

CLASS SYLLABUS



COURSE TITLE: NURS 160 Nursing as a Caring Relational Practice
CLASS SECTION:
TERM: 2022F
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](#).

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

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

NAME: Mrs. Paula L. Littlejohn, CBE, ID, GNC(C), RN, BSN, MA

EMAIL: littlejohnp@camosun.ca

OFFICE: CHW 207 or on N160 D2L Collaborate

HOURS: Tuesdays to Fridays 1130 to 1230 (email to book a time slot)
Mondays 1330 to 1400 (after N160)

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 placements.

PREREQUISITE(S): none

PRE/CO-REQUISITE(S): none

COURSE LEARNING OUTCOMES

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

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

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

RECOMMENDED MATERIAL

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). <https://doi.org/10.1037/0000165-000>

COURSE SCHEDULE

This schedule is a guide and is subject to change. It may vary for each individual section group.

Week	Dates	Content
1	Sept 6-9	Module 1 Introduction to Nursing 160 & Community Building
2	Sept 12-16	Module 2 Critical Reflection, Feedback, and the Reflective Process
3	Sept 19-23	Module 3 Perceiving Self: Self Concept
4	Sept 26-29 (Sept. 30 is National Day for Truth and Reconciliation)	Module 4 Perceiving Self: Self-Esteem & Self-Efficacy
5	Oct 3-7	Module 5 Perceiving Self and Others: Self-Awareness, Perception, and Mindfulness
6	Oct 11-14 (Oct. 10th is Thanksgiving Day)	Module 6 Caring for Self in the Context of Caring for Others
7	Oct 17-21	Module 7 Loss, Grief, and Bereavement
8	Oct 24-28	Module 8 The Nurse-Client Therapeutic Relationship Module 9 Effective Communication Techniques in the Therapeutic Relationship
9	Oct 31 – Nov 4	Module 10 Building Therapeutic Relationships with the Older Adult
10	Nov 7-10 (Nov. 11th is Remembrance Day)	Module 11 Cultivating Compassionate Care in the Therapeutic Relationship
11	Nov 14-18	Module 12 Overcoming Communication Challenges in the Therapeutic Relationship
12	Nov 21-25	Module 13 Understanding Cultural and Spiritual Beliefs and Values
13	Nov 28- Dec 2	Module 13 Understanding Cultural and Spiritual Beliefs and Values
14	Dec 5-9	Module 14 Bringing it All Together

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

FIVE IN-CLASS REFLECTIVE LEARNING ACTIVITIES

Due: Weeks 2 - 14 (each individual instructor to determine evaluation and due dates)

Worth: each activity worth 4% for a total 20% of overall grade

THREE QUIZZES (IN-CLASS on D2L)

Each quiz will have a combination of multiple-choice, True/False and matching questions. The purpose of the quizzes is to assess the student's knowledge, comprehension, and application of course content.

Due:

Week 7 (modules 1-5)

Week 11 (modules 6-9)

Week 14 (modules 10-13)

Worth: Each worth 10% for a total 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

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](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

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

Late assignments will be deducted 5% of the grade for each day that they are late, including weekends and holidays.

COURSE GUIDELINES & EXPECTATIONS

1. Completing 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 the class. 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 listening to others, reflecting on your experiences, thoughts, and ideas 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 and discussions.
4. Critically reflecting on, and engaging 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 <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous

Support Service	Website
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

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 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. 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 <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.