



UNIVERSITY OF ALBERTA
Faculty of Nursing Undergraduate Programs
BScN COLLABORATIVE PROGRAM
Grande Prairie Regional College, Keyano College,
Red Deer College, University of Alberta



NURS 120
FOUNDATIONS FOR SUCCESS IN NURSING
COURSE OUTLINE
Fall 2022

**Note: students are expected to familiarize themselves with this course outline,
the BScN Program Student Handbook and Moodle site.**

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Calendar Statement

NURS 120 – Foundations for Success in Nursing

(★4) The course develops an understanding of self as a learner in a health professions context. It explores the foundations of professional nursing, relational practice and therapeutic communication. The course promotes reflection on personal perspectives and experiences to understand one's own attitudes, beliefs, and values. It fosters resilience and explores strategies for self-management and growth. Course includes 6 clinical hours total.

Corequisites: MMI 133 and NURS 106

Students must achieve a minimum grade of C+ in order to progress in the program. Credit may be obtained for only one of NURS 120 or 103.

Course Hours

Lecture: 30 hours (Monday Afternoons) Lab/Clinical: 36 hours (Wednesday Afternoons)

Course Learning Outcomes

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

- 1) Acquire learning strategies to enhance their success as a learner
- 2) Appreciate and explore professional nursing at an introductory level
- 3) Explore the concept of health at an introductory level
- 4) Explore and practice therapeutic communication as the foundation for relational practice
- 5) Reflect on personal beliefs and values and how they influence nursing practice
- 6) Develop and practice mindfulness-based strategies to manage stress and build resilience
- 7) Explore and develop scholarly writing skills

TRANSFERABILITY:

U of A NURS120

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferalberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

Course Instructor

<u>Name</u>	<u>Office number</u>	<u>Phone number</u>	<u>Email</u>
Lacey Brittain	CC 205S	XXXX	Lacey.Brittain@keyano.ca

Communication:

It is the students' responsibility to ensure that they check Moodle courses at minimum of twice daily, once in morning and evening. It is recommended to check Moodle more frequently. It is the students' responsibility to ensure thorough review of all resources and content on the Moodle course site. The instructors have placed many resources and documents to ensure the students' success in each course.

Instructors will communicate with the student group by announcements in the news forum on Moodle. Please ensure that you check this at least twice daily.

It is the students' responsibility to check their Keyano College email at minimum of twice daily, once in morning and again in evening. It is recommended to check email more frequently. Please note that the method to contact your instructor is email.

Note: Professional emails

- Please allow a 48 hour minimum response time from your instructor on business days.
- Instructors will not be checking emails on evenings and weekends/holidays.
- Include "NURS 120" in your subject line.
- Professional and respectful communication is expected.

Online Course Information

This course will be delivered in a hyflex format. Instructors will deliver course material by utilizing different platforms that best suits the course. Online resources may include Microsoft Teams, ZOOM, virtual simulation, Adobe Connect, or Voice-Over PowerPoint Presentations. Courses will remain interactive throughout the semester and may include video lectures, forum discussions and virtual group projects. Evaluation criteria will be listed in each course syllabus.

It is the responsibility of the student to ensure access to these resources and participate in course content fully. If technical difficulties arise it is the responsibility of the student to contact their instructor as soon as possible to inform them of such. Where possible instructors will seek mutual resolution in the best interests of the class as a whole

Required Textbooks/E-books

Elsevier. (2020). *Nursing concepts online*-Access Code. Elsevier ebooks.

Giddens, J. F. (2017). *Concepts for Nursing Practice*. St. Louis, MO: Elsevier.

Required Resources

College and Association of Registered Nurses of Alberta. (March 2019). *Entry-to-practice competencies for the registered nurses profession*. Edmonton, AB: Author. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/standards/entry-to-practice-competencies-for-the-registered-nurses-profession.pdf?sfvrsn=15c1005a_12

College and Association of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. Edmonton: Author. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/guidelines/rn-ethical-decisions-making.pdf?sfvrsn=d714472f_10

College and Association of Registered Nurses of Alberta. (2013). *Practice standards for regulated members*. Retrieved from https://nurses.ab.ca/docs/default-source/document-library/standards/practice-standards-for-regulated-members.pdf?sfvrsn=d4893bb4_12

Canadian Nurses Association (CNA) Code of Ethics for Registered Nurses (2017). Accessed at: <https://cna-aic.ca/en/nursing-practice/nursing-ethics>

