PPNP-113 – Variations in Health 2

Health and Human Services

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

Program Area: Health

Description:

Learners explore pathophysiology as it relates to the aging process and selected chronic illnesses, including mental health conditions. The main focus is on the care of older adults experiencing health challenges. Learners also explore Indigenous health, cultural diversity in healing practices, and evidence-informed research and practice.

Program Information:

This course is one of seven courses required in Level 2 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	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other	
Total	45

Course Requisites:

- Complete all of the following
  - Successful completion of Level 1 courses.
  - Completed the following:
    - PPNP108 – Consolidated Practice Experience 1 (2)
  - Completed or concurrently enrolled in:
    - PPNP111 – Professional Practice 2 (1)
    - PPNP112 – Professional Communication 2 (2)
    - PPNP114 – Health Promotion 2 (2)
    - PPNP115 – Pharmacology 2 (2)
    - PPNP116 – Integrated Nursing Practice 2 (5)

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.

Eliopoulos, C. (2025). *Gerontological nursing* (11th ed.). Wolters Kluwer.

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 the current British Columbia College of Nurses and Midwives (BCCNM) LPN Ethics Standards, Practice Standards, and Entry-Level Competencies that are relevant to providing care for older adults, including those with chronic illnesses and/or mental health conditions.

- 1.1 Examine how standards, scope, and employer policies inform nursing management for variations in health in older adults, including those with chronic illnesses and/or mental health conditions.
- 1.2 Discuss the complexities of providing nursing care to clients who are not able to give consent.
- 1.3 Explain how evidence-informed practice influences the nursing care of older adults.

2. Explain the physiology of pain.

- 2.1 Differentiate between acute and chronic pain.
- 2.2 Identify the types of pain.
- 2.3 Describe the gate control theory of pain.
- 2.4 Identify factors influencing the client's pain experience.
- 2.5 Describe the nursing management of pain.

3. Explain the pathophysiology of common chronic illnesses related to the aging process.

- 3.1 Identify factors that contribute to common health challenges affecting older adults.
- 3.2 Identify altered presentations of illnesses in older adults.
- 3.3 Describe the nursing management of illnesses associated with aging.

4. Describe what is meant by a chronic mental illness and the differences between mental illness, mental health, and mental wellness.

- 4.1 Identify common mental health conditions and mental illnesses experienced by older

adults.
- 4.2 Differentiate between the nursing management in the typical aging process and nursing management of older adults with mental illness.

5. Explore holistic and traditional Indigenous healing practices in the management of chronic illnesses, including mental health conditions.

- 5.1 Discuss examples of holistic and traditional healing practices.
- 5.2 Explain the influence of culture, cultural diversity, and cultural safety on health and healing.

Course Topics:

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

- Relevant BCCNM Ethics Standards and Practice Standards
- Physiological changes in the older adult contributing to disease and illness
- Pain and pain management
- Recognition and presentation of common diseases and illnesses in older adults
- Nursing management of disease and illness for the older adult according to body systems
- Mental health conditions in older adults, including dementia, delirium, and depression
- Nursing management:
  ?Assessment: holistic assessment and data collection, including lab values and diagnostics
  ?Pharmacology
  ?Identification of real and potential problems
  ?Nursing diagnoses
  ?Planning of specific nursing interventions
  ?Implementing culturally competent care
  ?Evaluation of care
  ?Collaborating with other members of the health care team
  ?Health promotion and client teaching
- Therapeutic interventions and treatments
- Cultural safety, cultural humility, and anti-racism, particularly Indigenous-specific anti-racism
- Diversity, equity, and inclusion
- Traditional healing practices (e.g., acupuncture, smudging, sweat lodge ceremony, Reiki)
- Introduction to diagnostics
- Evidence-informed research and practice

See instructor 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	20%
Exam 3	30%
Assignment	30%
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 203

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.