PPNP-104 – Variations in Health 1

Health and Human Services

Effective Term & Year: Fall 2027
Course Outline Review Date: 2032-03-01

Program Area: Health

Description:

Learners are introduced to the foundations of disease and illness across the lifespan to gain an understanding of pathophysiological alterations of body systems. Nursing management of diseases and illnesses across lifespan with an emphasis on interventions and treatment is also discussed. Learners will also explore cultural safety in healing practices and the incorporation of evidence-informed research and 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

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)

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR) or 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 Columba 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. (2024). *Potter and Perry's Canadian fundamentals of nursing* (7th ed.). Elsevier.

Stromberg, H. K. (2026). *Medical-surgical nursing: Concepts and practice* (6th ed.). Elsevier.

Vallerand, A. H., & Sanoski, C. A. (2026). *Davis's Canadian drug guide for nurses* (20th 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.

Learning Outcomes:

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

1. Discuss how the current British Columbia College of Nurses and Midwives (BCCNM) LPN Ethics Standards, Practice Standards, and Entry-Level Competencies are used to guide practice when caring for clients with variations in health.

- 1.1 Examine how standards and scope inform nursing management of disease and illness.

2. Describe pathophysiology as it relates to common presentations of illness.

- 2.1 Give examples of cellular alterations.
- 2.2 Describe the inflammatory and tissue repair processes.
- 2.3 Describe chronic versus acute illness in the context of disease (health continuum and disease versus illness).
- 2.4 Identify the influence of illness and disease on homeostasis.

3. Explain physical and psychosocial stressors.

- 3.1 Describe the differences between mental health, mental wellness, and mental illness.
- 3.2 Explain compensatory and decompensatory mechanisms.
- 3.3 Identify physical and psychosocial stressors that affect health and wellness.
- 3.4 Define general adaptation syndrome and how it affects health.

4. Identify the nursing management of disease and illness for body systems in clients across the lifespan.

- 4.1 Identify holistic and traditional healing practices associated with common illnesses.
- 4.2 Describe the historical and current impacts of colonialism on Indigenous Peoples and how this has impacted their health and health care experiences.
- 4.3 Discuss how culture influences health and wellness.
- 4.4 Identify appropriate evidence-informed research and practice resources.

Course Topics:

Course outcomes will be met through examination and exploration of the following:

- BCCNM LPN Ethics Standards, Practice Standards, and Documents that Guide Scope of Practice
- Introduction to Pathophysiology
- Maintaining Homeostasis
- Compensatory and Decompensatory Mechanisms
- Cell Alteration: Types of Cell Injury and Repair, Cell Aging and Degeneration, and 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
- Mental Health, Mental Wellness, and Mental Illness
- Nursing Management of Disease and Illness Across the Lifespan
- Nursing Management, Including:
    - Assessment (Holistic Assessment and Data Collection, Including Lab Values and Diagnostics)
    - Pharmacology
    - Identification of Real and Potential Problems
    - Nursing Diagnoses
    - Planning and Documenting Specific Nursing Interventions on a Care Plan
    - Implementing Culturally Safe Care
    - Evaluation of Care
    - Collaborating with other Members of the Health Care Team
    - Health Promotion
    - Client Teaching
- Therapeutic Interventions and Treatments, including Pharmacology
- Traditional and Holistic Healing Practices
- Introduction to Diagnostics
- Cultural Diversity in Health and Healing
- Impacts of Colonialism on the Health and Experiences of Indigenous Peoples
- 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%
Exam 2	45%
Assignment	35%
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:

An overall average of C (60%) or higher is required to pass this course.

Additional Evaluation Information:

No rewrites will be granted for any assignments or exams within this course.

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

Student Attendance/Absence

- As adult learners, students are expected to attend all classes. Attendance is taken as a means of monitoring student success. In the event of illness or other unavoidable cause of absence, the student should notify the appropriate instructor as soon as possible.
- Students must attend all clinical/preceptorship experiences. If illness or other unavoidable absence occurs, the student must notify the appropriate instructor prior to the time s/he is expected.
- Unexcused/excessive absences from clinical/preceptorship may mean students must withdraw from the program.

Written Assignments

- Assignments about clients must be written using the clients' INITIALS ONLY.
- A 15% penalty will be applied for each day past due date for late assignment submissions. If any assignment is more than three days late, it will be assigned a grade of "0".

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)

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.