



NURS-213 – Relational Practice 2: Creating Health and Promoting Relationships

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-04-01

Program Area: Health

Description:

In this course participants move beyond the personal discovery focus of Relational Practice 1 to a focus on relational caring. The major emphasis of the course is relational practice with individuals, families and groups from diverse backgrounds of age, culture and experience. This is an experiential course designed to deepen the participant's understanding of caring, and how the connection between caring and relationship provides the context for health and healing. Participants explore theories and processes of caring, relational identity, development of self as a nurse and relational practice as enacted across a range of settings and contexts.

Program Information:

This course is required for the second year of the Bachelor of Science in 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:

- Complete all of the following
 - Completed the following:
 - NURS113 – Relational Practice 1: Self and Others (3)
 - Completed or concurrently enrolled in:
 - NURS210 – Health and Healing 3: Health Challenges And Healing Initiatives (6)
 - NURS215 – Nursing Practice 3: Promoting Health and Healing (8)
 - BIOL218 – Pathophysiology 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 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. (2020). *How to nurse: Relational inquiry in action* (2nd ed.). Philadelphia, PA: Wolters Kluwer-Lippincott Williams & Wilkins.

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.). Milton, ON, Canada: Elsevier Canada.

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 the relationship with client, family and nursing team and begin to critically reflect on ethical ways of being in these relationships;
 - explore relationships and relational capacities with clients of various ages;
 - examine relational processes that support a growing understanding of the personal meaning clients give to health and healing;
 - formulate a personal conception of the role of a nurse when collaborating with the client, family and nursing team in establishing health-promoting relationships;
 - describe the principles of team dynamics and group processes to enable effective interprofessional team collaboration; and
 - describe the importance of sharing information, listening attentively, and respecting other opinions in an interprofessional setting.
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Course Topics:

Process:

This course supports the participants' beginning nursing practice through methodologies and assignments that enable participants to reflect on their relationships with actual clients and working groups. Having opportunities to examine critical incidents, within the participants' own relational experiences with a client, the nursing team or life within student groups, plays a central role in the construction of the course. The intention is that course concepts stress more self-awareness and relational ways of being than solely skills and mechanistic approaches to relationship. A beginning ability to examine and critique one's actions in light of espoused beliefs about caring relationship is encouraged. Participants are also encouraged to "follow through" or enact newer understandings that are being acquired throughout the course.

Concepts and Sub-concepts:

CONTEXT

Ethics

- Relational ethics establishing a foundation for nursing practice

HEALTH AND HEALING

Health Promotion

- Collaborative knowledge development
- Pattern recognition
- Naming and supporting capacity
- Emancipatory action

INQUIRY

Personal Meaning

- Clients' experiences and narratives

Relational Inquiry

- Questioning to look beyond the surface
- Identifying and challenging assumptions
- Re-imagining
- Reflexivity
- Ways of knowing – bringing together multiple ways of knowing and forms of knowledge

RELATIONAL PRACTICE

Capacities

- Letting be
- Listening
- Communication skills
- Self-observation
- Observing the “other”
- Intentionality
- Influence of philosophical frameworks
- In the context of individuals, families and groups

Caring

- As a philosophy
- As a way of being
- As a moral imperative
- Dimensions of caring (e.g., 5 C's of caring)

Perception

- Situatedness and constitutedness
- Multiple perspectives

Power/Power Relations

- Hegemony of traditional power structures within the client's environment (home community, institution) and impact on client experience and relationship
- Conflict – in one to one relationships, in groups

Relationship

- Collegial
- Client/patient
- Group process

Evaluation and Assessments

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

Assessment Type	% of Total Grade
Relational Practice Paper	30%
Relational Practice Presentation	30%
Relational Practice Learning Activities	40%
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
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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.