



Faculty of Nursing Undergraduate Programs
Bscn AFTER DEGREE PROGRAM
Bscn BILINGUAL PROGRAM
Bscn COLLABORATIVE PROGRAM
Grande Prairie Regional College, Keyano College,
Red Deer College, University of Alberta
Bscn HONOURS PROGRAM
RPN TO bscn PROGRAM

NS1205 (A2/B2) COURSE OUTLINE FALL 2019

Foundations for Success in Nursing – 4 (2-2-0) 66 Hours/15 Weeks

DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES

Instructors for This Course:

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Note: Students are expected to familiarize themselves with this course outline, the GPRC Nursing Student Handbook, and the Moodle Site.

NS 1205 Foundations for Success in Nursing

CALENDAR DESCRIPTION:

The course develops an understanding of self as a learner in a health professions context. It explores the foundations of professional nursing, relational practice and therapeutic communication. The course promotes reflection on personal perspectives and experiences to understand one's own attitudes, beliefs, and values. It fosters resilience and explores strategies for self-management and growth. Course includes 6 clinical hours total. Note: Available only to nursing students in the Collaborative Program.

COREQUISITE: NS 1500

DELIVERY MODE(S): Lecture, seminar, clinical

Lecture 2 hours a week

Seminar 2 hours a week

Clinical Hours – 6 hours total for the whole semester.

TRANSFERABILITY: U of A NURS120

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferralberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

As per the GPRC Course Calendar a grade of C+ is the minimum passing grade for the following courses: NS1500, NS1205, NS1160, NS1240, NS1250, MI1330, NS2200, NS2160. A grade of C- is the minimum passing grade for all other Nursing courses in the program. For promotion from year to year in the program and for graduation, students must have successfully completed all the required Nursing and non-Nursing courses of the previous year.

LEARNING OUTCOMES:

Upon completion of this course, the student will be able to:

- 1) Acquire learning strategies to enhance their success as a learner
- 2) Appreciate and explore professional nursing at an introductory level
- 3) Explore the concept of health at an introductory level.
- 4) Explore and practice therapeutic communication as the foundation for relational practice
- 5) Reflect on personal beliefs and values and how they influence nursing practice
- 6) Develop and practice mindfulness-based strategies to manage stress and build resilience
- 7) Explore and develop scholarly writing skills.

CONCEPTS INTRODUCED IN NS 1205:

- 1) Professional Identity
- 2) Stress, Coping and Fatigue
- 3) Health & Health Promotion
- 4) Health Equity
- 5) Culture
- 6) Spirituality
- 7) Safety and Interpersonal Violence
- 8) Clinical Judgment

REQUIRED TEXTBOOKS:

Note: Foundations textbooks will be used as references throughout the program. Please retain your copies as they will be required resources in future courses.

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed., 3rd printing). Washington, DC: Author.

Balzer-Riley, J. (2017). *Communication in nursing* (8th ed.). Toronto, ON: Mosby.

Hartrick Doane, G. & Varcoe, C. (2015). *How to nurse: Relational inquiry with individuals and families in changing health and health care contexts*. Baltimore, MD: Lippincott Williams & Wilkins.

Potter, P. A., Perry, A. G., Ross-Kerr, J. C., Wood, M.J., Astle, B. J., & Duggleby, W. (2019). *Canadian fundamentals of nursing* (6th ed.). Toronto, ON: Elsevier Canada.

Giddens, J. F. (2017). *Concepts for nursing practice* (2nd ed.). St. Louis, MI: Elsevier.