College and Association of Registered Nurses of Alberta. (January 2020). *Incorporating primary healthcare into practice*. Edmonton, AB: Author. Retrieved from https://nurses.ab.ca/docs/default-source/document-library/position-statements/primary-health-care-position-statement.pdf?sfvrsn=9b1e0610_8

College and Association of Registered Nurses of Alberta. (2011). *Professional boundaries for registered nurses: Guidelines for the nurse-client relationship*. Edmonton, AB: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/RN_ProfessionalBoundaries_May2011.pdf

Faculty of Nursing, University of Alberta. (2017). *Graduate Competencies and Year-End Outcomes Condensed Version Rev. 2.0*. Retrieved from Moodle Nurse 001Skills/Resources/Policies/Surveys course.

Recommended Textbooks & Resources

Doane, G.H. & Varcoe, C. (2015). *How to nurse*. (1st ed.). Philadelphia, PA: Wolters Kluwer/Lippincott, Williams & Wilkins.

American Psychological Association. (2017). *Publication manual of the American Psychological Association* (7th ed). Washington, DC: Author. May supplement with credible APA software equipment i.e. <http://perrla.com/APADetails.aspx>

Performance Requirements & Student Services

Student Responsibilities

As a student, it is your responsibility to contact the Office of the Registrar to complete the required forms, including the Withdraw Course or Program or a Change of Registration form. Please refer to the important dates listed in the Academic Schedule in the [Keyano College credit calendar](#). The Keyano College credit calendar also has information about Student Rights and the Code of Conduct. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and the Code of Conduct Policies.

Student Attendance

All lecture, lab, and clinical learning experiences are critical in supporting student success and, as such, attendance is mandatory, notwithstanding excusable absences. In the event of an absence, please notify your instructor and nursing@keyano.ca immediately. Because of the timeframes for lecture, lab, and clinical learning, missed content is the responsibility of the student. Please ensure you have connected with a peer that can share notes with you to support your learning and decrease any gaps that occur in learning experiences during your absence.

Class attendance is helpful for two reasons: First, class attendance maximizes a student's learning experience. Second, attending class is an excellent way to keep informed of matters relating to the course administration (e.g., the timing of assignments and exams).

Ultimately, you are responsible for your learning and performance in this course. It is the responsibility of each student to be prepared for all classes. Absent students are responsible for the material covered in those classes, and students must ensure they are ready for their next class, including completing any missed assignments and notes.

Academic Misconduct

Students are considered responsible adults and should adhere to the principles of intellectual integrity. Intellectual dishonesty takes many forms:

- Plagiarism or the submission of another person's work as their own,
- The use of unauthorized aids in assignments or examinations (cheating),
- Collusion or the unauthorized collaboration with others in preparing work,
- The deliberate misrepresentation of qualifications,
- The willful distortion of results or data,
- Substitution in an examination by another person,
- Submitting unchanged work for another assignment, and
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies. To ensure your understanding of plagiarism, you may be required to complete an online tutorial and submit the certificate of completion.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work may not be graded until you show this signed certificate.

Online Learning

Technology and internet connectivity will impact your online learning experience. You may be required to watch online videos, take online quizzes, or participate in live online classes. Live/virtual courses will be hosted in Microsoft Teams or Zoom. For all course delivery types, you will access your course resources on Keyano's learning management system: Moodle (iLearn). Login in using your [Keyano username and password](#). Keyano College operates in a Windows-based environment, and having access to the correct tools for online learning is essential. Here's a list of recommended system requirements.

Internet Speed

Minimum download and upload speeds of 10 Mbps. Recommended download speeds of 25 Mbps and upload speeds of 10 Mbps (if you are sharing your internet at home). You can check your internet speed with [Speedtest by Ookla](#).

