

**DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES
COURSE OUTLINE – Fall 2022**

NS 3270(AC1/AC2/A2/L1): Mental Health & Wellness in Nursing – 6 (3-0-3) UT 180 Hours 6 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.

INSTRUCTOR:	Kelly McNaught RN, MN	Louise Rawluk, RN, MN	Susan Moodie RN, MN
LOCATION:	HEC 336	HEC 346	HEC 370
PHONE:	780-539-2028	780-539-2037	780-539-2877
E-MAIL:	kmcnaught@nwpolytech.ca	lorawluk@nwpolytech.ca	smoodie@nwpolytech.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). *Vancouver'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 will be able to:

1. Acquire the knowledge, skills, and attitudes to promote wellness through safe, 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	Due Dates/Times	Weighting
Safe Medicate Exams	September 2, 2022 Rewrite: TBA	Pass/Fail
Orientation Quizzes/Professional Boundaries Worksheet	September 12, 2022 by 2359h	25%
Lecture/Lab Quizzes	Fridays by 0830h	25%
Case Study	October 7, 2022, in class from 0830-1120h	50%
Clinical Assessment Tool (CAT)	Midterm: September 26, 2022, by 0830h Final: October 19, 2022, by 0830h	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 and Professional Boundaries Worksheet:

Students will be required to complete quizzes (on myClass) for each chapter read during orientation as well as a professional boundaries worksheet. Students are to refer to the NS 3270 Orientation Guide for instructions on chapter readings and corresponding online quizzes and for the professional boundaries worksheet.

Lecture/Lab Quizzes:

Students will be required to complete quizzes (on myClass) on each topic in the course every week. Students are to refer to the Lecture/Lab Guide for instructions on chapter readings and corresponding online quizzes.

Case Study:

Students will be given a case study assignment to completed during scheduled class time and will be expected to answer questions based on the information presented in the case study. Any additional material used to complete the case study assignment is at the instructor’s discretion.

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 and submit a self-assessment using the CAT, on specified dates, 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 Clinical assessment tool (CAT) requires the student to demonstrate competence and an achievement of a PASS in each of the six domains. The clinical instructor, in consultation with staff/the field guide at the clinical agency, will determine if the student has met the requirements for each of the domains. A FAIL on any part of the Clinical assessment tool (CAT) results in a course failure.

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:

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

<https://www.gprc.ab.ca/about/administration/policies/>

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

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. Being unprepared for clinical practice demonstrates unprofessional behavior and will be reflected in the student's clinical assessment.

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.

Clinical Practice:

Clinical practice will take place in agencies dealing with mental health and/or addictions issues in community and acute care psychiatric settings. In the event of an **unavoidable absence**, students are **required to notify the clinical instructor and clinical site as soon as possible**.

Acute Care Psychiatry:

- The student will work with a clinical instructor, as well as nursing and other disciplines in consultation with the instructor, to learn and practice the art of caring for individuals with acute variances in mental health.
- The student is responsible for reviewing the mental status examination (MSE) and mental health disorders along with relevant nursing management and psychotherapeutics.
- Alberta Health Services (AHS) and NWP identification must always be worn. Dress code is modest casual wear. Blue jeans, tight pants, shorts, exposed midriffs, and open-toed shoes are not permitted.

Community Mental Health:

Prior to beginning your clinical rotation at your mental health placement, you are expected to call the agency field guide you have been assigned to make specific arrangements regarding agency orientation and scheduling. [Note: Evening and weekend shifts may be required as part of the clinical schedule set by the field guide.] Important aspects of the program and expectations for you as a student within that setting will be reviewed with your field guide. The agencies will have a copy of your course outline and the methods by which you will be evaluated. The clinical

instructor is responsible for student final evaluation grade. However, the clinical instructor, in consultation with the field guide(s) at the clinical agency will determine if the student has met the requirements for each of the domains.

- The student will work with a field guide(s), as well as other staff at the clinical agency in consultation with the field guide, to learn and practice the art of caring for individuals with mental health concerns. The instructor is available for consultation, as required.
- The student is responsible for reviewing the mental status examination (MSE) and mental health disorders along with relevant nursing management as well as any other mental health concerns relevant to the clinical setting.
- The student is not to lead process groups independently but may lead part of a group or session as directed by the field guide and when appropriate.
- Alberta Health Services (AHS) and NWP identification must always be worn. Dress code is modest casual wear. Blue jeans, tight pants, shorts, exposed midriffs, and open-toed shoes are not permitted.

Correctional Centers: Peace River and Grande Cache

- Criminal record checks must be completed prior to clinical practice in provincial and federal correctional centres.
 - Federal security forms must also be completed prior to clinical practice, and students must meet federal security requirements to go to Grande Cache Institution. The Clinical Placement Coordinator will facilitate the process.
- The student will work with a field guide as you learn and practice the art of providing nursing care to individuals who are incarcerated. The instructor is available for consultation, as required.
- The student is responsible for viewing immunization information, drug withdrawal symptoms/treatment, physical and mental health concerns relevant to the clinical setting, and psychotherapeutics.
- Identification will be provided by the correctional centre and must always be worn. Nursing staff and guards are to be identified by first name only. Dress code is modest casual wear (Grande Cache Psychology) or scrubs (Peace River and Grande Cache Health Division). Blue jeans, tight pants, shorts, exposed midriffs, and open-toed shoes as well as NWP scrub tops are not permitted. Students are not to wear scrubs in public places before, during, or after clinical.

Important Dates:

Students are to refer to the 2022-2023 *Northwestern Polytechnic Academic Calendar* at <https://www.nwpolytech.ca/doc.php?d=calendar2022> regarding important dates.

Nursing Program Policies:

Students are to refer to the 2022-2023 *Northwestern Polytechnic Academic Calendar* at <https://www.nwpolytech.ca/doc.php?d=calendar2022> 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.

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.

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 *Northwestern Polytechnic Academic Calendar* at <https://www.nwpolytech.ca/doc.php?d=calendar2022> or the policy on 'Student Misconduct: Plagiarism and Cheating' at <https://www.nwpolytech.ca/about/administration/policies/>