



DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES

COURSE OUTLINE – Fall 2021

NS 3270: Mental Health & Wellness in Nursing – 9 (2-0-2) UT 224 Hours in 8 Weeks

Sections: A2, AC1, AC2, L1

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.

| | | |
|----------------------|---|--|
| INSTRUCTORS: | Kelly McNaught RN, MN | Susan Moodie RN, MN |
| OFFICE: | H228 | C409 |
| PHONE: | 780-539-2028 (office) 780-832-6989 (cell) | 780-539-2877 (office) 780-518-5662 (cell) |
| E-MAIL: | kmcnaught@gprc.ab.ca | smoodie@gprc.ab.ca |
| OFFICE HOURS: | Office hours vary; consult your individual course instructor to arrange for an appointment. | |

CALENDAR DESCRIPTION:

This course in mental health provides opportunities to acquire knowledge, skills, and attitudes to promote wellness, through safe, ethical nursing practice, in a variety of contexts. The focus will be mental well-being throughout the lifespan. Learning experiences will provide students an understanding of the mental health nursing process. Clinical hours listed are the total number of hours and will be offered over 8 weeks.

PREREQUISITE(S)/COREQUISITE:

NS2160, NS2240, NS2250

REQUIRED TEXT/RESOURCE MATERIALS:

American Psychological Association (2019). *Publication manual of the American psychological association*. (7th ed.). Author.

Blazer-Riley, J. (2021) *Communication in nursing* (9th ed.). Elsevier.

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

Pollard, C. L., Jakubec, S. L., & Jordan Halter, M. (2019). *Varcarolis’s Canadian psychiatric mental health nursing: A clinical approach*. (2nd ed.). Elsevier Canada.

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 labs, lectures, and clinical in person.

COURSE OBJECTIVES:

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

1. Acquire the knowledge, skills, and attitudes to promote wellness through self, ethical nursing care in a variety of mental health contexts.
2. Apply relevant concepts to mental health well-being throughout the lifespan.
3. Utilize all aspects of the nursing process in a variety of mental health contexts.
4. Transform prior learning of therapeutic communication and relational practice.
5. Appreciate ethical obligations of nurses working with vulnerable and diverse populations.

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:

| Assignments/Course Components | Dates | Weighting |
|--------------------------------------|------------------------------|------------------|
| Safe Medicate Exams | September 7, 2021 | Pass/Fail |
| Orientation Quizzes | September 13, 2021, by 0830h | Pass/Fail |
| Lab/Lecture Quizzes | Fridays by 0830h | Pass/Fail |
| Case Study | October 21, 2021 | Pass/Fail |
| Clinical Assessment Tool (CAT) | October 29, 2021, by 2400h | Pass/Fail |

Safe Medicate Exams:

Year 3 students enrolled in NS 3270 will be tested on the following:

- Essential Skills
- Body Surface
- IV Therapy

Students who do not achieve 90% in any of the tested modules will be required to re-write the exam for that module. Students will have three opportunities to achieve 90% on all Safe Medicate exams. If a student is not able to achieve 90% after the third attempt, they will not be able to attend the clinical course and may be asked to withdraw from the program. If a student returns to the nursing program after a program interruption, and a different medication calculation program has been instituted, the student will be responsible for purchasing the new program and writing the medication math calculation exam that is being currently used.

Orientation Quizzes:

Students will be required to complete pre- and post-quizzes (on myClass) for each chapter read during orientation. The purpose of the pre-quizzes is for practice; therefore, no grade will be given. Students will need to achieve 67% to pass each post-quiz.

Lab/Lecture Quizzes:

Students will be required to complete quizzes on (myClass) on each concept in the course every week. Students will need to achieve 67% to pass each post-quiz.

Case Study:

Students will be given a case study and expected to answer questions based on the information presented in the case study. Students will need to achieve a 67% to pass the case study assignment. An F will be given if a student submits the case study assignment late.

Clinical Assessment Tool (CAT):

Evaluations of students' clinical performance will be completed using the clinical assessment tool (CAT) (posted on myClass). Students will be required to complete a self-assessment using the CAT, along with examples of how they met the requirements for each of the domains from clinical practice. A formative and written CAT will be completed by the clinical instructor and provided to the student at the end of the course. A pass on the (CAT) requires the student to demonstrate competence in each of the six domains. The clinical instructor, in consultation with staff/the field guide(s) at the clinical agency, will determine if the student has met the requirements for each of the domains.

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:

Students are to refer to the NS 3270 *Course Calendar* (posted on myClass).

STUDENT RESPONSIBILITIES:

Professional responsibility for nursing students includes clinical practice preparation related to evidence-informed practice and patient safety. Preparation includes appropriate understanding, synthesis, and integration of relevant knowledge. To be adequately prepared for clinical experiences, students will participate in activities outside of their scheduled clinical course hours. Activities can include the following: specific clinical patient preparation, clinical site orientation, and review of the textbook and relevant evidence-informed articles. Clinical practice preparation is required in addition to direct course hours. Students who are not adequately prepared to provide safe and competent patient care will not participate in clinical activities.

Professional responsibility for nursing students also includes attending labs, lecture, and clinical. Unexplained absences demonstrate unprofessional behavior and will be reflected in the student's clinical assessment.

Important Dates:

Students are to refer to the 2021-2022 *Grande Prairie Regional College Academic Calendar* at <http://www.gprc.ab.ca/programs/calendar/> regarding important dates.

Nursing Program Policies:

Students are to refer to the 2021-2022 *Grande Prairie Regional College Academic Calendar* and the *University of Alberta Collaborative Baccalaureate Nursing Program with Grande Prairie Regional College Student Handbook* for specific nursing program policies that may pertain to the course.

Assignment Policy:

Students are to submit assignments on or before the due date and time. Extensions may be granted and must be negotiated with the instructor prior to the due date and with a date specified for late submissions.

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 *Academic Calendar* at <http://www.gprc.ab.ca/programs/calendar/> or the policy on 'Student Misconduct: Plagiarism and Cheating' at <https://www.gprc.ab.ca/about/administration/policies>

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