



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



NURS 124
FOUNDATIONS OF NURSING I
COURSE OUTLINE
WINTER 2021

**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 124 - Foundations of Nursing I

(★3) The course explores the meanings of health and healing. It highlights the diversity of beliefs, values, and perceptions of health. The course introduces the Canadian healthcare system, conceptual frameworks of health promotion, determinants of health, disease and injury prevention, and primary health care. The focus is on the nurse/client relationship in a relational practice context. Note: Available only to nursing students in the Collaborative Program.

Prerequisites: MMI 133, NURS 106 and NURS 120 (or NURS 103).

Corequisite: NURS 125 (or NURS 105). Students must achieve a minimum grade of C+ in order to progress in the program. Credit may be obtained for only one of NURS 124 or 103.

Course hours

Lecture: 45 hours

Lab: 0

Course Learning Outcomes

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

- 1) Examine the meanings and of health, healing and illness
- 2) Appreciate diversity of beliefs, values and perceptions of health
- 3) Explore the Canadian healthcare system, health promotion, disease and injury prevention and primary health care
- 4) Analyze the Social Determinants of Health and their influence to nursing practice, health promotion, disease and injury prevention and primary health care
- 5) Appreciate relational nursing practice across the lifespan in selected health care contexts

TRANSFERABILITY:

U of A NURS124

***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 Instructors

Name	Office number	Phone number	email
Donna MacDougall	S109B	780-791-4975	donna.macdougall@keyano.ca

Note:

- Please allow 2 business days for a response. Include “NURS 124” in your subject line.
- Professional and respectful communication is expected.

Policy Statement

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.

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 (www.keyano.ca/creditcalendar).

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.

Please refer to the Student Handbook and 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.

Communication

Students must use their College e-mail address and a subject line when communicating with faculty members. The content of both e-mail and voice mail must be delivered in a professional manner. Inappropriate use of e-mail sent to fellow students and faculty members will result in disciplinary action.

The use of social networking services, such as but not limited to, Facebook, Myspace, blogs and wikis, are subject to the professional and ethical responsibilities outlined in the Canadian Nurses Association (2017) Code of Ethics for Registered Nurses, Part I Nursing Values and Ethical Responsibilities, Section E – Maintaining Privacy and Confidentiality and the Keyano College Student Code of Conduct.

It is the students' responsibility to ensure that they check Keyano Email and Moodle courses at minimum of twice daily, once in morning and evening. 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 or through email. Please note that the method to contact your instructor related to assignments and course content is email. Please allow a 48-hour minimum response time from your instructor on business days. Instructors will not be checking emails on evenings, weekends/holidays.

Online Course Information

Due to the pandemic, COVID-19, this course will be delivered in an online 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. Although delivered online this course will still follow a course schedule with due dates for assessments and scheduled times for online web classes.

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 Computer Access Codes for Elsevier Evolve e-books

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

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://www.nurses.ab.ca/docs/default-source/document-library/standards/practice-standards-for-regulated-members.pdf?sfvrsn=d4893bb4_8
- Canadian Nurses Association (CNA) Code of Ethics for Registered Nurses (2017). Accessed at: <https://cna-aaic.ca/en/nursing-practice/nursing-ethics>
- College and Association of Registered Nurses of Alberta. (January 2020). *Incorporating primary health care 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://perla.com/APADetails.aspx>

Course Evaluation

Assignments/Course components	Dates	Weight	Course objectives no.
1) Midterm	March 4, 2021	35%	1-5
2) Scholarly Assignment	March 22, 2021	25%	1-5
3) Final Exam	Final Exam Schedule	40%	1-5

Criteria to receive a “Pass”

- Attend all online lectures/labs. If you miss a class due to illness or unforeseen circumstances, you must inform your instructor prior to class. There are no “make up” classes in lab.
- All assignments must be completed and submitted to instructor on the specified due date as outlined.
- Active participation in discussions and activities and demonstrating respect for classmate’s contributions.
- Students are expected to prepare for their classes.

Assignments descriptions

1. Scholarly Assignment (25%)

Health Promotion and Prevention Assignment (25%)

This interview assignment on health promotion and disease prevention will provide you the opportunity to apply concepts you have learned about health promotion, and both verbal and written communication skills. You are to interview an individual between the ages of thirty and sixty, asking questions about their present health status, and steps they are taking to stay healthy. Prior to starting the interview, you are to obtain a consent from your participant and submit with your assignment. Consent form is in **APPENDIX A**.

