conscious and sustainable care practice.

The nursing discipline is analysed from the perspective of care as a central element, and models such as those of N. Pender and D. Orem are used, which emphasize self-care as a fundamental pillar for caring for others.

Risk factors such as *compassion fatigue*, *burnout* and high rates of abandonment from the profession are also studied, with the aim of identifying, preventing and addressing them.

The student will learn strategies and techniques for emotional well-being, self-knowledge and self-care to integrate them into their clinical practice. Likewise, they will be trained to design and apply nursing interventions aimed at the emotional well-being of the professional, the patient, the family and the community

Learning objectives of the subject

1. Describe the effects of emotional regulation and mental health on nurses' personal and professional well-being.
2. Recognize Identify the theoretical foundations of self-care, emotional management and emotional competencies applicable to nursing practice.
3. Apply basic emotional regulation techniques to manage situations of stress and emotional load in care contexts.
4. To investigate self-care strategies used in the health field and develop proposals to incorporate them into the professional routine.
5. Analyse one's own emotional responses to situations of care complexity to promote reflective and safe practice.
6. To justify the importance of emotional health and self-care as fundamental axes of nursing competence and quality of care.
7. To integrate emotional skills in communication and therapeutic relationships with patients, colleagues and other health professionals.
8. Plan a personal plan for self-care and emotional development, adapting it to the nursing professional context.

Learning outcomes

QUALIFICATION LEARNING RESULTS	SUBJECT LEARNING RESULTS
KT03. Define the fundamental concepts of health and well-being of individuals, their families or the community.	KM41. Identify the theoretical foundations of self-care, emotional regulation and emotional competences, as well as their effects on the personal and professional well-being of nurses (KT03)
ST04. To make clinical judgments, based on clinical and care practice guidelines and applying diagnostic and therapeutic reasoning in the provision of care.	SM50. Apply emotional regulation techniques and self-care strategies to manage stress and emotional loads, analysing one's own responses to promote reflective and safe practice in care contexts (ST04)
CT01. To apply comprehensive and continuous nursing care in health and social settings, which guarantees the health and well-being of people, their families or the community, based on the available scientific evidence, clinical practice guidelines and current legislation, to guarantee well-being, quality and safety.	CM43. Integrate emotional skills into nursing practice, considering the importance of emotional health and self-care for effective communication and therapeutic relationships, as well as for the development of a personal self-care plan adapted to the professional context (CT01)

Contents

- Self-care models: N. Pender, D. Orem and other approaches related to professional well-being
- The emotional impact of care work: compassion, empathy and professional limits
- Burnout due to compassion, burnout and chronic stress in nursing: causes, consequences and approach
- Culture of well-being in health teams: leadership, healthy environments and care-based practice.
- Self-knowledge and self-reflection as tools for professional improvement

Methodology

The methodological approach of the subject is based on considering that the protagonist in the teaching-learning process is the students, being active in all the phases that make up the subject.

Directed activities:

The subject has a single theory group. In order to encourage active participation, students are provided with articles and working documents so that they can study prior to classes. The theoretical development of the topic is combined with classroom activities, of a more practical nature, in order to consolidate the theoretical content and achieve the learning outcomes of the subject.

Supervised activities:

Students carry out activities related to the syllabus, based on the analysis of scientific evidence and the resolution of cases, in small groups. For the development of the activities, an indicative script is proposed and a tutored follow-up is carried out.

The presentation of the activities must follow the regulations for the presentation of works of the EUI. They will be delivered in electronic format through the virtual classroom, and students will make an oral presentation.

The table below shows the planning of directed, supervised and autonomous activities:

Training activities¹

Activity	Hours	ECTS	Learning Outcomes
Type: Directed . Theory (TE):	22	0,88	KM41,SM50,CM45
Type: Supervised . Tutorials:	1	0,04	KM41,SM50,CM45
Type: Autonomous Cooperative learning Field practices Debates External visits to entities	52	2,08	KM41,SM50,CM45

¹ The teaching staff will allocate approximately 15 minutes once the subject is finished to allow that their students can answer the assessment surveys on teaching and subject.

Evaluation

The assessment should make it possible to verify the level of learning achieved, taking into account the objectives and learning outcomes of the programme.

Students have one call per academic year, to pass the subject.

Academic progression and passing of the subject is assessed through:

Continuous assessment

The objective of continuous assessment is for students to be able to know their academic progress throughout their training process in order to allow them to improve it, as well as to verify the evolution and progress of learning.

Continuous and formative assessment is established through assessment activities distributed throughout the course, the weight and instruments of which are described below:

- **Multiple-choice synthesis** test that is carried out at the end of the subject **(40%)**.
- **Report/written work** (individual activity) that is carried out during module II and must be presented on the date indicated in the virtual classroom **(10%)**. Not recoverable.
- **Report / Dossier of scientific evidence in care**. Group activity. The dossier is presented at the end of modules I, II and III on the date indicated in the virtual classroom **(50%)**. Not recoverable.

In multiple-choice tests, the negative answers are according to the following formula:

$x = \text{hits} - (\text{errors} / n - 1)$, where n is the number of answer options.

The indications for group work are established by the teaching staff at the beginning of the course and the presentation of the same must follow the EUI regulations to be accepted.

The delay in delivery, maximum 24 hours, will be penalized by subtracting one point from the grade of the work.

Subsequent submissions will not be accepted.

The grade of the subject is given by the weighted sum of the grades obtained in these tests, from a minimum grade of 5 in each of them.

Feedback on the results of the evaluation tests will be made through the classroom and tutorials if necessary.

The evaluation rubric of the work is available in the virtual classroom.

