

CLASS SYLLABUS



COURSE TITLE: NURS 133 Health Across the Lifespan

CLASS SECTION: X03

TERM: W2022

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](#).

<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, ID, GNC(C), RN, BSN, MA**

EMAIL: littlejohnp@camosun.bc.ca Phone: 250-370-4266

OFFICE: CHW 207 – 30

OFFICE HOURS: **Wednesdays 1030 to 1200 & Thursdays 1230 to 1320 in person or via collaborate**

(email to secure a time slot or to find an alternate mutually convenient time to meet).

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 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.

PREREQUISITE(S): All of: C in BIOL 152, C in NURS 132, C in NURS 160. And one of: C in ENGL 151, C in ENGL 161, C in ENGL 163, C in ENGL 164.

CO-REQUISITE(S): None

PRE/CO-REQUISITE(S): C in BIOL 153

COURSE LEARNING OUTCOMES

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.

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.

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.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY

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

WEEK/DATE	MODULE	Assignments/Quiz/Exams
Week 1 Jan 10-14	Introductions and Overview of N133 <ul style="list-style-type: none"> • Course Package Review • Discuss Assignment #1A 1 - Theories of Growth and Development <ul style="list-style-type: none"> • Introduction to Growth & Development • Maslow’s Theory • Prochaska’s Transtheoretical Model 	Weekly Activity (instructor determined)
Week 2 Jan 17-21	1 – Theories of Growth and Development cont. <ul style="list-style-type: none"> • Teaching & Learning Across the Lifespan • Death & Dying 	Weekly Activity
Week 3 Jan 24-28	2 - Families	Weekly Activity Assignment 1A: Health Behaviour Change Defined Due

Week 4 Jan 31-Feb 4	3 - Perinatal Nursing <ul style="list-style-type: none"> • Pregnancy 	Weekly Activity
Week 5 Feb 7-11	4 – Perinatal Nursing <ul style="list-style-type: none"> • Labour, Birth, & the Postpartum Period 	Weekly Activity
Week 6 Feb 14-18	4 – Perinatal Nursing cont. <ul style="list-style-type: none"> • Labour, Birth, & the Postpartum Period 	Weekly Activity
Week 7 Feb 21-25 Feb 21: BC Family Day	Reading Break (self-study)	NO CLASSES
Week 8 Feb 28- Mar 4	Midterm Exam in Class (Covers Modules 1 to 4)	
Week 9 Mar 7-11	5 – Perinatal Nursing <ul style="list-style-type: none"> • The Newborn 	Weekly Activity
Week 10 Mar 14-18	6 – The Infant 7 – The Toddler	Weekly Activity Assignment 1 B: Health Behaviour Change Paper Due
Week 11 Mar 21-25	8- The Preschool Child 9- The School-Age Child	Weekly Activity
Week 12 Mar 28- Apr 1	10 – Adolescence 11 – Adulthood: Young	Weekly Activity
Week 13 Apr 4-8	12 – Adulthood: Middle Aged 13 – Adulthood: Older Adults	Weekly Activity
Week 14 Apr 11-15 April 15: Good Friday	Course Catch-Up and Wrap – Up	Weekly Activity

Week 15 April 18-22	EXAM WEEK Date & Time for N133 Final - TBA	
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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 noticed is required. Deadlines scan 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

<i>Assignment</i>	<i>Percentage of Final Grade</i>	<i>Due Date</i>
Assignment 1A: <i>Health Behaviour Change Defined</i>	5%	Week 3
Midterm Exam	20%	Week 8 – in class
Assignment 1B: <i>Health Behaviour Change Paper</i>	20%	Week 10
Weekly Activities – instructor determined	15%	Best 8 marks out of 12 weeks
Final Exam	40%	Exam Week

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](#).

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
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.

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.