Computer System Requirements:

Microsoft Windows	Apple (Mac)
<p>Minimum Requirements:</p> <ol style="list-style-type: none"> Windows 10 Operating System or above 4GB of RAM 10GB available hard drive storage space <ol style="list-style-type: none"> Install the Microsoft Office 365 suite (~3GB) * Microphone, webcam, and speakers (All modern laptops have these three accessories built-in.) Windows has built-in anti-virus/malware software. It is essential to install system updates to keep your device secured regularly. <p>*Microsoft Office 365 is free to Keyano students.</p>	<p>Minimum Requirements:</p> <ol style="list-style-type: none"> Mac Operating System 10.14 (Monterey) or above 4GB of RAM 10GB available hard drive storage space <ol style="list-style-type: none"> Install the Microsoft Office 365 suite (~3GB) * Microphone, webcam, and speakers (All modern laptops have these three accessories built-in.) Mac has built-in anti-virus/malware software. It is important to install system updates to keep your device secured regularly. <p>*Microsoft office 365 is free to Keyano students.</p>
<p>Recommended Upgrades</p> <ul style="list-style-type: none"> 8GB of RAM Regularly back up or synchronize your files, locally or with a cloud-based storage option. <p>OneDrive is the cloud-based storage option free to students after the setup of KeyanoMail and Microsoft 365.</p>	<p>Recommended Upgrades</p> <ul style="list-style-type: none"> 8GB of RAM Regularly back up or synchronize your files locally or with a cloud-based storage option. <p>OneDrive is the cloud-based storage option free to students after the setup of KeyanoMail and Microsoft 365.</p>
<p>Tablets, iPads and Chromebooks are not recommended: they may not be compatible with the testing lockdown browsers and Microsoft Office 365.</p>	

Specific Department Requirements

Business and OA programs require Windows 10.

Other programs may utilize Windows-based tools as well.

Computer Software

Students have access to Microsoft Office 365 and Read&Write for free using Keyano credentials.

Recording of Lectures and Intellectual Property

Students may only record a lecture if explicit permission is provided by the instructor or Accessibility Services. Even if students have permission to record a lecture or lecture materials, students may not share, distribute, or publish any of the lectures or course materials; this includes any recordings, slides, instructor notes, etc., on any platform. Thus, no student is allowed to share, distribute, publish or sell course-related content without permission. It is important to recognize that the Canadian Copyright Act contains provisions for intellectual property. The [Academic Integrity Policy](#) provides additional information on Keyano College's expectations from students as members of the intellectual community.

ITS Helpdesk

If you have issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.

COVID-19

We are subject to provincial, and municipal bylaws, and policies. These decisions may change pending further direction from the Alberta Chief Medical Officer, Alberta Health Services, and other provincial guidelines. To protect yourself and others, get immunized, wash your hands, wear a mask, keep your distance (2m/6 ft) and remain home when feeling unwell. For the most recent COVID-19 information, please refer to albertahealthservices.ca/COVID.

Specialized Supports

The Student Services Department is committed to Keyano students and their academic success. There is a variety of student support available at Keyano. All student services are available during Keyano business hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. The College is closed on statutory holidays. If you require support outside of regular business hours, please inform the support service team, and they will do their best to accommodate your needs.

Accessibility Services provides accommodations for students living with disabilities. Students with documented disabilities or who suspect a disability can meet with an Access Strategist to discuss their current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact the department to request accommodations for the following semester. Please note that requesting accommodations is a process and requires time to arrange. Contact the department as soon as you know you may require accommodations. For accessibility supports and disability-based funding, please book an appointment by emailing us at: accessibility.services@keyano.ca.

Accessibility Services also provides individual and group learning strategy instruction for all students and technology training and support to enhance learning. You can meet with an Access Strategist to learn studying and test-taking strategies. In addition, you can schedule an appointment with the Assistive Technology Specialist to explore technology tools for learning. Book an appointment today by emailing: accessibility.services@keyano.ca

Wellness Services offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators provide a safe and confidential environment for you to seek help with personal concerns. Our Wellness Navigator offers support with basic needs such as housing, financial and nutritional support, and outside referrals when needed. Wellness Services welcomes

students to participate in group sessions that address topics including mindfulness and test anxiety throughout the academic year. Individual appointments can be made by emailing wellness.services@keyano.ca.

Library Services: provides students with research, information, and education technology supports as they engage in their studies. Library staff are available to help you online and in person throughout the semester. Librarians offer individual and small group appointments booked using the online [Book A Librarian calendar](#). The Library also provides research and subject guides to help you with your studies. To view a subject or course-specific guide, check out the complete list of online [Subject Guides](#). To start your research and access citation guides (APA, MLA, Chicago, or IEEE), visit the [Research Help page](#). The Library's collections (including print and online materials) are searchable using OneSearch. The Library offers a Loanable Technology collection to support students accessing and using technology. For an up-to-date list of technology available for borrowing, visit the Library's [Loanable Technology webpage](#). For a detailed list of library resources and services, go to www.keyano.ca/library. For all inquiries, please email askthelibrary@keyano.ca or [chat with us online](#).

