

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE: Self & Family Health

CODE NO. : NURS1004 **SEMESTER:** 1

PROGRAM: Collaborative Bachelor of Science in Nursing

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DATE: Sept/08 **PREVIOUS OUTLINE DATED:** Sept/07
Previously NURS 1006

APPROVED: "Marilyn King"

	CHAIR, HEALTH PROGRAMS	DATE
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TOTAL CREDITS: 4

PREREQUISITE(S): None

EQUIVALENCIES: None

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

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For additional information, please contact the Chair, Health Programs
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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. 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/4 hours of lab per week/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 PLACEMENT:

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

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.

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)

Week	Class Content	Lab Content	Clinical	Evaluations
1	Course introduction, Health	Introduction;Asepsis, Standard Precautions		
2	Perception of Health	Body Mechanics, Bedmaking		
3	Human Development	Hygiene		
4.	Responsibility	Hygiene		
5.	Transition & Change	ROM/ Positioning		Change Paper <u>Part I</u> due –
6.	Assessment (Family)	Communication, Safety, family assessment		
7.	MID TERM	Feeding & Mouth Care	Clinical – Orientation Well Elderly	MID TERM
8.	STUDY WEEK	STUDY WEEK	STUDY WEEK	
9.	Assessment (Stress)	Moving & Transferring	Clinical	Change paper <u>Part II</u> –Progress report : Initial due date
10.	Behaviour Change	Elimination	Clinical	
11.	Nutrition and Behaviour Change	Vital Signs and Health Measurements	Clinical	
12.	Phenomenology	Vital Signs	Clinical	Change Paper <u>Part III</u> due- Final report
13.	Context – Culture	Scenario Testing	Clinical	Scenario Testing
14,15	EXAM PERIOD	EXAM PERIOD		EXAM PERIOD

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. American Psychological Association (2001) *Publication manual of the American psychological association* (5th ed) Lancaster Press: Pennsylvania
2. Perry, A., Potter, P. (2006) *Clinical Nursing Skills and Techniques*. (6th ed.) Toronto; Elsevier Mosby.
3. Perry, A. & Potter, P. (2006). *Nursing skills online for fundamentals of nursing*. (6th ed.) St. Louis: Elsevier Mosby.
4. Potter, P., Perry, A. (2006). *Canadian fundamentals of nursing*. (3rd ed.) Toronto: Elsevier Mosby.
5. Mosby's dictionary of medicine, nursing & health professions (7th ed.). (2006). St. Louis, MI: Elsevier Mosby.
6. Wright, L., Leahey, M. (2005). *Nurses and families. A guide to family assessment and intervention*. (4th ed). Philadelphia: Davis.
7. NURS1004 Required Article Readings
8. North Eastern Ontario Collaborative Nursing Program (2008). *NURS1004 Course Learning Activities and Course Lab manual*. (will be provided for you).

RECOMMENDED RESOURCES

1. Murray, R. B., Zentner, J. P., Pangman, V., Pangman, C. (2006). *Health Promotion Strategies through the Lifespan. Canadian Edition*. Toronto: Pearson – Prentice Hall

SUPPLIES

(Detailed information regarding uniforms and supplies will be provided during the first week of class.)

- 1-2 Uniforms, **royal blue only**
- Warm-up jacket, **royal blue only** (optional)
- NEOCP crest for each uniform and warm-up jacket (available in Campus Shop)
- 1 name tag
- 1 pair white nursing or running shoes (closed toe and heel with rubber soles)
- 1 watch with second hand
- 1 blood pressure cuff
- 1 stethoscope (must have dual head, diaphragm and bell)

Estimated Cost for Supplies: \$425.00

V. EVALUATION PROCESS/GRADING SYSTEM:

Successful completion of NURS1004 is dependent upon a satisfactory clinical status and 60% academic in the following:

	Method	Date	Weight
1.	Mid term	Week 7	20%
2.	Individual Health Change Project Paper	Part I /draft 10 marks -due week 5 Progress Report 15 marks -due week 9 Final Report 25 marks - due week 12	25%
3.	Lab Scenario Testing –	Week 13 & Exam Period	15%
4.	Final Examination –	Exam Period	40 %
5.	Clinical Evaluation	Weeks 7 -13	Satisfactory or unsatisfactory

Detailed information about assignments can be found in the NURS1004 course syllabus. 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.

The school policy on written assignments applies to all written assignments (see *Student Manual*). APA format is required unless specifically stated otherwise. Those not submitted by the due date and time will not be accepted. *Extensions will not be granted on the day that the assignment is due.*

NOTE: Students in Health Science programs must maintain a minimum grade of "C" in order to continue in the program. In addition, in order to obtain a passing grade in Self and Family Health, you must achieve a “satisfactory” clinical evaluation from your clinical facilitator.

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.
3. The North Eastern Ontario Collaborative Nursing Program Policy and Procedure Manual, 2008 is to be consulted for guidance and is considered part of this course outline.

The following semester grades will be assigned to students in postsecondary 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 2703, 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.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in the *Student Code of Conduct*. 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.

Tuition Default:

Students who have defaulted on the payment of tuition (tuition has not been paid in full, payments were not deferred or payment plan not honoured) as of the first week of November will be removed from placement and clinical activities. This may result in loss of mandatory hours or incomplete course work. Sault College will not be responsible for incomplete hours or outcomes that are not achieved or any other academic requirement not met as of the result of tuition default.

Students are encouraged to communicate with Financial Services with regard to the status of their tuition prior to this deadline to ensure that their financial status does not interfere with academic progress.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question.