



NURS-113 – Relational Practice 1: Self and Others

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-04-01

Program Area: Health

Description:

The premise underlying this course is that nursing is an experience lived between people. Students explore the multiple factors that influence their own capacity to be in caring relation to others (individuals, families, groups, populations, and communities). They learn to question personal perspectives of experience, to uncover attitudes, beliefs and values, and to share and acknowledge differences. Emphasis is placed on a phenomenological attitude to view the structure and experiences that make up their own and other people's lives.

Program Information:

This course is required for the first year of the Bachelor of Science in the Nursing program. 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: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	42
Seminar/Tutorials	
Laboratory/Studio	

Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	42

Course Requisites:

- Completed or concurrently enrolled in:
 - **NURS110** – Health & Healing 1: Living Health (6)
 - **NURS111** – Professional Practice 1: Introduction to The Profession of Nursing (3)
 - **NURS115** – Nursing Practice 1 (3)
 - **BIOL181** – Introductory Human Anatomy and Physiology 1 (3)
 - **ENGL100** – English Composition (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 Columbia 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:

Doane, G. H., & Varcoe, C. (2021). *How to nurse: Relational inquiry in action*. Wolters Kluwer.

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

- explore self and identity as a relational person;
 - develop relational ways of being with others (individuals, families and groups);
 - explore concepts of caring;
 - begin to develop a caring identity;
 - demonstrate self awareness, critical reflection, and critical thinking, in preparation for nursing practice in an interprofessional setting; and
 - describe the importance of communication, collaboration, and relationships for Registered Nurses practicing within an interprofessional team.
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Course Topics:

Process:

This course is designed to foster personal discovery of self and self in relation to others. It explores relational ways of being with others, situatedness in families and groups, and identify development. It encourages and supports learners to enrich self-awareness, critical thinking and reflexivity. The course concepts are explored through active participation in small group interaction, learning activities and journal writing.

Concepts and Sub-concepts

RELATIONAL PRACTICE

Relationship

- Interaction
- Connectedness
- The idea of the 'space between'

Relational Competence

- Self-awareness, etc.
- Reflexivity
- Relational inquiry – learning to know the client
- Intentionality

Caring

- Care of self
- Acting in an ethical way with others
- Ethics of caring
- Moral agency

Awareness or Self Awareness (in relationship with others)

- Individuals
- Groups
- Self in a collective
- Leadership/membership

Mutuality

Cultural Safety

- Dominant culture processes

Power/Power Relations

- Feminist processes

Collaboration

Relational Lenses

- Phenomenology
- Critical (post-colonial)
- Spiritual

CLIENT (AND NURSE)

Situatedness and Constitutedness

- Nature of impact on relationship

CONTEXT

Morals, Values and Beliefs

- Impact on relationships

INQUIRY

Information Technology (Effect on Relational Practice)

- Etiquette and ethics

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
Group and/or Individual Small Activities	40%
Paper	30%
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.