COLLEGE OF
THE ROCKIES

NURS-110 – Health & Healing 1: Living Health

Health and Human Services

Effective Term & Year: Fall 2023
Course Outline Review Date: 2028-01-04

Program Area: Health

Description:

This course is an introduction to the meaning of health including personal health, family health, community health, and societal health. Participants examine significant theoretical and conceptual frameworks of health including health promotion, primary health care, prevention and determinants of health. By reflecting on personal experiences, participants have the opportunity to identify personal resources and/or challenges that impact health as well as recognize the diversity of beliefs, values, and perceptions of health held by others. Opportunities to learn basic health assessment skills are included in this course.

Program Information:

This course is required for the first year of the Bachelor of Science in Nursing program at College of the Rockies. The materials in this course represent a component of a four year integrated BSN program.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 6

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	42

Seminar/Tutorials	42
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	84

Course Requisites:

- Completed or concurrently enrolled in:
    - NURS111 – Professional Practice 1: Introduction to the Profession of Nursing (3)
    - NURS113 – Relational Practice 1: Self and Others (3)
    - NURS115 – Nursing Practice 1 (3)
    - BIOL181 – Introductory Human Anatomy and Physiology 1 (3)

Flexible Assessment: No

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see https://www.bctransferguide.ca/ or https://transferalberta.alberta.ca . For more transfer credit information, please visit https://www.cotr.bc.ca/Transfer

All requests for course transfer credit from institutions in British Columba or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Astle, B.J., Duggleby, W., Potter, P.A., Stockert, P.A., Perry, A.G., & Hall, A.M., (Eds.). (2024). *Potter and Perry's Canadian fundamentals of nursing* (7th ed.). Elsevier, Inc.

Killian, T. (2022). *Gray Morris's calculate with confidence* (2nd Canadian ed.). Elsevier.

Please see the instructor's syllabus or check COTR's online text calculator https://textbook.cotr.bc.ca/

for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to

- gain a current theoretical understanding of health and the historical development of health promotion and primary health care in relation to nursing practice;
- develop a heightened awareness of their own personal concepts of health and living health, as well as contextual differences and how these differences influence the way people behave, throughout their life span, in relation to health;
- explore the concept of client;
- explore the client within the context of individual, family, community, population or society;
- gain an understanding of health in a global context; and
- describe the role and responsibilities of Registered Nurses to ensure individual, family, and community centred care through interprofessional practice.

Course Topics:

Process

Learning activities are designed to engage participants actively in achieving an understanding of the concepts, theories and skills of this course. Participants engage in critical thinking about their own health and about caring, health promotion, prevention and primary health care. Participants are encouraged to participate in active dialogue about health with others and to share experiences arising out of the learning activities.

CONCEPTS & SUBCONCEPTS:

CLIENT

Community

- Consideration of community as an entity, not a collection of individuals

Family

- Responsibility to provide care to families, not just individuals

Individual

- Within the context of family, community, society, populations, the global community

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Personal Meaning

- Health
- Health promotion

CONTEXT

- Introduction to selected aspects of communities that have an impact on health

Environment

- Beginning consideration of climate, pollution issues that influence health

Family

- Introducing the influence of family on health

Global Village

- Globalization and its influence on health (beginning discussion) – food availability, western lifestyles

Society

- Introduction to trends in society and how these can influence health

Transitions and Change

- Developmental
- Lifestyle
- Situational

HEALTH AND HEALING

Epidemiology

- Brief introduction to epidemiology in relation to managing communicable disease (e.g. hand washing

Health

- Determinants, prerequisites
- Across the lifespan (preconception to death)
- Holism

Health Promotion

- Ways of being

- Theoretical perspectives/emancipatory/transformational
- Lifelong learning
- Teaching/learning in partnerships
- Primary health care
- Historical development
- Principles and practices
- Prevention
- National and international variations and global interpretation

NURSE

Decision Making

- Introduction to physical, mental health, community assessment
- Considerations of diversity in health assessment (e.g. ethnicity, spirituality, marginalized groups, physically disabled)
- Assessment across the lifespan

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Windshield Survey of Community Report	25%
Simulation Centre Nursing Action Demonstrations	20%
Group &/or Individual Small Activities/Assignments	25%
Final Exam	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=95	94-90	89-85	84-80	79-75	74-70	69-65	64-60			<60

Pass requirements: All assignments and evaluations must be completed.

Additional related information/policies:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, resubmission of assignments, and use of electronic aids.

ATTENDANCE AND ASSIGNMENT REQUIREMENTS:

See COTR Nursing Program Admission and Progression Policies

ADDITIONAL RELEVANT INFORMATION/POLICIES:

1. All learning experiences are mandatory. Students who are unable to attend a scheduled learning event must notify the instructor at the earliest possible opportunity.
2. Absence from learning experiences, for any reason, may preclude the student being able to meet the requirements for that course. Students who have missed 10% or more of their clinical practice experiences will be evaluated for their eligibility to remain in the program. (**Clinical courses only**)
3. All assignments must be submitted by the contract date. Assignments in clinical courses will be graded as either satisfactory or unsatisfactory based on assignment evaluative criteria. Extensions will be considered on an individual basis when legitimate circumstances support the student's request, provided the extension is negotiated 48 hours in advance of the due date.

Clinical courses are graded COM/NCG. Clinical courses grades are not included in a student's GPA.

To achieve a COM, students must:

- Complete all evaluative components of this course
- Achieve a level of "satisfactory" on the Nursing Practice self-assessment.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at https://cotr.bc.ca/about-us/college-policies/ and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.