REQUIRED ONLINE RESOURCES:

College and Association of Registered Nurses of Alberta. (2008). *Primary health care*. Edmonton, AB: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/PrimaryHealthCare_Sep2008.pdf

College and Association of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. Edmonton: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/RN_EthicalDecisions_May2010.pdf

College and Association of Registered Nurses of Alberta. (2011). *Professional boundaries for registered nurses: Guidelines for the nurse-client relationship*. Edmonton, AB: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/RN_ProfessionalBoundaries_May2011.pdf

College and Association of Registered Nurses of Alberta. (2013). *Entry-to-practice competencies for the registered nurses profession*. Edmonton, AB: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/RN_EntryPracticeCompetencies_May2013.pdf

College and Association of Registered Nurses of Alberta. (2013). *Practice standards for regulated members with The Canadian Nurses Association code of ethics for registered nurses*. Edmonton: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/PracticeStandards_Jan2013.pdf

Canadian Nurses Association. (2017). *Code of ethics for registered nurses*. Retrieved from <https://www.cna-aic.ca/~media/cna/page-content/pdf-en/code-of-ethics-2017-edition-secure-interactive.pdf?la=en>

REQUIRED SUPPLIES (SEMINAR PORTION):

1. Journal (paper or electronic)

GRADING CRITERIA:

Please note that a grade less than C+ is not accepted for transfer to the U of A for NURS120. A minimum grade of C+ is required to receive credit in NS 1205.

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** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	MINIMAL PASS
C	2.0	63 – 66	CREDIT NOT GRANTED FOR PROGRESSION IN BScN PROGRAM
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	
D	1.0	50-54	
F	0.0	0-49	FAIL
WF	0.0	0	Fail - Withdrawal after Deadline

The assignments are marked as raw scores according to the percentage weight assigned to each. The marks on course assignments will contribute to the overall letter grade according to the percentage that each assignment is weighted in the course. At the end of the course, all assignment scores are totaled for a term summary mark in the course based on the grading scale below. The FINAL COURSE GRADE is based on the cumulative total of individual student's weighted assignment marks.

LATE ASSIGNMENT POLICY:

It is expected that **ALL** assignments must be completed to obtain credit in the course. Assignments are expected to be passed in at the time and place they are due. Extensions may be granted and must be negotiated with the instructor prior to the due date and with a date specified for late submissions. A penalty of 5% for each calendar day that an assignment is submitted after the due date will be deducted from the final mark. For example, a paper marked at 80% would receive an adjusted grade of 75% if handed in one day late. When submitting assignments **electronically**, it is the **student's** responsibility to ensure the assignment has been received.

EVALUATIONS:

Assignment	Weight	Date	Related Course Outcomes
Concept Paragraph Part A	5%	October 11 th @ 1600 hours via Moodle Drop Box	1, 2, 3, 6, 7
Concept Paragraph Part B	15%	November 1 st @ 1600 hours via Moodle Drop Box	1, 2, 3, 6, 7
Professional Manifesto	20%	November 29 th at 1600 hours via Moodle Drop Box	1, 2, 5, 7
Exam # 1	20%	October 21 st 1430-1620 Room TBA	1 - 7
Exam # 2	20%	Final Exam Week	1 - 7
Quizzes	10%	Quizzes will be each week at the beginning of theory class.	1, 2
Seminar Participation	10%	December 6 th @ 1600 hours via Moodle Drop Box	1 - 7
Total	100%		

EVALUATION DESCRIPTIONS:

1) Concept Paragraph Part A and B

The purpose of this assignment is to support student learning about the concepts of the course. This assignment also helps students learn to write scholarly, concisely, and use APA formatting.

Students working in their learning partners group will select one of the concepts from the list below:

- Resiliency

- Stress
- Coping
- Fatigue
- Mindfulness

Students will then define the concept and discuss how the concept impacts either the:

- a. The development of a professional identity of a student in this program
- b. The health of an individual.

Students will hand in the assignment in 2 parts and will receive timely feedback for Part A in order to support them in creating Part B.

*Students should integrate feedback received from Part A into Part B.

For Part A

Students will Submit the Following:

1. Title page, running head, page numbers – APA format
2. Body page with:
 - a. Topic or thesis sentence/statement
 - b. A sample sentence that contains either an in text citation (paraphrasing) or an in text direct quotation. You will need to use correct APA citation formatting.
3. APA Reference page with 2 credible references. One reference will be a textbook and another will be a peer reviewed nursing literature source (article, professional organization etc.)
4. Students must use APA 6th edition formatting and submit via Moodle drop box.