***Note: due to COVID 19 situation, consent can be obtained verbally; however, please submit a contact phone number or email address as indicated on the consent form.**

- Write a 2 to 3 page paper (excluding the title and reference pages) using **APA format**.
- Write a brief introduction to what the paper is about with integration of the concept of health promotion and why it is important.
- The body of your paper should be reflective of the following assessments:
 - Based on the individual's answers during the interview, do you feel this individual is taking responsibility for his/her health? If so, please identify the positive steps you see this individual is taking to safeguard his/her health. Identify whether the steps are primary, secondary or tertiary prevention;
 - Can the individual do more to achieve positive health outcomes? Please give concrete examples to support your assessment with supporting literature.
 - Guiding interview questions are in **APPENDIX B**.
- Write your conclusion and summary.

Select two (2) articles that must be from nursing or scholarly journals, published within the last 5 years and related to health promotion and wellness content. You may need to evaluate several

articles before you find the ones that are appropriate to integrate into your paper. Remember to utilize your resources on how to choose a scholarly article. The paper will be evaluated based upon the Scholarly Paper Marking Guide (**APPENDIX C**).

When submitting papers, students shall attach copies of the reference articles used and answers to the interview's questions.

2. Midterm Quiz (35%)

Midterm quiz: Examination will consist of 50 multiple choice questions. Examination will be completed within scheduled class time. See timetable for date and time. The use of Respondus and Lockdown Browser is mandatory.

3. Final Exam (40%)

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

Performance Requirements and Student Services

Student Responsibilities

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important

dates as noted in the Academic Schedule in the Keyano College credit calendar (www.keyano.ca/creditcalendar)

The Keyano College credit calendar also has information about Student Rights and Code of Conduct. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a students' learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's 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
- Handing in the same unchanged work as submitted for another assignment
- 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 Student 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 Student Code of Conduct Policies.

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 will not be graded until you show this signed certificate. If you have completed this tutorial in a University Studies/Nursing course, you can show your instructor the certificate. The tutorial is required to be completed only once during your time at Keyano unless you have left the program and returned.

Late Assignments

All assignments are to be submitted as indicated in the syllabus and timetable. Extensions on assignments may be granted; however, must be negotiated with the instructor prior to the due date and with a date specified for late submissions. Assignments not submitted on the day and time specified will incur a 5% deduction per day including weekends. This will be applied each day until the assignment is received by the instructor. Students can submit assignments by e-mail on weekends.

Absence from Quizzes and Exams

If you are ill and unable to write a quiz or exam, you must notify the instructor prior to the quiz or exam to allow and prepare for alternate arrangements.

Specialized Supports

The Student Services department is committed to Keyano students and their academic success. There are a variety of student supports available at Keyano College. Due to the continuing situation with the Covid-19 pandemic, the offered support services will be implemented differently this semester by being provided mostly virtually. In-person service can be requested as needed. All Alberta Health Services guidelines will be followed for in-person appointments—wear a mask, maintain two meters of physical distance, use hand sanitizer, and stay home if you are unwell.

All student services are available during Keyano business hours: Monday to Friday, 0830-1630.

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

Accessibility Services also provides individual and group learning strategy instruction for all students, as well as technology training and supports to enhance learning. Meet with a Learning Strategist to learn studying and test-taking strategies for online classes. 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 offer a safe and confidential environment to seek help with personal concerns. All individual appointments will continue virtually.

Wellness Service welcomes students to participate in any of the virtual group sessions offered throughout the academic year addressing topics including mindfulness and test anxiety.

Individual virtual appointments can be made by emailing wellness.services@keyano.ca

Library Services: provides students with research and information supports as they engage in their studies. Although the Keyano Library is physically closed, we remain open online. Library staff are available to support you virtually during the semester. For any inquiries, please email askthelibrary@keyano.ca.

Begin your research with the [Library's FIND page](#). Search for sources using OneSearch, the Library's Catalogue, or by searching in a specific database selected from the [A-Z Database List](#).

Individual support with the Information Librarian is available virtually. Appointments can be requested by using the [Book A Librarian online form](#).

Research and Subject Guides are helpful resources when beginning your research or addressing other information needs. To view a subject or course specific guide, go to the Subject Guide webpage [here](#).

To access additional research resources, including Citation Guides (APA, MLA, Chicago, or IEEE), go to the [Research Help Library page](#).

