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**BScN Collaborative Program with University of Alberta**  
**NURS 327, Mental Health and Wellness in Nursing - Fall 2022**

★9 Lecture: 18 hours, Lab: 18 hours, Clinical: 144 hours

This course in mental health provides opportunities to acquire knowledge, skills, and attitudes to promote wellness, through safe, ethical nursing practice, in a variety of setting contexts. The focus will be mental well-being throughout the lifespan. Learning experiences will provide students an understanding of the mental health nursing process. Clinical hours listed are the total number of hours and will be offered over 8 weeks.

\*Note: Available only to nursing students in the Collaborative/Honors Program. Prerequisites: NURS 216, NURS 224 (or NURS 307), and NURS 225 (or NURS 308).

**Instructor**

Nursing Instructor- Lecture, Groups **L1 & L2**  
Adrianna Rudderham  
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Nursing Instructor- Groups **L2**  
Kortnie Marsh-MacDougall  
Contract  
TBA  
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**Office Hours**

By appointment only – email for appointment

**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 more frequently. Instructors will communicate with the student group by announcements in the news forum on Moodle. 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.

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. 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. Do not text or call your instructor unless you will be absent for clinical that day; inquiries related to assignments and course content must be sent in an email to your instructor.

**Hours of Instruction**

See Timetable

**Required Resources**

All students will be required to have access to the previously purchased Elsevier bundle. This includes access to the required textbook along with the Nursing Concepts Online platform.

Students are required to have appropriate clinical attire and supplies per the BScN Student Handbook.

Canadian Nurses Association. (2017). *Code of ethics for registered nurses*. Ottawa, ON. Retrieved from: <https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/code-of-ethics-2017-edition-secure-interactive>

College of Registered Nurses of Alberta. (2019). *Entry-level competencies for the practice of registered nurses*. Edmonton, AB: Author. Retrieved from [entry-level-competencies-for-the-practice-of-registered-nurses-mar-2019.pdf](#)

College of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. Edmonton: Author. Retrieved from [ethical-decision-making-for-rns-in-alberta-guidelines-and-recommendations-may-2010.pdf \(nurses.ab.ca\)](#)

### **Required Textbook**

Pollard, C. L. & Jakubec, S. L. (2023). *Varcarolis's Canadian psychiatric mental health nursing: A clinical approach* (3rd ed.). Elsevier Canada.

## Course Outcomes

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

- 1) Appreciate people from diverse backgrounds and a variety of communities.
- 2) Exhibit a commitment to social justice and health in its broadest sense.
- 3) Demonstrate a commitment to being an involved citizen in one's community/communities.
- 4) Appreciate one's own place in and deep connections to communities.
- 5) Recognize the connection between community engagement and one's membership in a healthcare profession.
- 6) Recognize the connection between membership in community/communities and health and well-being.
- 7) Apply theory related to key client safety concepts including communication, teamwork, environmental and human factors, safety risks and adverse events disclosed.
- 8) Articulate an understanding of theory related to client centered care and interdisciplinary practice.
- 9) Demonstrate competence in the assessment, planning, implementation and evaluation of nursing interventions in the provision of care to clients experiencing alterations in mental health.
- 10) Exhibit an understanding of legal and ethical issues relevant to the care of clients with alterations in mental health (i.e., issues of client rights, confidentiality, competency, autonomy).
- 11) Establish knowledge about the prevention of mental health problems.
- 12) Demonstrate knowledge of primary health care and health promotion in the context of mental health.
- 13) Demonstrate the ability to manage restoration, rehabilitation, and support activities for clients experiencing acute and chronic mental health alterations in a variety of community and/or acute care settings.
- 14) Apply professional and therapeutic communication skills to collaborate with clients across the lifespan experiencing chronic or less acute variances in mental health.
- 15) Demonstrate the ability to engage in evidence-based practice and integrate knowledge into clinical practice.

