

**Mt. San Antonio College  
Associate Degree Nursing  
Curriculum Threads**

**Human Sexuality**

Human sexuality plays a major role in everyone's life. Regardless of ages, genders, and ethnic backgrounds, it is an integral part of what individuals do and who they are. Human sexuality is the way in which individuals experience and express themselves as sexual beings. Next to sleeping and eating, it is one of the most important drives individuals have to deal with as humans. That is, it takes up so much of time in thought and behavior that it sometimes seems that every facet of an individual's life revolves around this to a certain extent. Mt.SAC faculty believe that the individual is a bio-psycho-social and spiritual being; an open system in constant interaction with the environment which attempts to maintain a state of equilibrium by adjusting to the environment or adjusting the environment to the individual. Since human sexuality has been recognized as an aspect of human health, thus, to achieve and maintain a state of equilibrium and a maximum level of wellness, maintaining human sexuality health is crucial.

**NURS 1A - The Nursing Process I**

**Objectives**

1. Identify sexuality needs for the geriatric client.
2. Discuss Freud's Theory on Psychosocial Development that impact human sexuality.
3. Discuss psychosocial changes in the Elderly that impact human sexuality.
4. Discuss types of Elderly abuse.
5. Describe Patient Bill of Rights.

## **NURS 1B - The Nursing Process II**

### **Objectives**

1. Incorporate client's developmental, cultural, psychosocial and sexual needs in planning and implementing nursing preventions.
2. Incorporates clients developmental, cultural, psychosocial and sexual needs in planning and implementing nursing preventions.

## **NURS 3 – Medical-Surgical Nursing - Locomotion/Sensation/Integument/Oncology/Immunology**

### **Objectives**

1. Utilize the nursing process as a framework for identifying human sexuality concerns/needs of persons with disabilities or limitations secondary to systems alterations caused by chronic orthopedic, rheumatologic, ophthalmic, or otic disorders.
2. Incorporates client's developmental, cultural, psychosocial and sexual needs in planning and implementing nursing preventions.
3. Using the Neuman Model as a conceptual framework, describe the relationship between clients' cultural and ethnic backgrounds, age, sexuality, and their response toward health status.

## **NURS 4 – Maternity Nursing**

### **Objectives**

1. Provide primary information regarding contraceptive devices. Make appropriate referrals.
2. Formulate nursing diagnosis based on real/potential physical and psychosocial stressors for women who contract a STI.
3. Plan primary, secondary and tertiary preventions based on the communicability of a STI.
4. Assist female patients in planning and identifying coping strategies to deal with diseases (STIs) which may impact their lifestyle and behavior.

## **NURS 5 – Psychiatric Nursing**

### **Objectives**

1. Utilize assessment data to accurately identify stressors for problems with Hygiene and comfort, human sexuality, physical and psycho-social needs.
2. Identify life cycle developmental tasks, cultural, age and sexual variables, dominant concerns and appropriately involve client in therapeutic activities.
3. Complete the Reading Assignments as follows:
  - a. Varcarolis Chapter 21 Sexual Dysfunction and Sexual Disorders.
  - b. Varcarolis Chapter 26 Child, Older Adult and Intimate Partner Abuse.
  - c. Varcarolis Chapter 27 Sexual Assault.

## **NURS 6 – Pediatric Nursing**

### **Objectives**

1. Provide parents with guidelines for sex education.
2. Plan a sex education session for a group of school-age children.
3. Develop an education session on sexuality for a group of adolescents.
4. Describe the process by which adolescents develop their sexual identities.
5. Demonstrate an understanding of health problems related to adolescent sexuality.
6. Outline a plan for discussing sexuality issues with adolescents.

## **NURS 7 – Medical-Surgical Nursing – Nutrition / Elimination / Surgical Asepsis**

### **Objectives**

1. Explain the concepts of human sexuality related to the Nursing Process and Neuman's Conceptual Framework. Discuss aspects of sexuality in older adults.
2. Describe and evaluate the nurse's role in the care of the client undergoing diagnostic tests pertaining to the male/female genital organs.
3. Discuss anatomy, physiology, pathophysiology, mental health and other related principles of care for clients with reproductive disorders.
4. Describe the structures and functions of the male and female reproductive systems.
5. Explain the functions of the major hormones essential for the functioning of the male and female reproductive systems.
6. Describe the physiologic changes of a man and of a woman during the stages of sexual response.
7. Describe age-related changes in the male and female reproductive systems and differences in assessment findings.
8. Identify significant subjective and objective data related to the male and female reproductive systems and information about sexual function that should be obtained from a patient.
9. Explain the physical and psychologic preoperative and postoperative aspects of nursing management for the patient undergoing a mastectomy.
10. Differentiate normal from abnormal findings obtained from a physical assessment of the male and female reproductive systems.
11. Discuss the changes related to menopause and the nursing and collaborative management of the patient with menopausal symptoms.
12. Identify the clinical manifestations of sexual assault and the appropriate nursing and collaborative management of the patient who has been sexually assaulted.
13. Discuss the nursing management of problems related to male sexual functioning.

14. Identify the psychologic and emotional implications related to male reproductive problems.

## **NURS 8– Medical-Surgical Nursing – Circulation and Oxygenation**

### **Objectives**

1. Evaluate the concepts of human sexuality related to the nursing process and Neuman's Conceptual Framework and determine their relationship to client well-being.
2. Identify cultural and psychosocial factors that influence coping for client.
3. Identify and discuss the issues of sexuality and sexual performance following myocardial infarction and other cardiac problems; assist the client to recognize and cope with these issues directly or through referral to appropriate professionals.
4. Identify and discuss the physical, psychosocial, sexual needs and problems of the client with oxygen deficit and take Neuman Model prevention techniques, including client teaching, that are aimed at resolving the needs or problems.
5. State relationship of client's age and sex to illness and potential problems related to the stage of development, and identify primary, secondary and/or tertiary preventions designed to address these variables.



## **NURS 10 – Medical-Surgical Nursing – Integration/Regulation**

### **Objectives**

1. Explore and discuss areas of human sexuality as it applies to your assigned client.  
Identify common problems with sexual function in the elderly person.
2. Discuss the social and psychological aspects of clients with glandular imbalances and problems of sexuality.

## NURS 11 – Preceptorship in Nursing

### Objectives

In addition to laboratory objectives from previous courses (which include personal hygiene, human sexuality, cultural diversity, nutrition, pharmacology, legal aspects, social/ethical aspects, management/leadership threads) the laboratory objectives are as follows:

1. Utilizing nursing knowledge, skills and protocols to assure an environment conducive to restoration and maintenance of clients in clinical settings, including medical surgical settings and any areas where clinical objectives can be met, the preceptee will:
  - a. Apply theoretical base to clinical practice.
  - b. Demonstrate effective interpersonal communication skills.
  - c. Demonstrate skills in written communication.
  - d. Demonstrate professional accountability.
  - e. Demonstrate application of the nursing process.
  - f. Demonstrate clinical skills appropriate to entry level practitioner.
  - g. Demonstrate increasing skills in decision making, priority setting, problem solving and organization.
  - h. Demonstrate leadership skills.
  - i. Demonstrate problem solving and skill attainment.
  - j. Demonstrate critical thinking.