



COURSE OUTLINE: PNG130 - NURSING THEORY II

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Approved: Rebecca Keown - Dean

Course Code: Title	PNG130: NURSING THEORY II
Program Number: Name	3024: PRACTICAL NURSING
Department:	PRACTICAL NURSING
Academic Year:	2025-2026
Course Description:	<p>The course exposes the learner to the various health promotions and health problems affecting pregnant women and the newborn infant and the life stages from infancy to adulthood. The learner will gain insight of various common health problems that occur from infancy to adulthood and their functional outcomes in terms of morbidity, mortality, psychological wellbeing, reproduction and growth will be highlighted.</p> <p>The learner will become familiar with the health and nutritional problems related to growth and development, assessment of the well-child and the antenatal period. Using a case study approach, learners will gain insight of health promotion, disease prevention and health protection strategies for selected individuals throughout the lifespan. These concepts will be studied as they apply to individuals, families, groups and communities. Vulnerable populations and the impacts of the determinants of health will be discussed.</p>
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	PNG115, PNG117
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	PNG233, PNG234, PNG236, PNG238
Vocational Learning Outcomes (VLO's) addressed in this course:	<p>3024 - PRACTICAL NURSING</p> <p>VLO 1 Communicate therapeutically with clients and members of the health care team.</p> <p>VLO 2 Assess clients across the life span, in a systematic and holistic manner.</p> <p>VLO 3 Plan safe and competent nursing care, based upon a thorough analysis of available data and evidence-informed practice guidelines.</p> <p>VLO 4 Select and perform nursing interventions using clinical judgment, in collaboration with the client and, where appropriate, the health care team, that promote health and well-being, prevent disease and injury, maintain and/or restore health, promote rehabilitation, and/or provide palliation.</p> <p>VLO 5 Evaluate the outcomes resulting from all interventions in the nurse-client interaction and modify the plan of care as required.</p> <p>VLO 6 Act equitably and justly with clients and members of the health care team.</p> <p>VLO 7 Adapt to a variety of health care settings, using different leadership skills and styles as appropriate to each setting.</p>
Please refer to program web page for a complete listing of program outcomes where applicable.	



	<p>VLO 8 Contribute to creating a healthy and safe work environment in a variety of health care settings.</p> <p>VLO 9 Practise in a self-regulated, professional and ethical manner, complying with relevant legislation and with the standards of both the regulatory body and the practice setting to provide safe and competent client care.</p>				
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>				
Course Evaluation:	<p>Passing Grade: 65%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>				
Books and Required Resources:	<p>Potter and Perry`s Canadian Fundamentals of Nursing by Astle Publisher: Elsevier HlthSciences Division Edition: 7th ISBN: 9780323870658</p> <p>Leifer`s Introduction to Maternity & Pediatric Nursing in Canada by Keenan-Lindsay Publisher: W.B. Saunders Edition: 2nd ISBN: 9780323872775</p> <p>Ackley & Ladwig`s Nursing Diagnosis Handbook by Makic Publisher: Mosby, Incorporated, Elsevier Edition: 13th ISBN: 9780323776837</p> <p>Registered Practical Nurse (RPN) Entry-to-Practice Competencies (ETPs) by College of Nurses of Ontario (CNO) ETP 8, 9, 11, 16, 22, 24, 26, 28, 37, 43, 47, 48, 49, 56</p>				
Course Outcomes and Learning Objectives:	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Using the nursing process and a case study approach, discuss health promotion, health protection strategies</td> <td> <p>1.1 Discuss the impact of lifestyle choices on health promotion and health protection (including nutrition, activity/exercise, and wellness).</p> <p>1.2 Discuss the importance of culture as a factor in health</p> </td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Using the nursing process and a case study approach, discuss health promotion, health protection strategies	<p>1.1 Discuss the impact of lifestyle choices on health promotion and health protection (including nutrition, activity/exercise, and wellness).</p> <p>1.2 Discuss the importance of culture as a factor in health</p>
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	<p>and safety strategies for each stage from infancy to late adulthood.</p>	<p>promotion and health protection. 1.3 Discuss normal physical changes associated with aging throughout the life span 1.4 Discuss age-appropriate health promotion and health screening. 1.5 Discuss age-related safety issues and safety strategies. 1.6 Identify health promotion/maintenance strategies for the infancy to late adulthood periods. 1.7 Discuss the role of the practical nurse in holistic health promotion from infancy to late adulthood. 1.8 Consider the determinants of health when planning health promotion and health protection strategies. 1.9 Develop a concept map and teaching plan for a common health concern for a specific age group. 1.10 Obtains knowledge of and responds to the Calls to Action of the Truth and Reconciliation Commission of Canada 1.11 Identify the challenges vulnerable populations face with access healthcare, safety issues and safety strategies. 1.12 Discuss the social programs that are part of Canada as a Welfare State. 1.13 Discuss the duty to provide care for individuals, families and populations</p>
	<p>Course Outcome 2</p>	<p>Learning Objectives for Course Outcome 2</p>
	<p>2. Using the nursing process and a case study approach, identify health protection and safety strategies for at risk individuals and their families from infancy to late adulthood.</p>	<p>2.1 Discuss strategies to address age related health challenges throughout the life span from infancy to elderly client. Exemplars related to each stage of life will support discussions.</p>
	<p>Course Outcome 3</p>	<p>Learning Objectives for Course Outcome 3</p>
	<p>3. Describe the experience of the woman during the transition from prenatal to postpartum.</p>	<p>3.1 Describe normal physiological changes in the pregnant woman. 3.2 Discuss the normal psychosocial concerns of the pregnant woman. 3.3 Explain the purpose for prenatal screening and diagnostic tests. 3.4 Discuss the impact of teratogens on prenatal development. 3.5 Describe normal physiological changes in the postpartum woman. 3.6 Discuss the psychosocial adaptation of the childbearing family. 3.7 Explore the scope of the role of the practical nurse during the perinatal period. 3.8 Discuss health teaching needs for the childbearing family during the antepartum, intra-partum and postpartum periods.</p>
	<p>Course Outcome 4</p>	<p>Learning Objectives for Course Outcome 4</p>
	<p>4. Describe the use of a functional health pattern</p>	<p>4.1 Define family. 4.2 Describe traditional family types/changing family types.</p>

