

# CLASS SYLLABUS



COURSE TITLE: NURS 181 Health Promoting Practice  
CLASS SECTION:  
TERM: 2023W  
COURSE CREDITS: 3  
DELIVERY METHOD(S): Synchronous

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

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<https://camosun.ca/about/covid-19-updates>

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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NAME: Lynda Champoux  
EMAIL: [champouxl@camosun.ca](mailto:champouxl@camosun.ca)  
OFFICE: CHW 207  
HOURS: Monday 1000-1200 or email to set up a convenient time to meet online or in person

*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

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Learners will develop professional caring relationships with stable clients in diverse settings. Learners will integrate their knowledge of health promotion and holistic health assessment for the delivery of safe, compassionate, evidence-informed health care. Learners will integrate foundational nursing skills in the practice setting.

PREREQUISITE(S): All of: C in BIOL 152, C in NURS 110, C in NURS 132, C in NURS 142, C in NURS 160, COM in NURS 180  
CO-REQUISITE(S): All of: NURS 143  
PRE/CO-REQUISITE(S): All of: C in BIOL 153, C in NURS 111

## COURSE LEARNING OUTCOMES

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

- a) demonstrate professionalism and self-awareness in nursing practice.
- b) demonstrate collaborative, responsive, and responsible communication skills.
- c) establish and maintain caring, health promoting relationships in the nursing practice setting.
- d) apply safety principles, infection control measures and appropriate protective devices when providing nursing care to prevent injury to residents, self, and health care team.
- e) promote a safe environment for residents, self, health care workers and the public that addresses the unique needs of residents within the context of care.
- f) research and apply evidence-informed practices to care.

- g) conduct assessments from a health promotion perspective using appropriate tools and techniques, and skills of observation, interview, history taking, inspection, palpation, auscultation and percussion.
- h) document client/resident assessments and care in a professional and accurate method using available technologies.
- i) recognize the role of registered nurses in achieving health outcomes across settings.
- j) provide personal care and hygiene while promoting the individual's dignity.
- k) assist in safe ambulation of older persons and people with physical disabilities.
- l) demonstrate respect and preserve individual's rights, including confidentiality.
- m) apply the principle of self-determination when relating with Indigenous people in the residential care setting.
- n) identify, report, and take action on actual and potential safety risks to residents, self or others.
- o) conduct health promotion education in specific education-focused settings.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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Astle, B.J., Duggleby, W., Potter, P.A., Griffin Perry, A., Stockert, P.A., & Hall, A.M. (2019). *Canadian fundamentals of nursing* (6th ed.). Elsevier.

Cobbett, S. L., Perry, A. G., Potter, P. A., & Ostendorf, W. R. (2020). *Canadian clinical nursing skills & techniques* (1st ed.). Elsevier.

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

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

Pickar, G., Pickar Abernethy, A., Swart, B., Davis, M., & O'Connell, J. (2022). *Dosage calculations* (5th Cdn ed.). Cengage Learning Canada.

#### Additional Required Readings

Dress code and guidelines. Retrieved from <http://camosun.ca/learn/school/health-humanservices/student-info/program-info/bsn.html#etiquette>

#### Recommended materials

American Psychological Association. (2019). *Concise guide to APA style* (7th ed.). <https://apastyle.apa.org/products/concise-guide>

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

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During Semester II, students are assigned to a nursing practice group. The nursing practice experience will predominantly take place in a complex care facility. These facilities provide a higher level of care than independent living and are intended for clients who require 24-hour supervision (BC Ministry of Health, 2012). Students will engage in caring relationships with residents and possibly family members while providing personal care, bathing, nutritional assistance, and mobilizing their assigned resident(s). Throughout the semester, students will also be focusing on health assessments while integrating the concepts covered in the program to date. A faculty member will be present with the students at all times during practice hours in the complex care facility.

There may also be an opportunity for students to engage with school-aged children to teach the Sip Smart program. This interactive classroom-based program was developed to raise awareness among grades four, five, and six children of the negative health effects associated with the consumption of sugary, commercially prepared drinks. Nursing students will provide children with the knowledge and skills needed to make healthy

drink choices. In addition, students may have an opportunity to practice in a Public Health setting with clients and families.

The six hours per week to Nursing 181 will include five hours in a complex care facility, elementary school, or public health unit and one hour for Praxis Seminar. The Praxis Seminar may take place in the practice setting or it may be held virtually. Details for nursing practice, seminars, Sip Smart and public health schedules/content will be provided by instructors during the orientation weeks (i.e. first two weeks of the term).

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](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## STUDENT EVALUATION

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*Assignments, due dates, and criteria for evaluation will be discussed during the first two weeks of the semester. All students are provided a Course Syllabus at the beginning of the term with student assessment information provided.*

Assessments are based on the following:

### 1. Practice Appraisal Form (e-PAF)

Students are assessed based on their progress according to the learning outcomes and competencies listed under the standards outlined in the Nursing 181 package. Students' collaborative with, and are formally evaluated by, their nursing practice instructor in a written format at mid-term and during the final exam week. Included in this process is a student self-evaluation of their progress and areas to work on.

Depending on your progress throughout each semester, you may be required to participate in more frequent evaluations. Decisions can be made to include written collaborative reports more frequently if it is deemed necessary by your instructor. A collaborative learning contract is completed for those students at risk for failure. All evaluations and collaborative reports will be written, dated, and signed by yourself and your instructor. These reports are kept on file in the nursing department.

### 2. Nursing Practice Critical Reflections

The intent of writing nursing practice critical reflections is to provide students with an opportunity to expand self-awareness and develop their critical thinking skills. Students will apply one of the reflective frameworks introduced in Nursing 160 to complete an in-depth analysis of their practice experiences and to summarize the learning that will inform their future practice. At least three key course concepts from nursing theory courses will be integrated into each CR. Students must submit four or more CRs that meet the minimum criteria for reflective writing specified in the N181 CR marking rubric.

### 3. Learning Plan using SMART Goals

Students will bring forward their own learning plan to facilitate their learning goals developed in Nursing 110. Learning plans will reflect an evolving plan outlining how the student intends to address their learning outcomes over the semester.

Learning plans will be reviewed, revised as needed, and discussed a minimum of three times during the semester: during orientation, mid semester and at the end of the semester.

This course is graded by the [Competency 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.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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Students are assessed based on their progress and level of independence according to the Learning Outcomes and the Practice Appraisal Form as per the BCCNM Standards. Students are formally evaluated by their nursing practice instructor in a written document at midterm and at the end of the semester. Students are required to provide written self-evaluations of their progress at those times.

### **Practice experiences within the curriculum are a vital part of learning.**

Attendance is required in all practice courses. Practice experiences within the curriculum are a vital part of learning. Attendance is required in all practice courses. Once students are at the University of Victoria, i.e., Semester Six and beyond, they must complete the required minimum practice hours designated for each course.

Students are required to complete specific on-line orientation modules prior to entering nursing practice. If students have not completed these modules, they are not permitted to participate or attend in off-site nursing practice activities, putting them at risk to fail the course.

## SCHOOL OR DEPARTMENTAL INFORMATION

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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

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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

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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 <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>

Support Service	Website
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

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.

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## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### 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:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### 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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/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: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**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.