Qualification

- 0 to 4.9: Suspense
- 5.0 to 6.9: Passed
- 7.0 a 8.9: Notable
- 9.0 to 10: Excellent (in the event that the student has obtained a grade equal to or greater than 9, he/she may opt, at the discretion of the teacher, for an honors degree).

Single assessment

1. In this subject they must attend the classroom on the day/days that are scheduled for group work.
2. The date of the single test will coincide with the date of the last continuous assessment test that appears in the daily programme and in the calendar of training and assessment activities.
3. The single assessment will consist of:
 - Test 1 which will consist of an **objective multiple-choice test** and weights 40%.
 - Test 2 which will consist of a **case resolution test / open answer** and weights 10 %.
 - Test 3 which will consist of a **work report on scientific evidence** and weights 50%.

Recovery activity

1. A single date is determined for the recovery activity for all students, whether or not they are subject to single assessment.
2. A recovery activity is proposed to students who have been previously evaluated by a set of activities whose minimum weight is equivalent to 2/3 of the total grade of the subject and who have obtained a final grade of less than 5 and greater than 3.5.
3. This test will consist of an evaluation activity of the recoverable test(s) not passed.
4. The recovery tests will be determined by the teaching staff.
5. Teachers may exclude from the recovery process those activities that, due to their nature, they consider to be not recoverable.
6. In the event that the student passes the retake test corresponding to the failed part, the maximum grade of this will be a 5.
7. The retake grade will replace the grade originally obtained and the final weighted grade will be recalculated.
8. Once the subject has been passed, it cannot be subject to a new evaluation.

No evaluable

It is considered that the subject will not be assessable when one of these circumstances is met:

1. Not having delivered any of the continuous assessment activities provided for in the teaching guide.
2. Not having attended any of the practical or compulsory sessions, when these are necessary to assess learning outcomes and as indicated in the teaching guide.
3. Not having taken the final test (exam, written or oral test, work defense, etc.), if This represents an essential percentage of the grade.
4. Not having completed the minimum required participation in training activities (for example, seminars, presentations, forums, etc.), when these are part of the evaluation.
5. Not having submitted the final project or compulsory project, if this constitutes a central evidence of learning of the subject.

Review of the final grade

Once the final grade has been published, the student can request the revision of the final exam within the established period. Review requests are not accepted on dates outside of this period.

Procedure in case of copying / plagiarism

1. Copying **or plagiarism** in any type of evaluation activity constitutes a crime, and will be penalized with a 0 as a grade for the subject, losing the possibility of recovering it, whether it is an individual or group work (in this case, all members of the group will have a 0).
2. If, during the completion of an individual assignment in class, the teacher considers that a student is trying to copy or is discovered some type of document or device not authorized by the teacher, the same will be graded with a 0, without the option of recovery, and therefore, the subject will be suspended.
3. A work, activity or exam will be considered to be "copied" when it reproduces all or a significant part of the work of oneself, another classmate.
4. A work or activity will be considered "plagiarized" when a part of a text by an author is presented as one's own without citing the sources, regardless of whether the original sources are in paper or digital format.

The use of Artificial Intelligence (AI) technologies

The use of Artificial Intelligence (AI) technologies is regulated according to the type of work to be carried out:

1. In the event that the work aims at personal reflection and meaningful learning by the student, **the use of AI technologies is prohibited** in any of its phases of completion.
Any work that includes AI-generated fragments (e.g. abstracts, translations, text writing or image creation) will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater penalties in cases of seriousness.
2. In other works, **the restricted use of AI technologies is allowed** exclusively in those support tasks, such as bibliographic or information searches, proofreading, translations, and other specific situations that are indicated. In these cases, the student will have to clearly identify which parts have been generated with this technology, specify the tools used and include a critical reflection on how they have influenced the process and the final result of the activity. The non-transparency of the use of AI in this assessable activity will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater sanctions in cases of severity.

In any case, in the description of each assignment, the teacher in charge will clearly indicate **whether the prohibited or restricted use of AI applies**.

Aspects of evaluation related to values and attitudes

1. The teacher may lower the grade of the subject between 1 and 2 points out of 10 to those students who repeatedly do not respect the indications on the rules of behavior in class.
2. "No lack of respect for classmates or teachers will be tolerated. Homophobic, sexist or racist attitudes will also not be tolerated. Any student in whom any of the attitudes described above are detected will be classified as having failed the subject."

Formal aspects of written work

In all activities (individual and group) linguistic correction, writing and formal presentation aspects will be taken into account.

Other considerations

1. All the evaluation tests will be published in the daily program and in the calendar of training and evaluation activities.
2. The date of the single test will coincide with the date of the last continuous assessment test.
3. Students who repeat the subject may request at the beginning of the course to carry out only one final synthesis assessment (article 117, page 46 of the Academic Regulations of the Universitat Autònoma de Barcelona (Approved by agreement of the Governing Council of 7 July 2022, and modified by agreement of the Governing Council of 1 February 2023).

Students in second or more enrolment who have taken all the assessment tests in the previous year may opt to be assessed with a single synthesis assessment activity. This activity will consist of an exam at the end of the subject coinciding with the written exam of the subject. Students in second or more enrolment who wish to opt for the final exam must notify the teaching staff responsible for the subject in writing two weeks before the published date.

Evaluation activities

Activity	Weight	Hours	ECTS	Learning Outcomes
Individual activity: • Objective tests • Short Essay Test	40% 10%	2 2	0,08 0,08	KM41,SM50,CM45
Group work: • Report on cooperative work (preparation of the report, preparation and final presentation associated with the evaluation)	50%			KM41,SM50,CM45

Bibliography

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To the program

- Moodle
- Mendeley
- Kahoot
- Genially
- Canva
- Google Forms