framework in assessing families throughout the lifespan.	<p>4.3 Identify the stages of family development.</p> <p>4.4 Discuss the impact of culture on the family.</p> <p>4.5 Discuss frameworks utilized in family assessment.</p> <p>4.6 Apply a framework to assess a family.</p> <p>4.7 Discuss health promotion and health protection strategies for families.</p> <p>4.8 Discuss the role of the practical nurse in assisting individuals to be responsible in achieving/maintaining family health.</p> <p>4.9 Develop a health promotion/health protection plan for a family.</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Examine adaptations to care for hospitalized pediatric patients.	<p>5.1 Describe the child experience of hospitalization.</p> <p>5.2 Discuss health care adaptations for the hospitalized child and family.</p>
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Discuss the concepts of grieving and loss, as a natural process in the development of an individual.	<p>6.1 Define grief.</p> <p>6.2 Define loss.</p> <p>6.3 Explore the variety of life situations in which individuals experience grief and loss.</p> <p>6.4 Identify culturally sensitive approaches when caring for terminally ill patients and patients experiencing grief and loss.</p> <p>6.5 Discuss principles of palliative care.</p> <p>6.6 Describe the role of the nurse in promoting comfort for terminally ill clients.</p> <p>6.7 Explore the role of the practical nurse in supporting clients experiencing grief and loss.</p> <p>6.8 Describe care of the family after death.</p>
Course Outcome 7	Learning Objectives for Course Outcome 7
7. Utilize principles of teaching-learning to promote optimal health, wellness and safety of the client.	<p>7.1 Examine how to provide information and access to resources to facilitate health education.</p> <p>7.2 Develop a plan to promote health and wellness of the client considering the determinants of health.</p> <p>7.3 Apply principles of teaching and learning to promote clients health and wellness.</p> <p>7.4 Implement a relevant and age-appropriate health teaching plan to promote the health and wellness of the client.</p> <p>7.5 Discuss how to assess the clients' health literacy knowledge and readiness to learn.</p> <p>7.6 Examine how to assess, plan, implement, and evaluate the teaching and learning process.</p> <p>7.7 Examine how to evaluate the effectiveness of health education.</p>
Course Outcome 8	Learning Objectives for Course Outcome 8
8. Demonstrate effective, and appropriate care during the pre-natal period,	<p>8.1 Describe antenatal history and assessment.</p> <p>8.2 Demonstrate interventions including various breathing and positioning techniques to assist a laboring mother.</p>



	post-natal period, for the newborn and their families, including newborn and family assessments.	8.3 Conduct a post-partum and newborn assessment and document accurately. 8.4 Discuss the Apgar scoring system and its use. 8.5 Describe health teaching required for breast feeding. 8.6 Demonstrate postpartum and newborn care. 8.7 Demonstrate how to assist a mother to breast feed a newborn. 8.8 Demonstrate infant care including baby baths, feeding and diapering.
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Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignment Case Studies	10%
Assignment Concept Map	15%
Assignment Health Promotion	15%
Test 1	30%
Test 2	30%

Date: December 17, 2025

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.