

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE: Health I: Self & Family Health

CODE NO. : NURS1006 **SEMESTER:** 1

PROGRAM: Collaborative Bachelor of Science in Nursing

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DATE: Sept/04 **PREVIOUS OUTLINE DATED:** Sept/03

APPROVED:

_____	_____
DEAN	DATE

TOTAL CREDITS: 3

PREREQUISITE(S): None

EQUIVALENCIES: None

HOURS/WEEK: 3 (classroom), 4 (lab), 4 (Clinical 2nd half of semester)

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I. COURSE DESCRIPTION:

The major emphasis of this course is on the personal meaning of health, related health assessments and health maintenance. Learners will examine significant theoretical and conceptual frameworks of health in relation to self and family. A community clinical experience will take place in the context of resource family. An agency based clinical experience will take place in the context of well elderly. By reflecting and reconstructing personal experiences, learners will have an opportunity to identify resources and challenges that affect health and recognize the complexity of the change process as related to health promotion and caring. (3 hours class per week/2 hours of lab per week/total community clinical hours 3/total agency hours 24).

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

ENDS- IN- VIEW:

This course will provide learners with opportunities to develop heightened awareness of their own personal concepts of health and healthy living. They will also have opportunities to become aware of differences in beliefs, values , and perceptions about health held by others and how these differences influence the way people behave, throughout the lifespan, in relation to health. Learners will have opportunities to explore the complexities of the change process in relation to transitions in the life cycle and in healthful living practices. Opportunities to learn basic health assessment skills will be included in this course.

PROCESS:

In order to develop a conceptual and experiential understanding of the concepts and theories in this course, learners will be provided with learning activities in which they will need to personally engage. Experiences arising from learning activities will be shared with others in active dialogue so that people's experiences with health can be considered from praxis perspective. The teacher's responsibility is to guide and facilitate; the learner's responsibility is to use resources and to actively engage in dialogue and in the process of learning.

LABORATORY EXPERIENCES:

You must attend your scheduled lab. If you are ill, please contact your lab facilitator. Switching labs is reserved for very special circumstances. You will not be allowed to move freely among lab sections - you must ask first.

You will also attend scheduled practice labs during the term. In the practice lab, you will practise the skills that you learn in each of the laboratory sessions. Practice labs are in addition to your regularly scheduled classes. The hours will be scheduled and also will be posted on the lab doors. You must attend your scheduled practice lab each week.

Repeated absences from scheduled labs will necessitate withdrawal from the clinical setting. This will be strictly enforced. (Ask yourself this question: would you want a nurse who doesn't know what she/he is doing caring for your mother/father, sister/brother, grandmother/grandfather etc.?)

CLINICAL: FIELDWORK/PLACEMENT

NOTE: ALL CLINICAL REQUIREMENTS MUST BE COMPLETED PRIOR TO BEGINNING OF CLINICAL EXPERIENCES.

A. Community-Based Clinical: Resource Family.

You are required to visit a family in the community a minimum of three times over the first term. You will have learning activities that involve your resource family. Further information will be found in your Learning Activities package. A family assessment paper, based on your resource family is a component of the course evaluation.

B. Institution-Based Clinical - Well Elderly

This 24-hour clinical experience will provide opportunities for you to begin your practice of nursing. It is the intent that you will become an active participant in the construction of your own knowledge as you relate course concepts to your practice. You will have opportunities to practise professionally, to promote a safe and supportive environment , and to develop caring relationships as you engage with well elderly in an agency setting. A faculty member will serve as a learning facilitator and resource for your clinical group activities. It is hoped that you will develop an understanding of the complexity of relationships within families, and an ability to be sensitive to different family dynamics. In consultation with your clinical facilitator, you will be responsible for seeking opportunities to consolidate classroom and laboratory learning in the practice setting with respect to establishing a healing environment (i.e., listening, comforting, bed making); promoting exercise and movement (i.e. assisting with mobility, transferring, range of motion exercises) and providing comfort (i.e. bathing, skin care, oral hygiene, assisting with dressing, assisting with elimination).

