

DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES
COURSE OUTLINE – Fall 2022
NS3270 Mental Health & Wellness in Nursing – 6 (3-0-3) UT 180 Hours 6 Weeks
Sections: BC1/BC2/B2/L2

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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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 6 weeks. Note: This course is available only to nursing students in the Collaborative Nursing Program.

PREREQUISITE(S)/COREQUISITE:

NS2160, NS2240, NS2250

REQUIRED TEXTBOOKS:

- 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.

REQUIRED RESOURCE MATERIALS:

Students are expected to familiarize themselves with the NS3270 myClass site and its documents. Students will require appropriate business-casual clothing and appropriate closed-toe shoes. Blue jeans, tight pants, shorts, short skirts, leather clothing, threadbare clothing and or clothing with holes, exposed midriffs, slippers, and open-toed shoes are considered unacceptable apparel. Some community placed students will be required to provide their own means of transportation and personal protective equipment (PPE). Students require a computer/laptop with a working camera/microphone.

DELIVERY MODE(S): Lecture, Lab and Clinical

This course will be delivered on the GPRH HEC campus in a designated classroom as indicated on the student's timetable. Students are expected to 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:

UofA NURS327. Please consult the Alberta Transfer Guide for more information. Students may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

A 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 course transferability.**

EVALUATIONS:

Assignments/Course Components	2022 Due Dates/Times	Weighting
Safe Medicate Exams	October 24 at 0900 Exam Rewrite(s): TBA	Pass/Fail
Orientation Quizzes and Professional Boundaries Worksheet	November 3, by 0830h	25%
OSCE – Suicide Risk Assessment	Orientation week	Pass/Fail
Lecture/Lab Quizzes	Weekly – due Fridays by 0830h	25%
Midterm Student Self Evaluation Clinical Assessment Tool (CAT)	November 17, by 0830h	Pass/Fail
Case Study Critical Thinking In-Class Assignment	November 25, in class 0830-1120h	50%
Final Student Self Evaluation Clinical Assessment Tool (CAT)	December 7, by 0830h	Pass/Fail

Students must pass all evaluative elements to receive a PASS grade for successful completion. Where warranted, aspects of a student's skills/knowledge or behavior requiring growth will be documented by the instructor on an Action/Learning Plan and shared with the student at the earliest opportunity.

Safe Medicate Exams:

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

- FNS Essential Skills
- FNS Advanced Skills Body Weight Calculations
- FNS Advanced Skills Injectable Medicines Therapy

Students who do not achieve 90% in any of the tested modules will be required to re-write the exam(s) for that module(s). Students will have a total of 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 are 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 are required to complete quizzes (on myClass) on each topic in the course every week. Students are to refer to the course calendar for weekly lecture and lab topic(s) and complete associated chapter readings and corresponding online quizzes as posted on the NS3270 myClass site.

In-Class Case Study Critical Thinking Assignment:

Students will be given a case study assignment and expected to complete it during scheduled class time and will be expected to answer questions based on the information presented in the case study. This case study assignment is to be administered the same as a course exam. Students are expected to complete this assignment on an individual basis. Student absences from this assignment will be graded as zero. A physician's note will be required for absences due to illness. Any acts of cheating or incidences of academic dishonesty will result in a grade of zero. Any additional material used to complete the case study assignment is at the instructor's discretion.

Clinical Assessment Tool (CAT):

Evaluation of the students' clinical performance will be completed using the clinical assessment tool (CAT), posted on myClass. Students are 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 as specified on the CAT. The clinical instructor, in consultation with the nursing staff/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:

Includes the Clinical Assessment Tool (CAT), in-class case study critical thinking assignment, orientation quizzes, and weekly quizzes. 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 NS3270 *Course Calendar*, posted on the NS3270 myClass online site.

STUDENT RESPONSIBILITIES:

Students should refer to the College Policy on Student Rights and Responsibilities at: <https://www.nwpolytech.ca/about/administration/policies/fetch.php?ID=69>

For policies related to clinical absences, immunizations, uniforms, and other clinical requirements please see the NWP Department of Nursing Education & Health Studies Student Handbook posted on NS3270 myClass. Note: all Academic and Administrative policies are available on the same page.

Professional responsibility for nursing students includes clinical practice preparation such as the understanding, synthesis, and integration of relevant mental health knowledge, medications, and nursing skills. To be adequately prepared for clinical experiences, students may be required to participate in activities outside of their scheduled clinical course hours. Activities can include the following, but are not limited to, gathering, and reviewing client-related documents and information, 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 client care will not participate in clinical activities and may be sent home. Being unprepared for clinical practice demonstrates unprofessional behavior and will be reflected in the student’s clinical assessment and may result in a course failure.

Professional responsibility for nursing students also includes attending classes, labs and clinical. Attendance is expected, and all absences must be reported to the instructor prior to classes and labs. All clinical practice absences must be reported to the clinical instructor and if the student has been placed in community clinical placement areas, the student's field guide must also be notified. Tardiness and unexplained absences for clinical shifts, classes, and labs demonstrate unprofessional behavior and will be reflected in the student's Clinical Assessment Tool (CAT) accordingly.

Active participation is expected for **all** learning opportunities including all clinical shifts, classes, and labs. Students are expected to participate in various learning activities related to the course objectives and related to their mental health clinical course as deemed necessary by their clinical instructor.

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. All community students are also expected to notify their Field Guides 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 business-casual wear. Blue jeans, tight pants, shorts, exposed midriffs, and open-toed shoes are not permitted. Students are to be expected to be clean, odor-free, well-groomed, and wearing business-casual clothing as expected.

Community Mental Health:

Prior to beginning a clinical rotation at the student's assigned mental health placement, students are expected to call the agency field guide that they 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 the student within that setting will be reviewed with their field guide. The agencies will have a copy of the NS3270 course outline and the methods by which students 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 by the student at all times. Dress code is business casual wear. Blue jeans, tight pants, shorts, exposed midriffs, threadbare and clothing with holes, 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 centers.
 - 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 center 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://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://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 course instructor/faculty member involved. ** Note, this assignment policy does not apply to the NS3270 in-class Case Study Critical Thinking Assignment which students must complete in person and during allocated class time.

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/>

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.

Communication:

Students must use their NWP e-mail address and include a subject line when communicating with the course instructor and other faculty members. The content messages of both e-mail and voice mail must be delivered in a professional manner. Inappropriate messages may be considered "harassment." Refer to the Code of Student Behaviour Section 30.3.4(6) d. Inappropriate use of e-mail sent to fellow students and members of the Faculty of Nursing will result in disciplinary action. Please refer to the University of Alberta/NWP Collaborative Faculty of Nursing's guidelines for e-mail etiquette, the link is provided: http://www.nurs.ualberta.ca/flex/email/Email_Etiquette.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, and the University of Alberta Code of Student Behaviour, Section 30.3.3 Inappropriate Behaviour in Professional Programs.

Course Material and Announcements:

The NWP Faculty of Nursing creates 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.