For Part B

Students Will Submit the Following:

1. Title page, running head, page numbers – APA format
2. Concept paragraph
 - a. Topic statement/thesis statement that introduces the purpose and what the paper intends to accomplish.
 - b. Body
 - c. Concluding sentence that summarizes and provides an interesting/thought provoking message.
3. Purposefully integrate feedback received from Part A into Part B.
4. Must integrate supporting references throughout paper.
5. Reference page- 2 references (one textbook, one other – see part A)
6. Must include feedback (rubric and comments) received from Part A as an appendix in Part B.
7. Students must use APA 6th edition to format the paper. Please submit via Moodle Drop box
8. Word count (not including the title page and reference pages) maximum 200 words.

2) Professional Manifesto

A *manifesto* is a powerful declaration of values and intentions about a topic, idea or event. This manifesto will act as your opportunity to consider, reflect and create your personal declaration of who you are today and who you aspire to become in this nursing program. Once written, the manifesto should serve as your personal document upon which you will hold yourself accountable.

This assignment is your personal declaration of what you value about nursing as a profession, what you believe about being a student in a professional program and the vision you have for yourself as a student in this professional program.

The Professional Manifesto Will Include:

1. Introduction- include your topic sentence/thesis statement
2. Nursing as a Profession
 - a. What do you value/believe about nursing as a profession?
3. Being a student in a professional program
 - a. What values/beliefs do you live by?
 - b. What do you bring to the program?
 - c. What do you bring to the profession?
4. Your vision
 - a. What is your vision for yourself as a student in this professional program?
 - b. What values/beliefs do you intend to continue to uphold? Why?
 - c. What additional values/beliefs do you intend to integrate? Why?
 - d. How will your vision guide you throughout the program?
 - i. Through positive events?
 - ii. Through challenging times?
5. Conclusion

Please use APA 6th edition formatting. Include a title page and reference page. Maximum 1200 words. Please submit via Moodle Dropbox.

3) Quizzes

Students will complete weekly quizzes that will assist in understanding the concepts being presented in theory classes. Students will be given preparatory work for each week and the quizzes will reflect the content from that preparatory work.

All quizzes will be added up and an average will be given to make up the total 10%. There is no opportunity to rewrite or reschedule quizzes. A missed quiz will count as a zero on that quiz.

Quizzes are located on the Moodle site under each week for students to access at the beginning of each class. It is important that students are punctual as the quizzes will start promptly at the start of class.

4) Exams # 1 and 2

Content that will be covered in the exams includes all preparatory work on Moodle, theory class, seminar class and the clinical component. Exams are cumulative, meaning that concepts tested in the first exam will be tested in the second exam to ensure students have a good grasp of the information.

5) Seminar Participation

Participation and attendance in all seminars is mandatory and the information in these classes will be tested in the exams. Students are expected to come prepared with an open attitude of inquiry

and participate in the activities during class and online/journaling. Because of the nature of the seminars, it is imperative that student attend to build themselves up for success in the rest of the program. Attendance will be taken as well as ensuring that preparatory work and journaling is completed in a timely manner.

An attendance form will be passed around at the beginning of each class. Students will also submit at the end of the semester how they have shown active participation with a score out of 10.

Criteria and Points assigned	Excellent (5)	Very Good (4)	Good/Satisfactory (3)	Poor (1-2)
Active Participation	Actively and regularly contributes to discussion; Initiates discussion on issues related to class topic. Completes online activities and journaling	Voluntarily contributes to discussion without prompting. Completes online activities and journaling	Few contributions; seldom volunteers but responds to direct queries and participates in group activities. Completes some online activities and journaling	Little engagement or participation. Little participation in online activities
Attendance	Always punctual, has attended all classes	Punctual; attended most classes	Missed more than 2 classes. Occasionally late or leaves early.	Poor attendance.

STUDENT RESPONSIBILITIES: Refer to the College Policy on Student Rights and Responsibilities at: <https://www.gprc.ab.ca/about/administration/policies/>

For policies related to clinical absences, immunizations, uniforms, and other clinical requirements please see the GPRC Department of Nursing Education & Health Studies Student Handbook on Moodle.