## Evaluation

Focused Learning in Community & Care of the Childbearing Families			
Assignments/Course components	Dates	Weight	Course objectives no.
1) Clinical Assessment Tool	See Timetable	Pass/Fail	All Objectives
2) Clinical Reflections	Weekly	Pass/Fail	All Objectives
3) Medication Administration Proficiency Exam (MAPE)	See Timetable	Pass/Fail	All Objectives
4) Clinical Learner Package	See Timetable	Pass/Fail	All Objectives
5) Quizzes (2) 30 questions per quiz	Throughout Course	Pass/Fail	All Objectives
6) Evolve Adaptive Quizzing	Throughout Course	Pass/Fail	All Objectives

Students must achieve a pass in all assignments and course components to pass this course. A failure in submitting any assignment or course component will result in an overall failure in the course.

### 1) Clinical Assessment Tool (Pass/Fail)

The Clinical Assessment Tools (CAT) is used to evaluate students' performance in the clinical setting. Students will be evaluated in accordance with the criteria outlined in the CATs. Student performance will be evaluated through direct and indirect observations by the clinical instructor and/or co-assigned staff, peers, or other faculty. Students are expected to be adequately prepared for clinical in order to deliver safe, knowledgeable, and ethical care to assigned clients; this includes client research, prioritizing and planning care, and competency with psychomotor

skills. Students who fail to meet any component of the CAT will fail the course. Students who are demonstrating unsatisfactory clinical performance will be informed immediately by their instructor and a collaborative learning plan will be developed. Students who do not meet the required learning outcomes will receive a failing grade in the course. There will be two CATs – one for community/public health and one for the maternity unit.

## 2) **Clinical Reflections (Pass/Fail)**

Weekly clinical reflection will occur at the end of each week of any clinical experience. The student may email their instructor the reflection no later than 0900 hours on Monday of the following clinical week.

Written reflection will be required as part of the weekly reflection and final CAT. Additional written reflection may be required by individual instructors based on student progress.

The reflections paper should follow APA 7.0 format. One reference is required. You will need a title page, an introduction, a body, and a conclusion. Your writing needs to be clear, concise, and succinct in delivery of your ideas.

### Critical Self-Reflection

Identifying critical incidents as a student in nursing education facilitates the integration of theory and practice and can assist the student to foster reflection practice, along with personal and professional development. Instructors will evaluate how students have shown reflective practice by asking questions during pre-conferences, throughout the clinical shifts, during post-conferences, student weekly reflection and final evaluations.

Students are highly encouraged to critically reflect on their nursing practice throughout the course. Confidentiality **MUST** be maintained when describing a clinical incident. Reflections must be original work, any repeated work will be considered self-plagiarism.

**\*Please see the Reflection Resources section posted to Moodle for additional assistances.**

Recommended guidelines for Critical Self-Reflection (also known as Reflective Journaling):

- Describe in detail a significant experience that you had during your week. Include your thoughts, feelings, and perceptions.
- Reflect on the experience. Describe why this experience was important to you, and what factors (assessment, previously learned experiences, values, beliefs, stereotypes or biases) influences yours/someone else's decisions/actions/feelings.
- Evaluate your strengths and areas needing improvement in this situation. What were the strengths and areas for improvement for the other health care professionals involved? Explain why you think these were areas of strength or areas needing development. How the client/family was ultimately affected?
- Describe your significant learning. How does this impact your nursing practice?
- Describe what you would do differently/investigate/maintain if a similar incident should occur in the future. Describe what you would teach someone else (i.e., peer) about this incident in order to improve nursing practice.
- Critical self-reflection must include evidence from the literature.

## 3) **Medication Administration Proficiency Exam**

The MAPE demonstrates that a student is proficient in safe medication administration in the clinical setting. Students are required to obtain a grade of 90% (27/30) on the MAPE in order to proceed into the clinical setting. Students who are unsuccessful will be given the opportunity to rewrite the MAPE. Students who are unsuccessful on the MAPE write/rewrite, the student can administer medications under direct supervision until successful completion of the MAPE. Students are given a maximum of three (3) attempts to pass the MAPE. Students who are unsuccessful after three attempts will be awarded a grade of F for the course and will be unable to complete the clinical component as this reflects the student is unable to safely administer medications.

The MAPE will cover content from Unit 1, 2, 3, 4, and 5. Respondus and Lockdown Browser will be used for this exam.