The Loanable Technology collection is available to support students in their online learning pursuits. Items available for borrowing include mobile projectors, webcams, noise cancelling headphones, Chromebooks, and laptops. For an up-to-date list of technology available for borrowing, go to the Library's [Loanable Technology webpage](#).

Skill Centre: provides academic support services to students registered in credit programs at Keyano College in the form of tutoring, assignment/lab support, writing support groups, facilitated study groups, workshops, and study space. This service is free and is available for all Math, Sciences, Humanities and Trades courses offered at Keyano.

While most courses are being offered online, the Skill Centre will be offering mostly virtual services and in-person sessions as requested. Please email Skill@keyano.ca to get in contact with our Academic Content Specialists. The Skill Centre is located in CC-119 at the Clearwater Campus.

For the most up to date information on how to book a session, please view the [Keyano Skill Centre homepage](#).

Academic Success Coaching: offers you support and access to resources for your academic success to help you to find the Keys to your Success. The Academic Success Coach will work with you to develop an academic success plan, develop your study and time management skills, and connect you with the right resources here at Keyano. Academic.success@keyano.ca is the best way to access resources during virtual service delivery. The Academic Success Coach is located in the Skill Centre in CC-119 at the Clearwater Campus.

E-Learning

Technology and internet will impact your online learning experience. It's important that you are able to watch an online video and other course materials, take online quizzes, and participant in a live class with your instructor and other students.

Keyano College operates in a Windows based environment and having the correct tools for online learning is important. Here's a list of recommended system requirements.

Internet Speed

Minimum Internet speeds of 5 Mbps.

Recommended Internet speeds of 25 Mbps (especially if you are sharing your internet at home).

Check your internet speed with Fast.com.

System requirements:

Microsoft Windows	Apple
<p>Minimum Requirements:</p> <p>A Windows 10 computer/laptop</p> <ul style="list-style-type: none"> · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). Microsoft Office software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software 	<p>Minimum Requirements:</p> <p>A Macintosh (V10.14 and above) computer/laptop</p> <ul style="list-style-type: none"> · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). Microsoft Office software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software.
<p>Recommended Requirements</p> <ul style="list-style-type: none"> · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using your Keyano email for free. 	<p>Recommended Requirements</p> <ul style="list-style-type: none"> · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using your Keyano email for free.
<p>Chromebooks are not recommended as they are not compatible with testing lockdown browsers.</p> <p>A Microsoft Surface or iPad or iPad Pro may be possible alternatives in some program areas.</p>	

Specific department requirements:

Business and OA programs require Windows 10.
Other programs may utilize Windows based tools as well.

Computer Software

Students will be able to get access to Microsoft Office 365 for Free using Keyano Credentials by [clicking here](#).

Recording of lectures and Intellectual Property

Students may only record a lecture if explicit permission is provided by the instructor or by 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 lecture 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 (instructor, or students) 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 are having issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.

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 located in **Appendix D**

Deferred final exams

A student who has missed a final exam because of incapacitating mental and/or physical illness, severe domestic affliction or for circumstances as described in Keyano College's Examination Policy in the Credit Calendar. Students are required to follow the process outlined in the policy should they wish to apply for a deferred exam.

APPENDIX A: Interview Consent Form for Assignment

Course number and name: N124: Foundations of Nursing I

I, _____ (participant's name), understand that I am being asked to participate in an interview that forms part of _____ (student's name) required coursework in the above-noted nursing course at Keyano College. It is my understanding that this interview will cover the following concepts:

- Health promotion and disease prevention

I have been given some general information about this assignment and the types of questions I can expect to answer. I understand that the interview will be conducted at a place and time that is convenient to me, and that it will take approximately 30 mins of my time.

I understand that my participation in this assignment is completely voluntary and that I am free to decline to participate, without consequence, at any time prior to or at any point during the interview. I understand that, with my permission, this interview may be audio recorded and that any information I provide during the interview will be kept confidential, used only for the purposes of completing this assignment, and will not be used in any way that can identify me. All interview notes, audio records, or electronic records will be kept in a secured environment and destroyed at the end of the course.

I understand that the results from this interview will be used exclusively in the below-named student's Keyano College course assignment and none of the information I provide will be published, in any form, in any journals or conference proceedings.

I also understand that there are no risks involved in participating in this activity, beyond those risks experienced in everyday life.

