

Department of Nursing Education and Health Studies
Course Outline
Winter 2025
NS1240 Foundations of Nursing I – 3 (3-0-0)
45 hours for 15 weeks
(A3/B3/C3)

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.

Instructor(s):	
Teresa Evans RN, PhD(c), CCNE Office: HEC341 Phone: (780) 539-2805 Email: tevans@nwpolytech.ca	Office Hours (contact instructor for appointment)

CALENDAR DESCRIPTION:

NS1240 Foundations of Nursing 1

The course explores the meanings of health and healing. It highlights the diversity of beliefs, values, and perceptions of health. The course introduces the Canadian Health Care System, conceptual frameworks of health promotion, determinants of health, disease and injury prevention, and primary health care. The focus is on the nurse/client relationship in a relational practice context.

PREREQUISITE(S): NS1500 and NS1205

COREQUISITE: MI1330 and NS1250

Notes: Available only to Nursing Students

REQUIRED TEXT/RESOURCE MATERIALS:

Giddens, J. F. (2025). *Concepts for nursing practice* (4th ed.). Elsevier.

Makic, M. F. (2023). *Ackley & Ladwig's Nursing Diagnosis Handbook*.(13th ed) Elsevier

Potter, P. A., Perry, A. G., Stockert, P. A., Hall, A. M., Astle, B. J., & Duggleby, W. (2023).
Canadian fundamentals of nursing (7th ed.). Elsevier.

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

REQUIRED SUPPLIES/EQUIPMENT: Laptop computer/tablet; paper, writing utensils

COURSE MATERIAL AND ANNOUNCEMENTS:

The NWP Faculty of Nursing created a myClass site for all undergraduate nursing courses. Students are expected to access and become familiar with their myClass site at the beginning of each course and to access their myClass site on a regular basis throughout the course. Failure to do so may result in students missing important course-related information, resources, instructor feedback, and announcements. General NWP Faculty of Nursing (FON) and course announcements will be made on myClass.

DELIVERY MODE(S): Lecture



LEARNING OUTCOMES:

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

1. Explore the meanings and breadth of health, healing, and illness.
2. Explore theoretical and foundational concepts that inform nursing practice when working with clients across the lifespan.
3. Distinguish diversity of beliefs, values, and perceptions of health (culture).
4. Explore the Canadian healthcare system, health promotion, illness and injury prevention and primary health care.
5. Appreciate relational practice across the lifespan in varying health care contexts.

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.alberta.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.

ACADEMIC PROGRESSION CRITERIA

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.

STUDENT RESPONSIBILITIES:

Students should refer to the NWP Policy on Student Rights and Responsibilities at:

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

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

Professional responsibility for nursing students includes attending all lectures and seminars. Unexplained absences and/or arriving to class late and/or unprepared demonstrates unprofessional behavior and may hinder student success in the course and the program.

ACADEMIC CALENDAR AND IMPORTANT DATES:

Students are to refer to the 2024-2025 *Northwestern Polytechnic Academic Calendar* at regarding important dates. <https://www.nwpolytech.ca/programs/calendar.html#/home>

NURSING PROGRAM POLICIES:

Students are to refer to the 2024-2025 *Northwestern Polytechnic Academic Calendar* at and the *University of Alberta Collaborative Baccalaureate Nursing Program with Northwestern Polytechnic Student Handbook* for specific nursing program policies that may pertain to the course.

Academic Calendar – Program Requirements:

<https://www.nwpolytech.ca/programs/calendar.html#/programs/HJSes6Ahs?>

Nursing Handbook:

<https://nwpolytech.ca/departments/nursing/index.html#handbk>

GRADING CRITERIA:

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

Grading Chart for courses with Alpha Grading:

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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

Grades for this course will be assigned as a percentage.

EVALUATIONS:

The final grade is based on the following assessments. There are no additional assignments or marks provided in the course. All course components and assignments must be completed to pass the course. All evaluation components of the course must be completed PRIOR TO being permitted to write the final exam.

ASSIGNMENT/EXAM	RELATED COURSE OUTCOMES	DATES	WEIGHTING
Midterm Exam	All learning outcomes	Week of February 24 th – February 28 th during regularly scheduled class time.	35%
Assignment: Designing a Patient Teaching Video	2, 4, 5	Submission of Video Due: Sunday March 9 th , 2025 by 11:59 p.m. Group Presentations: Week of March 17-21 st during class.	35%
Final Exam	All learning outcomes	During Exam Week	30%

Assignment submissions are expected on the date determined in the course outline. 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 the total mark deducted for each day/partial day (including weekend days) beyond the due time. After 5 days, a grade of 0 will be awarded to the assignment. 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.

ASSIGNMENT DESCRIPTIONS:

Midterm Exam:

Exam assessing concepts in the first part of the course. The midterm exam will be completed within a scheduled class time on campus.

Final Exam:

Exam focusing on and assessing concepts from the remaining weeks of the course. Date, time, and location of the final examination is scheduled by the Office of the Registrar in accordance with Northwestern Polytechnic Calendar.