**4) Clinical Learner Package (Pass/Fail)**

The learner package is posted on Moodle under Evaluation Components N327. It is made up of fill in the blanks and matching activities. All answers can be found throughout course readings. Students must achieve a 60% or greater to pass this activity, which is equivalent to 48/80 points.

**5) Quizzes (Pass/Fail)**

Two quizzes made up of 30 multiple choice questions are available on Moodle. Students must achieve at least 60% on at least one of the quizzes. Quizzes can be completed anytime throughout the course; however, these quizzes will cover all lecture content so students are encouraged to study prior to writing. Quizzes are not open book and Respondus Lockdown Browser will be used.

**6) Evolve Adaptive Quizzing (Pass/Fail)**

Adaptive Quizzing/Mastery Assessments must be completed in order to pass the course. This quiz will be completed in Elsevier/Evolve using Developing Clinical Judgment for Professional Nursing and the Next-Generation NCLEX-RN® Examination.

\*All of these requirements must be met by the end of the course to achieve a PASS.

**Late Assignments**

All assignments are to be submitted as indicated in the course outline 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 on Moodle on weekends.

If the student does not submit an assignment by course end date and prior to the final exam date, a zero will be given for that assignment.

Students MUST submit all assignments in order to pass the course. If an assignment is not submitted before aforementioned deadlines, the student will receive a failing grade of an F in the course.

**Plagiarism**

The Plagiarism Tutorial below must be completed within the first week of class. Please send your certificate of completion to your instructor via Keyano Mail.

<https://www.indiana.edu/~academy/firstPrinciples/choice.html>

**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.

**Grading System**

This course is a pass/fail course. Failure to complete any of the required components to a satisfactory level will result in failure of the course.

**Proposed Schedule**

See the class schedule, topics, and readings as attached and on Moodle.

**Please Note:**

Date and time allotted to each topic is subject to change.

## Performance Requirements and 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

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.

### 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><b>Minimum Requirements:</b></p> <ol style="list-style-type: none"> <li>Windows 10 Operating System or above</li> <li>4GB of RAM</li> <li>10GB available hard drive storage space                             <ol style="list-style-type: none"> <li>Install the Microsoft Office 365 suite (~3GB) *</li> </ol> </li> <li>Microphone, webcam, and speakers (All modern laptops have these three accessories built-in.)</li> <li>Windows has built-in anti-virus/malware software. It is essential to install system updates to keep your device secured regularly.</li> </ol> <p>*<a href="#">Microsoft Office 365</a> is free to Keyano students.</p>	<p><b>Minimum Requirements:</b></p> <ol style="list-style-type: none"> <li>Mac Operating System 10.14 (Monterey) or above</li> <li>4GB of RAM</li> <li>10GB available hard drive storage space                             <ol style="list-style-type: none"> <li>Install the Microsoft Office 365 suite (~3GB) *</li> </ol> </li> <li>Microphone, webcam, and speakers (All modern laptops have these three accessories built-in.)</li> <li>Mac has built-in anti-virus/malware software. It is important to install system updates to keep your device secured regularly.</li> </ol> <p>*<a href="#">Microsoft office 365</a> is free to Keyano students.</p>
<p><b>Recommended Upgrades</b></p> <ul style="list-style-type: none"> <li>8GB of RAM</li> <li>Regularly back up or synchronize your files, locally or with a cloud-based storage option.</li> </ul> <p>OneDrive is the cloud-based storage option free to students after the setup of KeyanoMail and Microsoft 365.</p>	<p><b>Recommended Upgrades</b></p> <ul style="list-style-type: none"> <li>8GB of RAM</li> <li>Regularly back up or synchronize your files locally or with a cloud-based storage option.</li> </ul> <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 <b>not</b> 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](mailto: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](https://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](mailto: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](mailto: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](mailto: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](http://www.keyano.ca/library). For all inquiries, please email [askthelibrary@keyano.ca](mailto: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](mailto: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](mailto:Academic.Success@keyano.ca).

**Authorization**

This course outline has been reviewed and approved by the Program Chair.

*Adrianna Rudderham*

Adrianna Rudderham, Instructor

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Dr. Candi Muise, Chair

Date Authorized

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Arlene Starkes, Dean

Date Authorized

**Signed copies to be delivered to:**

Instructor

Registrar's Office