



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

NS 1205 (A2/B2) COURSE OUTLINE FALL 2021

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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Office Hours: Available by request

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

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

NS 1205 Foundations for Success in Nursing

FALL 2021 DELIVERY:

High Flex Delivery. This type of course provides students the option of attending sessions in the classroom, participating remotely, or doing both. It is however, highly recommended that students participate in face-to-face activities as much as possible. There are course components required onsite attendance particularly, any exams and clinical activities. Students must have a computer with a webcam and reliable internet connection if choosing to use the high flex delivery method. Technological support is available through helpdesk@gprc.ab.ca.

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 5 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 Learning Activity – 5 hours total for the whole semester.
In Person Attendance is Mandatory

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.transferalberta.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
- 3) Health & Health Promotion
- 4) Health Equity
- 5) Culture
- 6) Communication
- 7) Spirituality
- 8) Interpersonal Violence

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. (2019). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC: Author.

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

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

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

REQUIRED ONLINE RESOURCES:

College and Association of Registered Nurses of Alberta. (2020). *Incorporating primary health care into practice an approach to improve health*. <https://nurses.ab.ca/docs/default->

[source/document-library/position-statements/primary-health-care-position-statement.pdf?sfvrsn=9b1e0610_8](https://nurses.ab.ca/docs/default-source/document-library/position-statements/primary-health-care-position-statement.pdf?sfvrsn=9b1e0610_8)

College and Association of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*.
https://nurses.ab.ca/docs/default-source/document-library/guidelines/rn-ethical-decisions-making.pdf?sfvrsn=d714472f_14

College and Association of Registered Nurses of Alberta. (2020). *Professional boundaries for registered nurses: Guidelines for the nurse-client interaction*.
https://nurses.ab.ca/docs/default-source/document-library/guidelines/rn_professional-boundaries.pdf?sfvrsn=cc43bb24_24

College and Association of Registered Nurses of Alberta. (2019). *Entry level competencies for the practice of registered nurses*. https://nurses.ab.ca/docs/default-source/document-library/standards/entry-to-practice-competencies-for-the-registered-nurses-profession.pdf?sfvrsn=15c1005a_16

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*. <https://www.nurses.ab.ca/docs/default-source/document-library/standards/practice-standards-for-regulated-members.pdf>

Canadian Nurses Association. (2017). *Code of ethics for registered nurses*. <https://www.cna-aiic.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 above. The FINAL COURSE GRADE is based on the cumulative total of individual student's weighted assignment marks.

EVALUATIONS:

| Assignment | Weight | Date | Related Course Outcomes |
|---|---------------|---|--------------------------------|
| Concept Paragraph Part A | 5% | October 8 th @ 1600 hours via MyClass | 1, 2, 3, 6, 7 |
| Concept Paragraph Part B | 10% | November 5 th @ 1600 hours via MyClass | 1, 2, 3, 6, 7 |
| Professional Manifesto | 15% | December 3 th at 1600 hours via MyClass | 1, 2, 5, 7 |
| Exam # 1 | 20% | October 25 th 0830 to 1020 in your regular classroom. Must be in-person attendance | 1 - 7 |
| Exam # 2 | 20% | Final Exam Week Must be In-person attendance | 1 - 7 |
| Quizzes | 10% | Quizzes will be each week at the beginning of theory class. | 1, 2 |
| Medical Terminology Online Course (Self-directed study) | 10% | Medical Terminology Quiz December 6 th from 0900 to 1000h Must be In-person attendance | 1, 2 |
| Seminar Participation | 10% | December 4 th @ 1600 hours via MyClass | 1 - 7 |
| Total | 100% | | |

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 an alpha grade 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 a B+ would receive an adjusted grade of B if handed in one day late. When submitting assignments **electronically**, it is the **student's** responsibility to ensure the assignment has been received.

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 in a scholarly manner, to write concisely, and use the most recent version of APA formatting.

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

- Culture
- Health promotion
- Communication
- Spirituality

Students will 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 7th edition formatting and submit via MyClass 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 7th edition to format the paper. Please submit via MyClass 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 and as future registered nurse. 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 – integrate the paragraph from Concept Paragraph Part B
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 nursing 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 7th edition formatting. Include a title page and reference page. Maximum 1200 words. Please submit via MyClass 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 MyClass site under each week for students to access at the beginning of each class. Students can access quizzes Monday through Friday of that week.