Academic Success Centre: The Academic Success Centre at Keyano College (CC-119) provides **free** academic support services to registered students, such as tutoring, writing support, facilitated study groups, workshops, and study space. Academic Content Specialists are available in Mathematics, Science, Trades, Power Engineering, Upgrading/College Prep, Human Services, English, Humanities, and more. Students are encouraged to visit the Academic Success Centre to discuss study strategies and academic concerns. For additional information, please email Academic.Success@keyano.ca.

Academic Success Coach: The Academic Success Coach is located in the Academic Success Centre and works with students to develop academic success plans, time management skills, study strategies, and homework plans. For additional information, please email Academic.Success@keyano.ca.

Final grades

The assignments are marked as raw scores according to the percentage weight assigned to each. The marks on course assignments will contribute to the overall letter grade according to the percentage that each assignment is weighted in the course. At the end of the course, all assignment scores are totaled for a term summary mark in the course based on the grading scale below. The FINAL COURSE GRADE is based on the cumulative total of individual student's weighted assignment marks. Grading rubric is in Appendix A.

Deferred Final Exams

A student who has missed a final exam because of incapacitating mental and/or physical illness, severed domestic affliction or for circumstances as described in Keyano College's Examination Policy in the Credit Calendar.

Policy Statements

The course outline acts as an agreement between the student and the instructor of this class regarding the details of the course.

Keyano College is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the College in this respect. Students are particularly urged to familiarize themselves with the provisions of the Academic Policies and Student Rights and Code of Conduct and avoid any behavior which could potentially result in suspicions

of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the College.

Audio or video recording, digital or otherwise, of lectures, labs, seminars or any other teaching environment by students is allowed only with the prior written consent of the instructor or as a part of an approved accommodation plan. Student or instructor content, digital or otherwise, created and/or used within the context of the course is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

Students wishing to proceed in the Nursing program must achieve a grade of at least C+ in the foundational Nursing courses. Policy regarding the foundational course minimum pass can be found in the Keyano College Credit Calendar.

Please refer to the Nursing Program Student Handbook for specific Nursing Program Policies, including, attendance, examinations, withdrawal dates for classes, and plagiarism.

Refer to Keyano College Calendar for Student Rights and Responsibilities, Misconduct and Discipline, and Student Appeal Procedure.

Refer to the Student Handbook, review the Student Code of Conduct Policy (Policy 110.0), Student Rights Policy (Policy 111.0) and Student Code of Conduct Procedure (110.1). It is expected that you will review and be aware of expectations relative to student rights, responsibilities, and behavior.

Course Evaluation

Assignments/Course components	Dates	Weight	Course objectives no.
1) One-page paper- Part A	October 3 rd , 2022	10%	1,2,3,7
2) One-page paper - Part B	October 31 st , 2022	20%	1,2,3,7
3) Midterm	November 7 th , 2022	20%	1,2,3
4) Student Success Manifesto	November 28 th , 2022	20%	1-6
5) Sherpath EAQ Exam	December 5 th , 2022	5%	1-6
7) Final Exam	During Final Exam Schedule	25%	1-6

Assignment Descriptions

1. Scholarly Paper: Part A (One page) (10%)

One-page paper Part A: Purpose statement, summary/outline and references. Students will work **in pairs** to choose a social determinant of health that has affected one or both of them, create a purpose statement, and an outline and reference list with 5 sources. Students must use APA 7th edition formatting.

The purpose of this assignment is to support student learning around health and the social determinants of health (SDOH). This assignment also helps students learn to write concisely.

1. **Select and describe one SDOH** (demonstrate your understanding of your chosen SDOH).
 - a. Income and social status (income and its distribution)
 - b. Social support networks
 - c. Education and literacy
 - d. Employment and working conditions (Unemployment and employment security)
 - e. Physical environment (geography, housing, food security)
 - f. Biological and genetic endowment
 - g. Individual health practices and coping skills
 - h. Healthy child development (early life)
 - i. Health services (health care services)
 - j. Gender
 - k. Culture (immigrant status, race, indigenous ancestry)
 - l. Social environments (social safety net, social exclusion, disability)
2. Discuss **how the SDOH has influenced the past or current health** of a chosen student (choose one student from the pair to write about).