I have read the information above. By signing below and returning this form, I am consenting to participate in this assignment via telephone/ face-to-face interview/email exchange as designed by the below-named Keyano College nursing student.

Participant name: _____ (please print)

Signature: _____

Date: _____

Phone # or email address: _____

Please keep a copy of this consent form for your records. If you have other questions concerning your participation in this assignment, please contact me at:

Student name: _____ **Phone #:** _____

email address: _____

or my **Keyano College course instructor** at:

Instructor name: _____ **Phone #:** _____

email address: _____

Thank you for agreeing to participate in my assignment.

APPENDIX B: Interview Questions for Assignment

Use the following questions to **GUIDE** you, but feel free to ask more questions based on the individual's answers: (Answers to interview questions are to be submitted with assignment)

1. What is your age?
2. Would you define your health as fair, good, excellent, bad?
3. Have you experienced any health/body changes over the past 2 years such as hearing or vision changes, any new medical diagnoses, weight increase or decrease, any signs of fatigue etc.)
4. Do you have any chronic conditions such as diabetes, high blood pressure, high cholesterol, chronic obstructive lung disease (COPD) etc?
5. If so, are you following any treatment for your chronic disease i.e. medications, diet, activity etc.
6. If you do not have any chronic diseases, what steps do you take to stay healthy?
7. Do you have regular health screenings? (i.e. bone density test, prostate exam, FIT test for colorectal cancer, serum testing for high cholesterol, mammogram, PAP test, vision testing, hearing testing)
8. Do you perform self-breast exams? Testicular self-exams?
9. Do you receive flu vaccinations yearly? If you are over 50, have you received the pneumococcal and the shingles vaccinations?
10. Do you exercise on a regular basis? If so, what kinds of activities are involved?
11. Do you follow the Canada's Food Guide? What foods are included in a typical day?
12. Do you have any dietary restrictions or must adhere to a certain type of diet for medical reasons? If so, what are they?
13. How much sleep do you typically get each night? Have you seen a change in the amount of sleep you need as you get older?
14. How often do you visit the dentist? Do you floss regularly?
15. Do you have support systems in your life and if so, what are they?
16. Please describe in what ways:
 - a. You fulfill your spiritual needs, if applicable
 - b. Cope with stressful periods in your life
17. If consumed, how would you rate your alcohol, tobacco, and cannabis consumption?
18. Is there any behavior that you would like to change i.e. diet, physical activity, stress management. If so,
 - a. What would your goal be for this behavior?
 - b. Are there any barriers that might prevent you from reaching this goal?
 - c. What strategies might you use to overcome these barriers?
 - d. How confident are you that you will achieve this goal?

APPENDIX C: Scholarly Paper Marking Guide

UNIVERSITY OF ALBERTA COLLABORATIVE BACCALAUREATE NURSING PROGRAM KEYANO COLLEGE – JUNIOR MARKING GUIDE
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The following marking system utilizes the letter grade and numerical system for the evaluation of Junior level students:

Grade	Status	Criteria
96-100	Outstanding	Outstanding integration of research and non-research-based literature in demonstrating, understanding and application of ideas. Accurately interprets and explains evidence to support conclusions. Creativity and extraordinary writing ability demonstrated. Paper has a solid structure that is concise, logical, and very well organized. Format requirements are met, as per APA 6 th edition with minimal grammatical and spelling revisions.
90-95	Excellent	Excellent integration of research and non-research-based literature in demonstrating, understanding and application of ideas. Generally interprets and explains evidence to support conclusions. Excellence demonstrated in executing and implementing ideas throughout. Creativity and excellent writing ability demonstrated. A concise, logical, well-organized assignment. Format requirements are met, as per APA 6 th edition with minimal grammatical and spelling revisions.
85-89	Very Good	Very good integration of research and non-research-based literature in demonstrating, understanding and application of ideas. Adequately interprets and explains evidence to support conclusions. Some creativity demonstrated. A concise, logical, well-organized assignment. Format requirements are met, as per APA 6 th edition with minimal grammatical and spelling revisions.
80-84	Very Good	Very good attempt to integrate research and non-research-based literature in demonstrating, understanding and application of ideas. Attempts to interpret and explain evidence to support conclusions. A concise, logical, well-organized assignment. Format requirements are met, as per APA 6 th edition with a few grammatical and spelling revisions.
76-79	Good	A good attempt to integrate research and non-research-based literature. Relevant ideas are identified; however, ideas are not fully developed and lacks evidence of understanding and application. Evidence to support conclusions is summarized. Minor revisions required with respect to presenting ideas in a concise, logical, well-organized manner. Minor format requirements are required, as per APA 6 th edition with a few grammatical and spelling revisions.
72-75	Good	Presents a good review of research and non-research-based literature. Ideas are not fully developed and lacks evidence of understanding and application. Evidence to support conclusions is summarized. Some

