



## PPNP-104 – Variations in Health 1

### Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2028-09-01

**Program Area:** Health

#### Description:

This introductory course provides learners with the foundations of disease and illness across the lifespan. Students will gain an understanding of pathophysiological alterations of body systems, as well as nursing management of disease and illness across the lifespan (with an emphasis on interventions and treatment). Cultural diversity in healing practices will be explored, as well as the incorporation of evidenced-informed practice.

#### Program Information:

This course is one of eight courses required in Level 1 of the Practical Nursing program. Satisfactory completion of this course is required to progress to the next level.

**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	40
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	40
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### Course Requisites:

- Complete all of the following
  - Earned a minimum grade of C+ (65%) in each of the following:
    - PPNP101 – Anatomy and Physiology for Practical Nursing (3)
  - Completed or concurrently enrolled in:
    - PPNP105 – Health Promotion 1 (2)
    - PPNP106 – Pharmacology 1 (2)
    - PPNP107 – Integrated Nursing Practice 1 (4)

### Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

### 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:

deWit, S. C., Stromberg, H. K., & Dallred, C. V. (2023). *Medical-surgical nursing: Concepts and practice*. (5th ed.). Elsevier Saunders.

Potter, P. A. & Perry, A. (2019). *Canadian fundamentals of nursing*. (6th ed.). Elsevier Canada.

Vallerand, A. & Sanoski, C. (2023). *Davis's Canadian drug guide for nurses*. (18th ed.). F.A. Davis Company.

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.

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### Learning Outcomes:

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

- describe pathophysiology as it relates to common presentations of illness;
  - give examples of cellular alterations;
  - describe the inflammatory and reparative processes;
  - explain physical and psychosocial stressors;
  - explain the following terms contributing to alterations in body function: inflammation, infection, obstruction/occlusion, genetics, congenital, cancer, traumatic injury and degeneration;
  - explain compensatory and decompensatory mechanisms;
  - describe chronic versus acute illness in the context of disease (health continuum and disease versus illness);
  - identify the nursing management of disease and illness for body systems across the lifespan;
  - identify holistic and traditional healing practices associated with common illness;
  - describe the influence of cultural in health and healing; and
  - identify appropriate evidence informed research and practice resources.
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### Course Topics:

- Introduction to pathophysiology
- Maintaining homeostasis
- Compensatory and decompensatory mechanisms
- Cell alteration – types of cell injury and repair, cell aging/degeneration, irregular cell growth
- Alterations to all body systems (e.g. inflammation, infection, obstruction/occlusion, genetics, familial, cancer, trauma)
- Physical and psychosocial stressors
- Chronic versus acute disease (health continuum); illness versus disease
- Nursing management of disease and illness across the lifespan
- Nursing management includes assessment (holistic assessment, data collection including lab values and diagnostics), pharmacology, identification of real/potential problems –nursing diagnoses, planning of specific nursing interventions, implementing culturally sensitive and aware care, evaluation of care, collaborating with other members of the health care team, health promotion, and client teaching

- Therapeutic interventions and treatments including pharmacology
- Traditional healing practices
- Introduction to diagnostics
- Cultural diversity in health and healing
- Introduction to evidence-informed research and practice

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	20%
Final Exam (comprehensive)	35%
Group Presentation	45%
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				<65

**Pass requirements:** None

### 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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## **Equivalent Course(s) and Course Code Changes**

Prior Course Code: PNUR 103

Date changed: September 2012

### **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.