Students will submit the following for Part A:

1. Title page
2. Body page with:
 - a. Purpose statement
 - b. Essay outline
3. Reference page (5 sources) with at least 2 credible (scholarly) references that are not a textbook. You may reference textbooks as well but have at least 2 others from a peer reviewed source.

2. Scholarly Paper: Part B (Two pages) (20%)

This is a continuation of Part A paper so students will be working in the **same pair from Part A**, students will follow the assignment guidelines and the rubric to write a two-page paper. Paper is to be in APA format with a title page and a reference page as indicated below.

Students will submit the following for Part B:

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1. Title page
2. One-page paper
 - a. Introduction
 - b. Body
 - c. Conclusion
3. Purposefully integrate feedback received from Part A into Part B.
4. Discuss and incorporate the chosen SDOH into personal example/reflection.
5. Must integrate supporting references throughout paper.
6. Reference page at least 2 references outside of textbooks.

Students must use APA 7th edition to format the paper. (Use a 7th edition APA template **and** the APA 7th edition textbook or website (apastyle.org) for formatting, citing and referencing. The word limit is a **maximum** of **500** words. Students should use credible nursing and healthliterature (sources) to support their discussion.

3. Midterm (20%)

Examination will consist of 50 multiple choice questions. Will be completed during class time –see timetable for date. The use of Respondus and Lockdown Browser is mandatory.

4. Student Success Manifesto (20%)

A *manifesto* is a powerful declaration of values and intentions about a topic, idea or event. This manifesto will act as your opportunity to consider, reflect and create your personal declaration of who you are today and who you aspire to become in this nursing program.

7th ed APA formatting must be used to reflect your personal declaration of what you value about nursing as a profession, what you believe about being a student in a professional program and the vision you have for yourself as a student in this professional program.

Include a minimum of 5 references and 2 must be (scholarly) peer reviewed journal articles.

Guidelines for your Manifesto

1. Introduction
2. Nursing as a Profession
 - a. What do you value/believe about nursing as a profession?
3. Being a student in a professional program
 - a. What values/beliefs do you live by?
 - b. What do you bring to the program?
 - c. What do you bring to the profession?
4. Your vision
 - a. What is your vision for yourself as a student in this professional program?
 - b. What values/beliefs do you intend to continue to uphold? Why?

- c. What additional values/beliefs do you intend to integrate? Why?
- d. How will your vision guide you throughout the program?
 - i. Through positive events?
 - ii. Through challenging times?

5. Conclusion

5. Sherpath EAQ Exam (5%)

Complete the assigned EAQ exam in the Canadian Fundamentals Sherpath course by December 5th @ 2359. Receive a passing grade (above 68%) to receive the 5%.

6. Final Exam (25%)

Final Exam: Examination will consist of 100 multiple choice, true/false and select all that apply questions and will cover material from the entire course. This exam will be scheduled during exam week. The use of Respondus and Lockdown Browser is mandatory.

Using LockDown Browser and Respondus for Online Exams

This course requires the use of LockDown Browser for online exams. Watch this [short video](#) to get a basic understanding of LockDown Browser and the optional webcam feature (which may be required for some exams).

Then download and install LockDown Browser from this link:

<https://ilearn.keyano.ca/course/view.php?id=28874#section-7>

To take an online test, start LockDown Browser and navigate to the exam. (You won't be able to access the exam with a standard web browser.) For additional details on using LockDown Browser, review this [Student Quick Start Guide \(PDF\)](#)

Finally, when taking an online exam, follow these guidelines:

- Select a location where you won't be interrupted
- Before starting the test, know how much time is available for it, and that you've allotted sufficient time to complete it
- Turn off all mobile devices, phones, etc. and don't have them within reach
- Clear your area of all external materials — books, papers, other computers, or devices
- Remain at your desk or workstation for the duration of the test
- LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted
- Do not click on any links that may appear in questions as it will terminate the exam.

APPENDIX D: Keyano College Percentage – Alpha Grading System

Descriptor	Percentage Scale	Alpha Scale
Excellent	96-100	A+
	90-95	A
	85-89	A-
Good	80-84	B+
	76-79	B
	72-75	B-
Satisfactory	68-71	C+
	64-67	C
Minimum Pass	60-63	C-
Poor	55-59	D+
	50-54	D
Failure	0-49	F

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