4) Exams #1 and #2

Content that will be covered in the exams includes all preparatory work on MyClass, theory class, seminar class and the clinical learning activity. 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.

Students will also submit at the end of the semester how they have shown active participation with a score out of 10. The nursing instructor will review the student's self-assigned participation grade and may adjust grade to accurately reflect level of seminar participation. Half marks can be assigned as well (i.e. 3.5 or 2.5).

Seminar Participation Guide:

| 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. |

6) Medical Terminology Online Course

Students will complete Medical Terminology Online with Elsevier Adaptive Learning for Medical Terminology: A Short Course (8th 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>

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 MyClass.

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 | Dates | Concept | Theory Class | Seminar |
|-------------|------------------|--|--|--|
| 1 | Aug 30 to Sept 3 | Welcome to GPRC! | General Orientation, no theory, no seminar classes this week. | First year orientation August 31 st . Introduction to the GPRC Collaborative nursing program and your first year! |
| 2 | Sept 6-10 | No Classes or Seminar this Week Orientate Yourselves to MyClass | | |
| 3 | Sept 13-17 | 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, MyClass, class participation, etc.). | Library Tour & Introduction to Learning Commons (1hour) Pause Practice, Growth Mindset |
| 4 | Sept 20-24 | Stress and Coping, Fatigue Quiz # 1 | Describe the concepts of stress, coping and fatigue. | Developing research topics, research questions, and thesis statement for papers. Intro to mindfulness and stress reduction. |
| 5 | Sept 27-Oct 1 | Health and health promotion. Quiz # 2 | Discuss health, health promotion, disease prevention, and harm reduction. | 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. |
| 6 | Oct 4-8 | Health Equity Quiz # 3 | Define and discuss health equity, globalization, SDOH, Implicit / Systemic bias, TRC, LGBTQ2 Community | APA Formatting & academic writing Pause Practice, Growth Mindset Concept Paragraph Part A Due Oct 8th @1600 hours |
| 7 | Oct 11-15 | Fall Break – No Classes | | |
| 8 | Oct 18-22 | Culture Quiz # 4 | Explore culture, cultural safety, cultural humility, diversity, & inclusivity. | Study Strategies, strategies for reading and taking notes. |
| 9 | Oct 25-29 | Communication | Exam # 1 October 25th. Attendance is mandatory | Foundations of Care Framework & Communication |

| Week | Dates | Concept | Theory Class | Seminar |
|-------------|--------------|---|--|---|
| 10 | Nov 1 - 5 | Communication | Therapeutic Communication | Practicing therapeutic communication skills to prepare for clinical. Concept Paragraph Part B Due November 5th @ 1600 hours Clinical Groups AC1 & AC5 Nov. 4th 0800-1300 Room TBA Clinical Groups AC2 & AC6 Nov 5th 0800-1300 Room TBA |
| 11 | Nov 8-12 | Spirituality Quiz #5 | Explore spirituality in relation to self and nursing practice. | Reviewing components of scholarly writing. Editing a paper / review of APA / self-editing a paper. Clinical Groups AC3, AC4 & AC7 Nov 12th 0800-1300 Room TBA |
| 12 | Nov 15-19 | Professional Identity Part A Quiz #6 | Define and discuss professional identity, professional image and professional boundaries. | Compassion for self and others. |
| 13 | Nov 22-26 | Safety and Interpersonal Violence Quiz # 7 | Define and discuss personal safety and interpersonal violence | TBA |
| 14 | Nov 29-Dec 3 | Professional Identity – Nursing Part B Quiz # 8 | Engage with various definitions of nursing, legislation which governs registered nursing practice. | Happiness Empathy and warmth Professional Manifesto Due December 3th at 1600 hours |
| 15 | Dec 6-10 | Professional Identity Part C | Medical Terminology Quiz from 0900h to 1000h. | Nursing Past and Present: Explore 4 centuries of nursing in Canada and present day context. Submission of your Seminar Participation due December 10th 1600 hours. |
| 16 | Dec 13-20 | | Exam # 2 to be written during GPRC exam period. Attendance is Mandatory | |