STATEMENT ON PLAGIARISM AND CHEATING:

The College expects intellectual honesty from its students. Intellectual honesty demands that the contribution of others be acknowledged. To do less is to cheat. Intellectual dishonesty undermines the quality of academic activity and accordingly, the College has adopted appropriate penalties for student misconduct with respect to plagiarism and cheating. Penalties are levied according to the degree of the infraction. Students who are unsure whether a particular course of action might constitute plagiarism are advised to consult with the instructor.

For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Academic and Non Academic at <https://www.gprc.ab.ca/about/administration/policies/>

All Academic Policies can be located at: <https://www.gprc.ab.ca/about/administration/policies/>

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Concept	Theory Class	Seminar
1 Sept 3 to Sept 6	Welcome to GPRC!	General Orientation, no theory class this week.	First year orientation and scavenger hunt. Explain GPRC Collaborative nursing program.
2 Sept 9 to Sept 13	Professional Identity	The role of a nursing student. Course outcomes Socialization to course. Concept based curriculum. Identify learning activities that will take place during this course (technology, Moodle, class participation, etc.).	Library Session (1hr): Library Tour, Organization and time management. Classroom (1hr): Pause Practice, Growth Mindset,
3 Sept 16 to 20	Stress and Coping, Fatigue Quiz # 1	Describe the concepts of stress, coping and fatigue.	Library (1hr): Developing research topics, research questions, and thesis statement for papers. Classroom (1 hr): Intro to mindfulness and stress reduction.
4 Sept 23 to Sept 27	Health and health promotion. Quiz # 2	Discuss health, health promotion, disease prevention, and harm reduction.	Library (1 hr): Data base searching, finding credible resources. Classroom (1 hr): Discuss credible sources most commonly used in the nursing program, how to integrate textbooks into your learning.
5 Sept 30 to Oct 4	Health Equity Quiz # 3	Define and discuss health equity, globalization, SDOH, Implicit / Systemic bias, TRC, LGBTQ2 Community	Library (1hr): APA Formatting & academic writing Classroom (1hr): Pause Practice, Growth Mindset
6 Oct 7 to Oct 11	Culture Quiz # 4	Explore culture, cultural safety, cultural humility, diversity, & inclusivity.	Library (1 hr) Study Strategies Classroom (1hr): Explore strategies for reading and studying effectively. Concept Paper Part A Due October 11th at 1600 Hours
7 Oct 14 to Oct 18	Communication Part A	Thanksgiving – No theory class	Foundations of Care Framework & Communication
8	Communication Part B	Midterm Exam – in your theory classroom	Practicing Therapeutic Communication Skills to prepare for clinical.

Week	Concept	Theory Class	Seminar
Oct 21 to Oct 25			
9 Oct 28 to Nov 1	Spirituality Quiz # 5	Explore spirituality in relation to self and nursing practice.	Library (1hr) Editing a paper / Review of APA/self editing a paper Classroom (1hr): Review components of a scholarly paper in nursing. Concept Paper Part B Due November 1st at 1600 hours Seminar Groups S1 and S2 in a Communication Simulation – 1100-1800 hours.
10 Nov 4 to Nov 8	Professional Identity Part A Quiz # 6	Define and discuss professional identity, professional image, & professional boundaries.	No Seminars this week.
11 Nov 11 to Nov 15	Fall Break	Remembrance Day - No theory Class	Compassion for self and others. Seminar Groups S3 and S4 in a Communication Simulation – 1100-1800 hours
12 Nov 18 to Nov 22	Safety and Interpersonal Violence Quiz # 7	Define and discuss personal safety and interpersonal violence	TBA
13 Nov 25 to Nov 29	Professional Identity – Nursing Part B Quiz # 8	Engage with various definitions of nursing, legislation which governs registered nursing practice. Nursing Past and Present: Explore 4 centuries of nursing in Canada and present day context.	Happiness Empathy and warmth Professional Manifest Due November 29th at 1600 Hours Seminar Groups S5 and S6 in a Communication Simulation – 1100-1800 hours
14 Dec 2 to Dec 6	Clinical Judgment & Professional Identity Part C Quiz # 9	Explore clinical judgment, clinical reasoning, relational inquiry, & Tanner’s Model	Staying Healthy Submission of your Seminar Participation Due December 6th 1600 Hours