



## DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES

### COURSE OUTLINE – Fall 2022

#### NS1205 (A2/B2/C2): Foundations for Success in Nursing – 4 (2-2-0) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation, and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land, and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

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### **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. Note: Available only to nursing students in the Collaborative Program.

### **PREREQUISITE(S)/COREQUISITE:**

Corequisites: NS1500 and MI1330

### **REQUIRED TEXT/RESOURCE MATERIALS:**

American Psychological Association. (2019). Publication manual of the American Psychological Association (7<sup>th</sup> ed.). Washington, DC: Author.

Chabner, D. (2018). Medical Terminology Online with Elsevier Adaptive Learning for Medical Terminology: A Short Course (8<sup>th</sup> ed.). St. Louis, MI: Elsevier.

Potter, P. A., Perry, A. G., Stockert, P. A., Hall, A. M., Astle, B. J., & Duggeby, W. (2019). Canadian fundamentals of nursing (6<sup>th</sup> ed.). Toronto, ON: Elsevier Canada.

Giddens, J. F. (2021). Concepts for nursing practice (3<sup>rd</sup> ed.). St. Louis, MI: Elsevier.

### **REQUIRED ONLINE RESOURCES:**

Canadian Nurses Association. *RN practice framework* [RN Practice Framework - Canadian Nurses Association \(cna-aiic.ca\)](https://www.cna-aiic.ca/rn-practice-framework)

Canadian Nurses Association [Family Violence \(VEGA\) - Canadian Nurses Association \(cna-aiic.ca\)](https://www.cna-aiic.ca/family-violence-vega)

Canadian Nurses Association. *Build Collaborative Teams*. [Build Collaborative Teams - Canadian Nurses Association \(cna-aiic.ca\)](https://www.cna-aiic.ca/build-collaborative-teams)

Canadian Nurses Association. (2017). *Code of ethics for registered nurses*. [Ethics - Canadian Nurses Association \(cna-aiic.ca\)](https://www.cna-aiic.ca/ethics)

Canadian Nurses Association. [Primary Care Toolkit - Canadian Nurses Association \(cna-aiic.ca\)](https://www.cna-aiic.ca/primary-care-toolkit)

College of Registered Nurses of Alberta. [Protect the Public \(nurses.ab.ca\)](https://www.nurses.ab.ca/protect-the-public)

**DELIVERY MODE(S): In person (classroom)** - This type of course will be delivered on campus in a specific classroom which will be indicated on your timetable. Students are expected to fully attend lectures and seminar in person.

### **COURSE OBJECTIVES:**

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) Culture
- 2) Stress & Coping
- 3) Health & Health Promotion
- 4) Interpersonal Violence
- 5) Safety
- 6) Communication
- 7) Collaboration
- 8) Nursing and Professional Identity
- 9) Spirituality

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>

**\*\* 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.**

## EVALUATIONS:

### 1) APA practice paper

The purpose of this assignment is to learn to write in a scholarly manner, to write concisely, and use the most recent version of APA formatting, **APA 7<sup>th</sup> edition**. This is the only paper you will write in this program where formatting will trump content. This assignment also helps support student learning about the concepts of the course.

Students will select **one** of the concepts from the list below:

- Culture
- Health promotion
- Communication
- Spirituality

They will discuss the potential impacts of:

- a) The development of a professional identity of a student in this program; OR: b) The health of an individual on the concept they've chosen.

Students will hand in the assignment in with **the following**:

1. Title page, running head, page numbers.
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.
  - c. Concluding sentence that summarizes and provides an interesting/thought provoking message.
3. **APA Reference** page with **a minimum of two** credible references. One reference will be a textbook, and another will be a peer reviewed nursing literature source (article, professional organization etc.)
4. Submit via MyClass drop box.
5. **Maximum 400 words** (not including the title page and reference pages).

## 2) 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 20% of the course grade. 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 MyClass site under each week for students to access during the week prior to each class.

## 3) Final EXAM

Content that will be covered in the exam covers all preparatory work on MyClass, including theory class, seminar class and the quizzes.

## 4) Medical Terminology Online Course

Students will complete Medical Terminology Online with Elsevier Adaptive Learning for Medical Terminology: A Short Course (8<sup>th</sup> ed.) via self-directed study. A medical terminology quiz based upon the learning you have acquired from the medical terminology online course will be completed during theory class time at the end of the course (see assignment list above). You may purchase the medical terminology course via this link:  
<https://evolve.elsevier.com/cs/product/9780323479837?role=student>

Assignment	Weight	Date	Related Course Outcomes
APA practice paper	25%	October 7 <sup>th</sup> @ 1600 hours via MyClass	1, 2, 3, 6, 7
Final Exam	35%	Final Exam Week	1 - 7
Quizzes	20%	Quizzes will be open for one week corresponding with theory class.	1, 2
Medical Terminology Online Course (Self-directed study)	20%	Medical Terminology Quiz December 5 <sup>th</sup> from 0900 to 1000h Must be In-person attendance	1, 2
Total	100%		

### LATE ASSIGNMENT POLICY:

To obtain credit in the course ALL assignments, examinations, and quizzes must be completed. Students are expected to make every effort to complete assignments on time. Assignment submissions are expected on the date determined by faculty. If extensions are necessary, they may be requested up to 48 hours prior to the assignment due date and should be submitted in writing to the faculty member involved. Not all extensions will be granted. In exceptional situations, extension requests within the 48-hour period may be considered. Late assignments will have 5% of total marks (or one letter grade) for the assignment deducted for each day/partial day (including weekend days) beyond the due time. For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. After 5 days, a grade of 0 will be awarded to the assignment. If the late penalty places the grade below the necessary pass grade, students will be unsuccessful in the course. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received. Papers/assignments may not be rewritten for a higher grade. Concerns regarding grading are to be discussed with the faculty member involved.

**GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

NS1205	Week	Dates
Orientation	0	Aug. 30-31
Labour Day long weekend	1	Sept. 6-9
Culture	2	Sept. 12-16
Stress & Coping	3	Sept. 19-23
Health Promotion	4	Sept 26-30
Interpersonal Violence	5	Oct. 23-7
Thanksgiving/Fall break	Thanksgiving/Fall break	Thanksgiving/Fall break
Safety	7	Oct. 17-21
Communication	8	Oct. 24-28
Collaboration	9	Oct. 31-Nov. 4
Collaboration	10	Nov. 7-11
Professional Identity	11	Nov. 14-18
Professional Identity	12	Nov. 21-25
Spirituality	13	Nov. 28-Dec. 2
Medical Terminology Exam	14	Dec. 5-9
NWP Exam week	15	Dec. 12-16

**STUDENT RESPONSIBILITIES:**

Refer to the Northwestern Polytechnic Policy on Student Rights and Responsibilities at:

<https://www.nwpolytech.ca/about/administration/policies/>

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

**STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the NWP Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the NWP Policy on Student Misconduct: Plagiarism and Cheating at

<https://www.nwpolytech.ca/about/administration/policies/index.html>

**\*\*Note: all Academic and Administrative policies are available on the same page.**