



**NURS 133 Promoting Health Across the Lifespan
W 2021**

COURSE OUTLINE

**The course description is available on the web:
<http://camosun.ca/learn/calendar/current/web/nurs.html#nurs133>**

Camosun College will continue to follow the guidance of the Provincial Health Officer, the B.C. Government and WorkSafeBC, and as such may revise the delivery of courses. Courses with an approved face-to-face component may need to move to online or remote delivery if necessary.

The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafeBC and the BC Government to ensure the health and wellbeing of students and employees, Camosun College is providing you with every possible protection to keep you safe including COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. Please refer to: <http://camosun.ca/covid19/faq/covid-faqs-students.html>

However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor and if needed, alternatives will be discussed.

Please note: This outline will not be kept indefinitely. Students are recommended to keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

(a) Instructor

(b) Office hours

(c) Location

(d) Phone

Alternative:

(e) E-mail

(f) Website

2. Intended Learning Outcomes

Learners explore promoting the health and wellbeing of individuals and families across the lifespan. The key focus is on health promotion, teaching and learning, and human growth and development; and how these foci inform the registered nurse's role in contemporary health care. Learners will integrate and apply various theoretical and conceptual frameworks in relation to developmental stages throughout the lifespan. Learners integrate the social determinants of health into strategies to promote health across the lifespan. Learners will expand knowledge of learning theory as it applies to individuals, families, and groups.

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

- a) Describe health and wellbeing across the lifespan.
- b) Relate developmental theory to health and wellbeing across the lifespan.

- c) Identify developmental milestones from birth to death, to inform nursing assessment and interventions.
- d) Examine the relationships between family and health and wellbeing.
- e) Describe normal pregnancy, childbirth, and family transitions.
- f) Describe best practice in infant feeding.
- g) Integrate learning theory with knowledge of each developmental stage.
- h) Demonstrate culturally sensitive strategies for health promotion.
- i) Demonstrate a family assessment, to identify strengths, capacities, and diversity of families.
- j) Illustrate the importance of strength-based approaches to Indigenous family assessment.
- k) Support, communicate with, and educate clients of all ages and their families through losses or death.
- l) Integrate the Quality & Safety Education for Nurses (QSEN) competencies into developing understandings of healthcare and nursing practice.

3. Required Materials

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Author.

Austin, W., Kunyk, D., Peternelj-Taylor, C., & Boyd, M. A. (2019). *Psychiatric & mental health nursing for Canadian practice* (4th ed.). Wolters Kluwer.

Perry, S. E., Hockenberry, M. J., Lowdermilk, D. L., Wilson, D., Keenan-Lindsay, L., & Sams, C. A. (2017). *Maternal child nursing care in Canada* (2nd ed.). Elsevier.


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

4. Course Content and Schedule

N133 Tentative Schedule Winter 2021

NB: *The schedule as shown is tentative and may change as the course progresses.*

WEEK/DATE	MODULE	Assignments/Quiz/Exams
Week 1 Jan 11-15	Introductions and Overview of N133 Syllabus Review COI Discussion and class guidelines	
Week 2 Jan 18-22	1a - Theories of Growth and Development Part 1: Introduction to Growth & Development Part 2: Maslow's Theory	
Week 3 Jan 25-29	1b - Teaching and Learning Across the Lifespan Teaching & Learning Theory	
Week 4 Feb 1-5	2 - Families	
Week 5 Feb 8-12	3 - Perinatal Nursing Part 1- Pregnancy	

Week 6 Feb 15-19 Feb 15: BC Family Day	 Reading Break (self-study)	
Week 7 Feb 22-26	4 – Perinatal Nursing Part 2- Labour, Birth, & the Postpartum Period	
Week 8 Mar 1-5	5 – Perinatal Nursing Part 3- The Neonate (Newborn)	
Week 9 Mar 8-12	6 – The Infant Infancy: 1-12 months 7 – The Toddler Toddlerhood: 1-3 years (<i>approximately</i>)	
Week 10 Mar 15-19	8- The Preschool Child Preschooler- 3-5 years (<i>approximately</i>)	
Week 11 Mar 22-26	9- The School-Age Child School-Age: 6 years to adolescence or puberty	
Week 12 Mar 29- Apr 2	10 – The Adolescent 12-19 years	
Week 13 Apr 5-9	11 – The Adult Part 1- Young Adult	
Week 14 Apr 12-16	12 & 13 - The Adult Part 2- Middle-aged Adult Part 3- Older Adult	

5.

Basis of Student Assessment (Weighting)

N133 Assignments

Assignment	Percentage of Final Grade
D2L Scavenger Hunt Assignment	10%
Course Inquiry Journal	20%
Health Behaviour Change Paper	30%
Photo Voice Learning Assignment	40%

6. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

8. College Supports, Services and Policies

Immediate, Urgent, or Emergency Support



If you or someone you know requires immediate, urgent, or emergency support (e.g., illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts:

<http://camosun.ca/about/mental-health/emergency.html> or
<http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services>

College Policies

Policies are available on the College website at <http://camosun.ca/about/policies>. Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with college policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Grading](#), [Involuntary Health and Safety Leave of Absence](#), [Prior Learning Assessment](#), [Medical/Compassionate Withdrawals](#), [Sexual Violence and Misconduct](#), [Standards for Awarding Credentials](#), [Student Ancillary Fees](#), [Student Appeals](#), and [Student Penalties and Fines](#).

Student Conduct Policy

The [Student Conduct Policy](#) provides clear expectations of appropriate academic and non-academic student conduct and establishes processes for resolution of conduct issues or the imposition of sanctions for inappropriate conduct. It is the student's responsibility to become familiar with the content of this policy.

A. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes.

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete</i> : A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress</i> : A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal</i> : A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.