Deferred Final Examinations may be granted when an examination has been missed or interrupted because of illness, or a conflict with religious beliefs. In the case of illness (physical, mental or emotional), medical documentation will normally be required. See the current NWP calendar for further information on the final exam policy.

Designing a Patient Teaching Video:

The objective of this assignment is for nursing students to develop a patient education video that effectively communicates complex medical information on a specific health topic of their choice. This assignment aims to assess the student's ability to create clear and understandable patient teaching information, considering the target population they are referring to (children, adults, older adults).

SPECIALIZED SUPPORT AND DISABILITY SERVICES:

Students who require accommodations in this course due to disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with NWP's Student Services and the course instructor.

If you have any exam related accommodations, you must register them in ClockWork by the deadline.

COMMUNICATION:

Students will use their NWP e-mail address and include a subject line when communicating with the course instructor. The content of both e-mail and voice mail must be delivered in a professional manner. Inappropriate messages may be considered "harassment." Please refer to the University of Alberta/NWP Collaborative Faculty of Nursing's guidelines for e-mail etiquette, the link is provided: <https://www.ualberta.ca/youalberta/2022/11/how-to-email-your-professors.html>

The use of social networking services such as, but not limited to, Facebook, Instagram, Snapchat, Tik Tok, Twitter, WhatsApp, internet messaging, blogs, and wikis, are subject to the professional and ethical responsibilities outlined in the Canadian Nurses Association (2017) *Code of Ethics for Registered Nurses*.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

As part of our commitment to academic integrity, faculty may use Turnitin, an online plagiarism detection tool, to check assignments submitted for this course. Turnitin compares student work to a vast database of academic sources, publications, and previously submitted assignments to identify potential instances of plagiarism or improper citation(s). By enrolling in this course, students acknowledge and consent to the use of Turnitin for assignment submissions.

COURSE SCHEDULE/TENTATIVE TIMELINE: Lecture: 3 hours/week; Seminar: 0; Lab:0

Week	Date	Concept
1	January 6 th – January 10 th	Culture & Diversity and Equity, Inclusivity, & Diversity
2	January 13 – January 17 th	Health Promotion and Population Health
3	January 20 th – January 24 th	Patient Education
4	January 27 th – January 31 st	Care Coordination and Person-Centered Care
5	February 3 rd – February 7 th	Health Systems
6	February 10 th – February 14 th	Exam Review & Group Project Work
7	February 17 th – February 21 st	Winter Break – No Classes
8	February 24 th – February 28 th	Midterm Exam
9	March 3 rd – March 7 th	Technology & Informatics Video Project Due: Sunday March 9th at 11:50 p.m.
10	March 10 th – March 14 th	Family Dynamics & Caregiving
11	March 17 th – March 21 st	In Class Group Presentations on Video Projects
12	March 24 th – March 28 th	Sleep & Fatigue
13	March 31 st – April 4 th	Immunity
14	April 7 th – April 11 th	Sexuality & Exam Review
	Exam Week	Final Exam

Assignment: Designing a Patient Teaching Video
Rubric Will Be Posted on MyClass

Objective:

The objective of this assignment is for nursing students to develop a patient education video that effectively communicates complex medical information on a specific health topic of their choice. This assignment aims to assess the ability to create clear and understandable patient teaching information, considering the target population they are referring to (children, adults, older adults).

Instructions

Step 1: Group Participation:

Prior to beginning the video project, a group agreement contract will be developed by the group outlining clear roles, responsibilities, communication and resolving conflicts.

All members of the group need to be involved and participate in the video. An anonymous peer evaluation will be submitted to evaluate how each member participated and upheld the group agreement which will be reflected as part of the overall grade.

Step 2: Select a Specific Health Topic:

Each group will identify a specific health concern that is of interest to your group. The group will look up information that relates to that health concern and identify a specific health promotion teaching focus that patients would need to understand.

Step 3: Create Patient Education Video:

Each group will develop a patient education video related to their chosen topic that is informative, engaging, and easy to understand.

Content Requirements:

Your patient education video should include the following:

- Clear explanation of the health promotion topic and how it relates to a specific disease or condition.
- Information about risk factors, symptoms, prevention, and treatment related to the health topic.
- Practical tips or action steps for patients to improve their health or address the issue.
- Visual aids, graphics, or illustrations to enhance understanding within the video.
- References linking to credible sources of information. Information should be current using Canadian guidelines as applicable.



- Videos should be no longer than 3 minutes in length.
- **Target Audience:** Consider the needs and characteristics of your target audience. Are you creating materials for pediatric patients, adults, elderly individuals, adolescents, college students, or a specific cultural group? Tailor your materials accordingly.
- **Design and Layout:** Videos should be visually appealing and easily understood. Make sure the lighting and sound quality are acceptable (not a lot of background noise).
- You can use platforms to create and edit videos if you choose. Make sure the instructor can access the video before the due date.

Step 4: Assessment:

Groups will send a link or file to the instructor via email. Your video will be evaluated based on the assignment rubric.

Step 5: Presentation:

Groups will be provided 10 minutes during class to present their educational video and discuss the relevance and rationale for their chosen topic.

- Groups will present their video to the class.
- Discuss why they chose their topic
- Challenges they faced
- How they tailored the video to their target audience.