In addition it is expected that you will integrate newly acquired knowledge and skills from other concurrent nursing courses (i.e. Professional Growth 1 and Self and Others 1) during the clinical experience.

COURSE NAME

CODE #

Week	Class Content	Lab Content	Clinical
1	Introduction Perception Part 1	Introduction Asepsis, Standard Precautions	
2	Perception Part II	Family Lab Getting Started	
3	Responsibility	Body Mechanics, Bedmaking	
4.	Assessment (Family)	Hygiene	
5.	Transition & Change	ROM/ Positioning	
6.	Mid term	Family Lab #2	
7.	Assessment (Stress)	Feeding & Mouth Care	Clinical – Orientation Well Elderly
8.	STUDY WEEK	STUDY WEEK	STUDY WEEK
9.	Nutrition and Behaviour Change	Moving & Transferring	Clinical
10.	Ways of Knowing Family Paper Due	Elimination	Clinical
11.	Phenomenology	Vital Signs and Health Measurements	Clinical
12.	Behaviour Change	Vital Signs	Clinical
13.	Context – Culture	Scenario Testing	Clinical
14,15	EXAM PERIOD	EXAM PERIOD	

Student Evaluation (Method/Date)

1.	Mid term – Week 6 - see student schedule 20%
2.	Lab Scenario Testing – Week 13 & Exam Period 15%
3.	Family Assessment Paper – due Week 10 – Nov. 8 25%
4.	Final Examination – Exam Period 40 %

III TOPICS:

Through the use of a variety of learning activities, course content will reflect the following concepts:

- the lived experience of the person (phenomenology), differing realities, self esteem, self concept, personal resources.
- perception - personal meaning, personal construct theory, beliefs and values
- context - culture, family, community, situatedness
- responsibility - choice, self-responsibility, nutrition
- assessment - individual and family assessment process (beginning level),
- empowerment/enablement - teaching, learning process.
- transitions - developmental change, change theory, lifestyle change
- ways of knowing - ethics of health, personal experiences, empirical knowledge, theoretical knowledge.

Laboratory learning activities will be organized around the following concepts:

ASEPSIS	principles of; hand washing; gloving, standard precautions
ASSESSMENT	temperature; pulse; respirations; blood pressure; height & weight.
MOBILITY	basic body mechanics; moving & transferring; R.O.M.; assisting with ambulation, and positioning.
HYGIENE	bathing techniques; mouth care; bed-making; assisting with dressing
ELIMINATION	using assistive devices to promote urinary and bowel elimination; specimen collection
NUTRITION	feeding techniques; Intake & Output (I & O)

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. American Psychological Association (2001) *Publication manual of the American psychological association* (5th ed) Lancaster Press: Pennsylvania
2. Edelman, C.L., Mandle, C.L. (2002). *Health promotion throughout the lifespan.* (5th ed.) St. Louis: Mosby.
3. North Eastern Ontario Collaborative Nursing Program Faculty. (2003). *Learning activities and lab manual.* Cambrian College, Northern College, Laurentian University, Sault College.
4. Perry, A., Potter, P. (2002) *Clinical nursing skills and techniques.* (5th ed.) Toronto; Mosby.
5. Potter, P.,Perry, A. (2001). *Canadian fundamentals of nursing.* (2nd ed.) Toronto: Mosby.
6. Wright, L. ,Leahey, M. (2000).*Nurses and families. A guide to family assessment and intervention.* (3rd ed). Philadelphia: Davis.
7. Venes,D. (Ed.) (2001).*Taber's Cyclopedic Medical Dictionary.* (19th ed) Philadelphia:Davis.
8. Selected reading and articles (see learning activities)
9. Laboratory and practice labs. (see laboratory manual)

V. EVALUATION PROCESS/GRADING SYSTEM:

Successful completion of BSN 1006 is dependent upon a satisfactory clinical status and 60% academic in the following:

1. Completion and documented evidence of a minimum of three (3) family visits to your resource family. Clinical grades are satisfactory/unsatisfactory. **FAILURE TO COMPLETE VISITS PRIOR TO THE EXAMINATION PERIOD WILL RESULT IN AN UNSUCCESSFUL CLINICAL GRADE FOR BSN 1006 AND A FAILURE IN THE COURSE.**

2. Regular attendance at laboratory sessions and practice labs (these are mandatory).
3. Reflective Journals

Each of the learning activities asks that you reflect and build upon your learning by addressing specific questions or ideas in a journal. We will discuss the format for these in the first class. You are not required to hand these in; however, you must complete these each week as the critical questions formulate the basis for the final examination.

