



NURS-120 – Health and Healing 2: Health Indicators

Health and Human Services

Effective Term & Year: Winter 2024
Course Outline Review Date: 2029-09-01

Program Area: Health

Description:

Building on Health and Healing 1, this course focuses on individual, family and community health assessments. Participants have opportunities to explore and critique various theoretical and conceptual frameworks in relation to health assessment, including early childhood development, family development, healthy aging and community development. The concept of assessment within the context of decision making is explored. Opportunities to learn basic health assessment skills are included in this course.

Program Information:

This is a required course 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:

- Complete all of the following
 - Prerequisites: Satisfactory completion of Semester One of the first year of the BSN program.
 - Completed or concurrently enrolled in:
 - **NURS121** – Professional Practice 2: Introduction to the Discipline of Nursing (3)
 - **NURS125** – Nursing Practice 2: Coming to Know the Client (5)
 - **BIOL182** – Introductory Human Anatomy and Physiology 2 (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:

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.

Jarvis, C., Browne, A.J., MacDonald-Jenkins, J., Luctkar-Flude, M. (Eds.). (2024). *Pocket companion for physical examination and health assessment* (4th Canadian ed.). Elsevier.

Killian, T. (2021). *Gray Morris' calculate with confidence* (2nd ed.). Elsevier.

Webster, J., Sanders, C., Ricci, S.S., Kyle T., & Carman, S. (Eds.). (2020). *Canadian maternity and pediatric nursing* (2nd ed.). Lippincott Williams.

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

- understand health indicators and how to engage with people's personal meanings of health through undertaking individual, family and community health assessments;
 - understand contextual influences on health assessments;
 - develop a repertoire of nursing practice skills, including critical thinking, decision making for nursing practice, and relational, organizational, and psychomotor skills to conduct system assessment on healthy individuals across the lifespan;
 - explain the importance of collaboration with other members of the interprofessional team in the assessment process within the context of health and wellness; and
 - describe the responsibilities of the Registered Nurse related to interacting with other health professionals.
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Course Topics:

Process:

Learning activities are designed to engage participants actively in achieving an understanding of the concepts and theories of this course. Understanding is enhanced by drawing on participants' experiences of health, in individuals, families and in communities. Critical thinking and decision making in the health assessment process are emphasized.

Concepts and Subconcepts:

NURSE

Decision Making

- Assessment models and processes
- Application of philosophical perspectives (including situatedness, constitutedness and reflexivity)

Responsibility and Accountability

- Documentation

CLIENT (as focus of assessment)

Individual

- Physical, emotional and mental health
- Spiritual, social and sexual health
- Situatedness and constitutedness
- Learning needs

Family

- Selected family theories and models as guides for coming to know the family

Community

- Strengths and capacities, windshield surveys and conversations with members

CONTEXT

Growth and Development

- Across the lifespan (emphasis on individual and family)
- Health perspectives
- Epidemiology
- Population health and trends

Transitions and Change Theory

- Personal behavioural change
- Role transitions over the lifespan

Family

Community

Healing Initiatives

- includes alternative and complementary approaches as they pertain to health and health promotion

INQUIRY

Diagnostics

- Introduction to diagnostics as a source of assessment data

Information Technology

- As a source of assessment data and system of documentation for future retrieval of data

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
Exam 1	25%
Exam 2	35%
Simulation Centre Nursing Action Demonstrations	20%
Class and/or Simulation Centre Preparation	20%
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.

