

COURSE SYLLABUS



COURSE TITLE:	NURS 160: Nursing as a Caring Relational Practice
CLASS SECTION:	X02 & X04
TERM:	2024F
COURSE CREDITS:	3
DELIVERY METHOD(S):	Synchronous

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: Nikita Paddock

EMAIL: Paddockn@camosun.ca

OFFICE: In-person or virtual on campus (e-mail to book)

HOURS: Wednesdays from 11:30- 12:30 and Thursdays from 12:30-1:30

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Learners will develop self-awareness, critical reflection, and therapeutic communication skills. Values, beliefs, and attitudes are examined and integrated to provide compassionate, culturally sensitive healthcare. Learners develop skills to prevent compassion fatigue. Learners develop effective therapeutic communication for patient-centered care, attending to the lived experience of the patient. Using a health promoting approach learners are introduced to the processes related to initiating, maintaining, and ending nurse-client therapeutic relationships. Loss and grief theory is applied to aspects of nursing, as preparation for practice placement

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course a student will be able to:

- a) demonstrate self-awareness, critical reflection, and critical thinking, in preparation for nursing practice in an interprofessional setting.
- b) apply skills of self-awareness and perception checking to develop cultural awareness and sensitivity.
- c) recognize historic communication patterns, such as oral tradition, that are unique to Indigenous peoples, in order to enable respectful communication.
- d) describe the concepts of caring and caring relationships in nursing practice.
- e) describe theoretical perspectives and concepts related to therapeutic communication.
- f) demonstrate therapeutic communication skills with clients and families of older persons.
- g) relate effective communication to maintaining client dignity.
- h) demonstrate self-efficacy in caring, therapeutic relationships.

- i) discuss how multiple personal and contextual factors shape effective communication.
- j) integrate and apply theory of loss and grief in caring professional relationships.
- k) describe the role of effective communication in creating a safe environment and influencing quality of care in contemporary health care settings.
- l) describe the importance of communication, collaboration, and relationships for registered nurses practicing within an interprofessional team.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

American Psychological Association. (2020). *Concise guide to APA Style* (7th ed.).

<https://doi.org/10.1037/0000173-000>

Astle, B. J., Duggleby, W., Potter, P.A., Stockert, P. A., Perry, A. G., & Hall, A.M. (2024). *Canadian fundamentals of nursing* (7th ed.). Elsevier.

Kunyk, D., Peternelj-Taylor, C.A., Austin, W., & Boyd, M.A. (2023). *Psychiatric & mental health nursing for Canadian practice* (5th ed.). Wolters Kluwer.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Week	Dates	Content
1	Sept 3-6 Labor Day: No class Sept 2	Module 1 Introduction to Nursing 160 & Community Building
2	Sept 9-13	Module 2 Critical Reflection, Feedback, and the Reflective Process
3	Sept 16-20	Module 3 Perceiving Self: Self Concept
4	Sept 23-27	Module 4 Perceiving Self: Self-Esteem & Self-Efficacy
5	Oct 1-4 Day of Truth & Reconciliation No class Sept 30	Module 5 Perceiving Self and Others: Self-Awareness, Perception, and Mindfulness
6	Oct 7-11	Module 6 Caring for Self in the Context of Caring for Others
7	Oct 15-18 Thanksgiving: No class Oct 14	Module 7 Loss, Grief, and Bereavement
8	Oct 21-25	Midterm Exam: In-Class (Modules 1-5) Module 8 The Nurse-Client Therapeutic Relationship Module 9 Effective Communication Techniques in the Therapeutic Relationship
9	Oct 28 – Nov 1	Module 10 Building Therapeutic Relationships with the Older Adult

10	Nov 4-8	Module 11 Cultivating Compassionate Care in the Therapeutic Relationship
11	Nov 12-15 Remembrance Day: No class Nov 11	Module 12 Overcoming Communication Challenges in the Therapeutic Relationship
12	Nov 18-22	Module 13 Understanding Cultural and Spiritual Beliefs and Values
13	Nov 25-29	Module 13 Understanding Cultural and Spiritual Beliefs and Values cont...
14	Dec 2-6	Module 14 Bringing it All Together
		FINAL EXAM DATE: TBD

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

Midterm Exam

The midterm exam will consist of questions from **modules 1 to 5**. The purpose of the midterm exam is to assess the student's knowledge, comprehension, and application of course content.

Due: Week 8 (modules 1-5) **Worth:** 20% of overall grade

Final Exam

The final exam will include **all course content from modules 1 to 13**. The purpose of the final exam is to assess the student's knowledge, comprehension, and application of the entire Nursing 160 course content.

Due: Exam Week **Worth:** 30% of overall grade

CRITICAL REFLECTION WRITTEN ASSIGNMENT

Due: Week 5 **Worth:** 15% of overall grade

CARING CONVERSATION ASSIGNMENT

- Video Recording
- Self-Feedback Checklist
- Written Summary of Learning

Due: Week 12 **Worth:** 35% of overall grade

This course is graded by the [Standard Grading System](#).

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](#) policy for more information.
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

1. Complete your pre-readings for each class. Pre-readings are assigned each week and are listed in the course package. Your teacher will inform you if the schedule or particular readings will change on an individual basis. The readings provide the foundation for both the course, and class learning activities. **Course readings and class learning activities are testable on the exams.** You are part of a learning community. Your careful preparation for each class affects the learning of your peers. Since learning is

- co-created with other students, your preparation will maximize the learning throughout the course.
2. Actively listen to others, reflect on your experiences, thoughts, and ideas, as this will enrich each student's learning. The activities in this course are designed to expand your knowledge of self and others.
 3. Regular class attendance and active participation in class activities/discussions are encouraged.
 4. Critically reflect on, and engage with course content through completion of readings, weekly activities, and assignments.

SCHOOL OR DEPARTMENTAL INFORMATION

Students are required to read and are accountable for following College policies and practicum guidelines as described in the BSN and HHS Student Handbooks.

[BSN Student Handbook](#)

[HHS Student Handbook](#)

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support

Support Service	Website
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<https://camosun.ca/services/academic-supports/accessible-learning>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <https://camosun.ca/sites/default/files/2021-07/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.