4. Journal Research

As part of the laboratory portion of BSN 1006, you will be asked to access and read research articles on the nursing skills being studied. Students will be randomly assigned to complete the required research. These students will be asked to verbally summarize the research articles they have read in the laboratory class, as well as project how the research findings described in the articles will impact their nursing practice. Further criteria will be given out in the first laboratory period. **The research and discussion will be an element of the student receiving a satisfactory or unsatisfactory grade in the clinical component of this course.**

5. Family Assessment:

Using a resource family, you and a partner will perform a family assessment, at a beginning level. You will use the "Family Assessment Tool" on page 147 in your Potter & Perry text. **Your three visits will be done together. HOWEVER, your papers will be written separately.** Start your paper with a description of your family (paint a picture in my mind of what they look like). Include the collected data using the tool in the text as a guide. After analysing the collected data, develop health promotion strategies for your family. You must submit two copies of your paper for grading. I will return one and keep one on file. All papers are to be submitted at the beginning of class on the due date. This assignment is worth **25%** of your final grade. Further criteria will be given out in class.

7. Mid term

A midterm test will be administered during class in week 6. This test will address the material covered in both the class and lab periods and will be a combination of multiple choice and short answer questions. It is worth **20%** of the final grade.

8. Lab Scenario Testing:

During the last week of the course or, possibly in the exam period, you will perform a scenario test to assess your competence with nursing skills acquired this semester. The grading criteria will be handed out and discussed in a lab class. To assist you to prepare for this test, practice lab scenarios will be distributed for you to utilize during your practice lab sessions. This test is worth **15%** of the final grade.

9. Final Examination:

You will write a final examination during the scheduled exam period at the end of the first term. This will be a combined multiple choice and essay type exam worth **40%** of your grade. The content of the exam will be comprehensive, drawing upon both your laboratory and classroom learning.

10. Clinical Experience:

During the latter 6 weeks of the term, you will complete 4 hours of clinical each week for a total 24-hour clinical experience. **Clinical is mandatory and will be assessed as either “satisfactory” or “unsatisfactory”.**

You will initiate and complete a Clinical portfolio to be submitted to your clinical facilitator for evaluation. Further, you will engage in reflective practice to critique your clinical performance with respect to the five domains of Nursing. These will be discussed in depth at the beginning of the clinical experience by your clinical facilitator. **NOTE: In order to obtain a passing grade in Self and Family Health, you must achieve a “satisfactory” clinical evaluation from your clinical facilitator.**

It is the responsibility of each student to obtain the criteria for each evaluative method.

All students will be notified a minimum of 7 days prior to the date of any test and/or examination.

NOTE:

Students in Health Science programs must maintain a minimum grade of "C" in order to continue in the program.

ATTENDANCE POLICY

Punctual and regular attendance at the various academic exercises is required of all students. If there are extenuating circumstances bearing upon a student's absence, the instructor should be notified. Absences in excess of 20% may jeopardize receipt of credit of the course.

EVALUATION POLICY

1. Attendance at scheduled tests, quizzes, laboratory sessions, clinical experience, presentations, examinations, etc. is mandatory.
2. Missed tests, quizzes, assignments, laboratory reports, presentations, examinations will be graded "0" unless alternate arrangements are made with the professor prior to the scheduled times.

The North Eastern Ontario Collaborative Nursing Program Policy and Procedure Manual, 2003 is to be consulted for guidance and is considered part of this course outline.

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

NOTE:

For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

All NURS courses require 60% for a passing grade.

All science courses, including BIOL2105, BIOL2111, CHMI2220 and elective courses require 50% for a passing grade.

VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1101 or call Extension 703, so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.