

PNUR 131: HEALING 1 (48 hours)

COURSE DESCRIPTION

This course will introduce learners to the concept of healing as a holistic process. Common challenges to health and healing will be explored. The needs of the person with physical or mental disabilities will be examined from a healing perspective. Public and social environments, legislation, and community resources, including primary health care services, will be discussed. Exploration of healing modalities will include an examination of the role of the PN in the safe use of medications.

LEARNING OUTCOMES

At the completion of this course, the learner will be able to:

1. Plan care for individuals suffering from a variety of health challenges in a manner that recognizes the holistic nature of healing.
2. Assist with the integration of individuals with diverse abilities into the community in ways that help them to develop their maximum potential
3. Advise others on the wise use of primary health care resources within British Columbia
4. Administer, or supervise the self-administration of, therapeutic medications in a variety of settings.

CONTENT

Healing as a Holistic Process

- ⇒ exploring personal experiences of healing
- ⇒ discussing definitions of health, healing and holism
- ⇒ discussing concepts of physical, emotional, cognitive, social, spiritual healing and how healing in one dimension can bring about healing in other dimensions
- ⇒ establishing a definition of holistic healing

Traditional, Alternate and Complementary Approaches to Healing

- ⇒ discussing traditional approaches to healing in Canadian society
- ⇒ examining alternate and complementary approaches to healing including naturopathy, herbal medicine, therapeutic touch, massage, acupuncture etc.
- ⇒ discussing the impact of cultural diversity on alternate approaches to healing
- ⇒ exploring benefits and risks associated with traditional and alternate approaches to healing
- ⇒ considering unique experiences and rights of individuals in relationship to holistic healing

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Primary Health Care

- ⇒ discussing the concept of primary health care
- ⇒ exploring various aspects of primary health care such as: access, levels of health care, self-care, availability of services, etc.
- ⇒ examining the provision of primary health care in diverse settings and situations such as: acute care, continuing care, home care, community care, palliative care, respite care, rehabilitative care etc.

Common Challenges to Health across the Lifespan

- ⇒ exploring various meanings of health challenges to individuals of various ages and backgrounds
- ⇒ exploring loss, grief, body image, role transitions, pain, stress, anxiety, lifestyle choice, quality of life, aging etc. on the process of healing
- ⇒ discussing how individuals age, gender, sexual orientation, ability, culture, race and ethnicity may affect the impact and meaning of health challenges
- ⇒ exploring common challenges to health and impact on provision of care through traditional or alternate approaches

Planning for Care of the Individual with Diverse Abilities

- ⇒ examining common health challenges that may result in physical or mental disability
- ⇒ exploring social values and beliefs about disabled individuals
- ⇒ discussing own beliefs about abilities, diversity of abilities
- ⇒ identifying discriminatory behavior in self and others
- ⇒ exploring ways of honouring abilities, diversity, strengths, gifts
- ⇒ exploring special challenges of the transition from childhood to adulthood for people with diverse abilities
- ⇒ discussing ways to integrate individuals with diverse abilities into the life of the community
- ⇒ examining ways that our community assists disabled individuals to be full partners in decision-making around care

Safe Use of Medications

- ⇒ exploring the legal and ethical responsibilities of the practical nurse in the safe administration of medications
- ⇒ defining pharmacology
- ⇒ discussing medication actions and interactions
- ⇒ discussing the Eight Rights of safe drug administration
- ⇒ discussing safe storage of drugs
- ⇒ conducting consumer level drug calculations
- ⇒ using a drug handbook for research

OVERVIEW: EVALUATION STRATEGIES

The Healing 1 Course (with the exception of the Pharmacology Exam) must be successfully completed with a minimum passing grade of 65% in order to pass the course, progress into Practicum 1, and Healing II. The Pharmacology Exam must be passed with a minimum grade of 80% in order to pass the course.

<u>Evaluation Criteria</u>		<u>Completion Date</u>
1. Pharmacology Exam	30 %	Class 6
2. Report/Presentation on Community Resources	30%	Class 11
3. Final Exam	40%	Class 12

EVALUATION CRITERIA

1. Community Resources: Group Discussion and Individual Report (30%)

The purpose of this assignment is to increase your awareness of what resources are in the community for persons with mental and/or physical disabilities that could assist them in maintaining their maximum potential.

You will visit an assigned agency, which offers services for individuals with disabilities in the community. During the visit, take note of the following criteria which will form the basis of your personal reflection and the class discussion. Answer the following questions:

- a. Name and background of agency visited (2-3 sentences)
- b. Qualifications and duties of staff (2-3 sentences)
- c. Your insights and feelings about whether the developmental and transitional needs of the client(s) were being met. (500 words or less)
- d. Reflections on your learning experience, what you saw that worked well and what you would like to see done differently. Realistic suggestions for improvement that would assist clients in this developmental stage of their lives. (500 words or less)

Grading Criteria:

Class Discussion (5%)

The week following the community visits, one class period will be set aside for students to share their insights about their assigned agency. Attendance and participation in this informal sharing session is mandatory and will be evaluated.

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Reflective Assignment (25%)

The individual written assignment will be due at the beginning of the discussion class. Marks will be assigned as follows:

- Body of paper (25%)
 - Criteria a & b above (5%)
 - Criteria c above (10%)
 - Criteria d above (10%)
- Organization, clarity, spelling, format, conciseness, as well as appropriate referencing in text & reference list is necessary for this assignment. Failure to follow these requirements could result in a reduction of overall marks.
- Please include a cover page as well as a reference list (if applicable)

2. Pharmacology Exam (30% of overall Healing 1 mark)

The Pharmacology Exam will be divided into Part A and Part B. **Part A** will cover all the pharmacology content included in Healing 1. The Exam may include multiple choice, matching, true/ false and short answer questions. **Part B** will cover pharmacology calculations. You will have a total of 3 hours to complete both parts of the exam.

Part A and B must be passed with a minimum grade of 80% to successfully pass the Healing 1 course. If a student does not achieve 80% on *each* part of the exam, they may be eligible to write a supplemental exam (on whichever part the student did not achieve 80% on). The student must then achieve 90% on the supplemental exam to pass. Regardless of the mark achieved on Part A or B and the mark on the supplemental, if the student is successful the overall Pharmacology Exam mark will be entered as 80%. If the student is unsuccessful in achieving the 90% minimum passing grade on the supplemental they will be unable to pass Healing 1 and will therefore not progress into Practicum.

3. Final Exam (40%)

The final exam will include a variety of formats. These may include multiple choice, fill in the blank, true/false, short answer and essay type questions. The exam will be two hours in length.

COURSE OUTLINE

- Class 1 Introduction to Course and Evaluative Portfolio
Introduction to Basic Pharmacology, Principles of Pharmacology
- Class 2 Principles of Medication Actions and Interactions
Medication Calculations
- Class 3 Principles of Medication Administration
Medication Distribution Systems
- Class 4 The Effects of Medications on Body Systems
Subcutaneous Medications
- Class 5 Client Advocacy in the Safe Use of Medications
Pharmacology Review
- Class 6 PHARMACOLOGY EXAM
- Class 7 Introduction to Healing & Holism, Traditional, Alternate and Complementary Methods of Healing, Common challenges to Healing, Holistic Process
- Class 8 Loss and Grieving
Infant Act and Adult Guardianship
- Class 9 Physical and/or Mental Disability: Attitudes and Beliefs
Physical/Mental Disabilities
- Class 10 Community visits
- Class 11 Community Resources PRESENTATIONS
- Class 12 FINAL EXAM**