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		revisions required with respect to presenting ideas in a concise, logical, and well-organized manner. Format requirements, grammar, and spelling expectations are inconsistently met, as per APA 6 th edition.
68-71	Satisfactory	Demonstrates satisfactory research. Ideas are minimally developed and lacks evidence of understanding and application. Conclusions are general and minimal evidence to support conclusions is provided. Multiple revisions required in presentation of ideas in a concise, logical and well organized manner. Format requirements, spelling and grammatical expectations inconsistently met, as per APA 6 th edition.
64-67	Satisfactory	Demonstrates superficial research. Ideas are minimally developed and lacks evidence of understanding and application. Conclusions are general and minimal evidence to support conclusions is provided. Multiple revisions required in presentation of ideas in a concise, logical and well organized manner. Format requirements, spelling and grammatical expectations inconsistently met, as per APA 6 th edition.
60-63	Minimal Pass	Demonstrates minimal research. Ideas are not adequately developed and there is no evidence of understanding and application. Conclusions are superficial and no evidence to support conclusions is provided. Minimal structure and organization of ideas. Major revisions needed with respect to flow of ideas and grammatical errors. Limited application of required format, as per APA 6 th edition.
55-59	Poor	Demonstrates poor research. Ideas are poorly developed and there is no evidence of understanding or application. No conclusions are included. Lacks structure and poor organization of ideas. Major revisions needed with respect to flow of ideas and grammatical errors. Limited application of required format, as per APA 6 th edition.
50-54 0-49	Fail	Demonstrates no acceptable research. Ideas are poorly developed and presented with no evidence of understanding or application. No conclusions are offered. Lacks structure and organization. Major revisions needed with respect to flow and focus. Consistent errors in grammar, spelling and/or format, as per APA 6 th edition. Paper is plagiarized or not handed in.

Competency Levels and Year End Outcomes

Bloom's Revised Taxonomy

Scholarly Writing Year End Outcome: Demonstrates understanding of content through scholarly writing across the curriculum.

Year	Year End Outcome	Bloom's Revised Taxonomy
One	With minimal assistance uses scholarly writing skills to understand and provide written descriptions of knowledge from nursing and other related disciplines.	<p>Remember</p> <ul style="list-style-type: none"> • Identifies relevant prior knowledge from nursing and related disciplines. • Identifies new knowledge about the concept/issue from nursing and related disciplines. <p>Understand</p> <ul style="list-style-type: none"> • Identifies the components of the concept/issue. • Summarizes knowledge from the selected literature. • Explains the relevance of the concept/topic to nursing practice.
Two	With guidance uses scholarly skills to apply knowledge derived from nursing and related disciplines.	<p>Apply</p> <ul style="list-style-type: none"> • Explains how the concept/issue is applicable in nursing practice. • Demonstrates, with supporting exemplars, the application of the concept/issue in a specific nursing practice situation.
Three	With minimal guidance uses scholarly writing skills to analyze and synthesize knowledge from nursing and other related disciplines.	<p>Analyze</p> <ul style="list-style-type: none"> • Explores the interrelatedness of the components of the concept/issue. • Discusses the theoretical foundation of the concept/issue.
Four	Independently uses scholarly writing skills to critically evaluate knowledge from nursing and related disciplines.	<p>Evaluate</p> <ul style="list-style-type: none"> • Critiques the evidence relative to the concept/issue. • Describes gaps/ inconsistencies in the evidence. • Compares the perspective of theorists from nursing and related disciplines. <p>Create</p> <ul style="list-style-type: none"> • Presents a convincing argument for the importance of the concept/topic to client care and nursing practice. • Draws conclusions about the concept/issue and its potential to shape the profession of nursing.

Assumption

The year-end outcomes of years two, three and four include the taxonomy criteria of the years previous to it.

References

Duan, Y. (2006). Selecting and applying taxonomies for learning outcomes: A nursing example. *International Journal of Nursing Education Scholarship*, 3(1), 1-11.

APPENDIX D: Grading Rubric

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