



NURS-310 – Health and Healing 5: Complex Health Challenges/Healing Initiatives

Health and Human Services

Effective Term & Year: Fall 2025
Course Outline Review Date: 2030-03-01

Program Area: Health

Description:

This course builds on previous Health and Healing courses, pathophysiology, pharmacology, and nursing practice. Participants have the opportunity to develop and integrate their nursing knowledge and understanding of health and healing in relation to complex episodic and chronic health challenges. This advanced course focuses on current topics and emerging knowledge related to a variety of health care contexts.

Program Information:

This is a required course for the third 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: 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 Year 2 of the BSN program
 - Completed or concurrently enrolled in:
 - NURS313 – Relational Practice 3: Connecting Across Difference (3)
 - NURS315 – Nursing Practice 5: Promoting Health and Healing (8)

Prior Learning and Recognition: 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:

Required Textbooks:

American Psychological Association. (2020). *Publication manual of the American psychological association* (7th ed.).

Hannon, R.A., & Porth, C. (2017). *Porth Pathophysiology*. (2nd Cdn ed.). Wolters Kluwer.

Jarvis, C., Browne, A. J., MacDonald-Jenkins, J., Luctkar-Flude, M. (Eds.). (2019). *Physical examination and health assessment* (3rd Canadian ed.). Saunders Elsevier.

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

Pollard, C., & Jakubec, S. (2022). *Vancouver's Canadian psychiatric mental health nursing: A clinical approach* (2nd ed.). Elsevier.

Potter, P. A., Perry, A. G., Ross-Kerr, J. C., Stockert, P., Hall, A., Astle, B. J., & Duggleby, W. (Eds.). (2019). *Canadian fundamentals of nursing* (6th ed.). Elsevier Canada.

Sealock, K., Seneviratne, C., Lilly, L. L., & Snyder, J. S. (2021). *Lilley's health care practice* (4th ed.). Elsevier.

Tyerman, J., & Cobbett, S. L. (Eds.). (2023). *Lewis's medical surgical nursing in Canada: Assessment and management of clinical problems* (5th Canadian ed.). Elsevier.

Webster, J., Sanders, C., Ricci, S. S., Kyle T., & Carman, S. (2019). *Canadian maternity and pediatric nursing* (2nd ed.) Wolters Kluwer.

Additional lesson resources will be provided on COTROnline

Additional Required Resources:

*Current, Canadian lab and diagnostics text, e-book, or app for your mobile device.

Please see the instructor's syllabus or check COTR's online text calculator

http://www.cotr.bc.ca/bookstore/cotr_web.asp?IDNumber=164 for a complete list of the currently required textbooks.

Learning Outcomes:

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

- integrate existing and emerging knowledge with application of program concepts as they relate to client situations and the practice setting;
- further develop a process for analyzing and understanding a variety of complex health challenges;
- deepen understanding of the relationship between multiple health challenges, the provision of nursing care and the impact on the client;
- further develop assessment skills and ability to perform more complex practice skills;
- focus on the clients as individuals, families and groups;
- consider community and society as context for health and healing;

- integrate knowledge of collaborative approaches with other members of the interprofessional team when providing care for clients with complex episodic and chronic health challenges;
- critically evaluate complex, unstable, urgent, and emergent situations for delegation, assignment and consultation within the interprofessional health care setting; and
- distinguish the responsibilities and contributions of the Registered Nurse and other health professionals related to the provision of client centered care.

Course Topics:

Process:

Participants engage in learning activities that are related to the main concepts of this course. They identify their own learning needs related to specialized knowledge in an area of interest (e.g., current health issue, research study, focus of practice, community project). Praxis is enhanced through reading, reflection, class discussion, written work and student independence in inquiry.

CONCEPTS and SUBCONCEPTS:

CLIENT (individuals, families, groups, populations)

- Resilience
- Hardiness
- Pathophysiology
- Emerging knowledge
- Complexity
- Diagnosis

CONTEXT

Transitions

- Discharge planning
- Assisted living
- Increasing independence (including adaptations in the home)
- Increasing dependence
- Respite
- Multiple contexts of care
- Health care system
- Navigating the health care system
- Transferring clients

Family

Community

Practice Settings

Spirituality

Environment

RELATIONAL PRACTICE

- Supporting families through crisis, loss and increasing dependency
- Selected populations; frail elderly, cognitively challenged (across the lifespan)
- Mental health and addictions
- Providing care across cultural differences
- Violence and abuse-women, elderly, children, intergenerational nature

HEALTH AND HEALING

Primary Health Care

- Prevention
- Restorative

Health

- Health within illness

Suffering

- In situations of multiple system challenges
- Impact of social determinants of health
- Impact on the social determinants of health

Comfort

- Palliation
- Dying and Death
- End of life issues complex trauma
- Multisystem failure
- Chronicity
- Rehabilitation

Epidemiology

- Epidemics-control, containment
- Web of causation
- Population health

Healing Modalities

- Pharmacology
- Physical therapies
- Radiotherapy
- Dietetics

NURSE

Decision Making

- In emergency and crisis situations
- Multiple contexts of Care
- Health care system
- Navigating the health care system
- Transferring clients

INQUIRY

Teaching and Learning

- Prevention – developing personal skills
- Creating supportive environments for learning
- Teaching self-care
- Evaluation of effectiveness

Information Technology

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
Quizzes	20%
Exam 1	35%
Exam 2	45%
Simulation Demonstrations	Pass/Fail
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: Must receive a 60% overall average and receive a PASS on simulation demonstration(s).

Evaluation Notes Comments:

To pass this course,

- If a student fails a simulation demonstration, they will have one opportunity to retest.
- See course syllabus for simulation retest process.

Additional related information/policies:

Please see the course 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:

- [Policy 2.1.6 Progression and Re-admission – Bachelor of Science in Nursing](#)

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 2.1.4 Course Audit
 - Policy 2.4.1 Credential Framework
 - Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Rights, Responsibilities and Conduct
 - Policy 2.4.8 Academic Performance
 - Policy 2.4.9 Student Feedback and Concerns
 - Policy 2.4.11 Storage of Academic Works
 - Policy 2.5.3 Student Appeal
 - Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)
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Equivalent Course(s) and Course Code Changes

Prior Course Code: NURS 314 >> NURS 310

Date changed: September 2009

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.