Practical Nurse

Fall 2022

PN 158: Nursing Foundations I: Introduction to Nursing

TOTAL HOURS:	60
LECTURE:	30
LAB/SEMINAR:	30

Course Description

This health assessment course introduces the student to assessment of a client's health status and the identification of normal structures and functions of the physical component of the adult. Overt deviations from normal are included. This course prepares the student to gather the data by obtaining a health history and conducting a physical examination. This course includes theory and laboratory practice

Pre-requisites: None

Pre- or Co-requisite: ANPH 100, ANPH 101

Instructor

Name: Kayla Hayter

Office number: CC187B

Phone number: 780-791-8908

Email: kayla.hayter@keyano.ca

Office Hours

The instructor is available for student consultation in office by appointment from Monday to Friday. Please contact your instructor at the email above or contact the Nursing Office at (780) 791-4889 to arrange a time.

Hours of Instruction

Please see Self Serve

Textbooks and Resources
   Primary Text

- Jarvis, C. (2019). *Jarvis physical Examination & health assessment*. Elsevier.

General Learning Outcomes

Upon successful completion of this course, you will be able to meet or exceed the following outcomes:

1. Perform a systematic health assessment of an adult.

2. Identify the components of a health history.

3. Differentiate among various aspects of physical assessments.

4. Apply the correct assessment to a given situation.

5. Adapt the physical assessment to meet the needs of elderly clients.

6. Confer, report and document findings of the physical assessment and health history

Topics:

1. Students will work through *16 Units* in the classroom. Units to be covered in Foundations of Health Assessment

- Unit 1: Introduction to Assessment
- Unit 2: Health History
- Unit 3: General Survey, Measurement & Vital Signs
- Unit 4: Pain Assessment
- Unit 5: Skin, Hair & Nails
- Unit 6: Head, Neck & Regional Lymphatics
- Unit 7: Heart & Peripheral Vascular System
- Unit 8: Breasts & Regional Lymphatics
- Unit 9: Mental Status
- Unit 10: Thorax & Lungs
- Unit 11: Nutrition Assessment
- Unit 12: Abdomen
- Unit 13: Genitourinary
- Unit 14: Neurologic
- Unit 15: Musculoskeletal
- Unit 16: Putting it all together

CLPNA Competencies

The following CLPNA competencies are learned during the Nursing Foundations I course:

A: Nursing Knowledge

B: Nursing Process

E: Nursing Practice

All students must practice in a manner that is consistent with:

- The CLPNA Code of Ethics and Standards of Practice (2015)

- Refer to www.clpna.com for reference

Course Delivery Method
This course is delivered in person.

Course Assessments
The list below contains all graded evaluations and assessments for this course along with due dates and the value of each item towards your final grade.

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THEORY			DATE
Midterm Exam multiple choice	2 Socrative Exams 1. Unit 1-8 2. Unit 9-15	25%	1. Oct 3th 2. Nov 21st
Assignment	Written paper: Collect subjective data by performing a health history on a healthy adult	35%	Nov. 14th
Final Exam cumulative; multiple choice	Demonstrate knowledge of course content Unit 1-16	40%	TBA
Lab			**Date**
Guided Practice Nursing Labs Integration of Theory and Lab	Conduct health assessments within the context of integrating theory with nursing skills	**Pass/Fail**	**Follow Schedule**
Final Clinical Integration Assessment Integration of Theory and Lab	Demonstrate application of physical assessment skills and reflective practice. *80% pass mark required	**Pass/Fail**	**TBA**

	Total	100%	

Passing Level and Grading Scale

This is a combined theory and lab course. A student cannot pass this course by being proficient in theory but not proficient in application of nursing assessment skills to simulated situations.

Students must complete all assignments and examinations to receive a final course grade. Students must successfully demonstrate assessment skills AND integration of theory in guided practice labs and during the final clinical integration assessment.

To receive credit for PN 158, a student must achieve each of the following:

- o A minimum overall grade of 1.7 (C–) or 60%
- o A pass in the guided practice lab component
- o A minimum of 80% in the final clinical integration assessment

Students who are unsuccessful in achieving a minimum of 80% on the final clinical integration assessment will be unsuccessful in passing PN 158.

**Please note: Students will be notified by the instructor of any adjustments to the schedule.

Guided Practice Nursing Labs

Students must successfully demonstrate integration of theory and assessment skills in the lab setting during guided practice. You will also practice documenting assessment findings and participate This activity is graded on a pass/fail basis. Students must successfully demonstrate the integration of theory and skills related to physical examination learned in this course in the lab setting during guided practice. You will practice documenting assessment findings and you will also participate in reflective practice during the lab sessions. If you do not receive a grade of "pass" in Guided Practice, you will be required to repeat the entire course.

Final Clinical Integration Assessment: Physical Assessment and Reflective Practice

The clinical integration assessment occurs at the end of the course and provides you with opportunity to demonstrate integration and application of theory and physical skills. The clinical integration assessment is pass/fail. You must achieve a mark of 80% on the exam and 80% on the reflective practice, a second opportunity will be provided, if you are unsuccessful on your first attempt.

The Clinical Integration Assessment:

- o Provides you with the opportunity to demonstrate your knowledge and skill in conducting a physical examination of a well adult in a simulated setting.
- o Provides you with the opportunity to demonstrate skill in reflective practice

Assessment Details:

Assignment 1: Health History

For this assignment, select a healthy adult (16 years or older) and conduct a health history interview. You will analyze the data collected to determine the individual's areas of strength and areas for improvement in lifestyle and health practices. The adult should be a friend, family member or peer.

Midterm Exam

2 Socrative Exams

Final Exam

The final exam is cumulative and evaluates your knowledge of content covered in units 1 to 4. This is a multiple-choice examination and contributes 40% towards your final course grade. Exam will be done on Moodle, supervised in the classroom.

CLINICAL INTEGRATION ASSESSMENT

TBA

Attendance and Participation Requirements

Attendance

• Although attendance to Keyano classes in encouraged, attendance is not mandatory.

• Attending class gives you an opportunity to discuss your ideas and concerns, to ask specific questions to clarify understanding, and to share resources.

• You are responsible for all materials missed. If the lesson has been recorded, you should listen to the recording; if not recorded, you should check with your classmates or Instructor to find out what has been missed.

• If you are taking this course asynchronously, you are responsible to complete all activities posted on moodle

• It is a good idea to check moodle at the beginning of each week to ensure you are aware of all expectations for that week ahead.

Penalties Assignments

• **ALL** assessments must be successfully completed in order to complete the course. For example, a student cannot choose to <u>not</u> complete an assignment.

• All assessments must be handed in by the time and date set forth by the instructor and outlined in the Course Schedule (below), unless previous arrangements for a negotiated extension has been made with the instructor.

• Late assignments will be penalized 5% each 24-hour period (or portion) these are late; based on the original or negotiated extension due deadline. Penalties will be applied up to 25% then a grade of 0 will be assigned.

• Exceptions can be made for extreme extenuating circumstances at the discretion of the Program Chair.

• Requests for supplemental assessments/grade appeals must be made within 5 business days of receiving your grade.

• No assignments will be accepted after the final examination.

Exams

• Exams are scheduled well in advance so you will have time to schedule around these important dates. If you miss a scheduled quiz or exam without prior notice, you will be given a zero on that exam. You are expected to keep track of all exam dates and times.

• If you have a legitimate reason to reschedule, and the instructor is informed in advance, a new date may be established to accommodate you.

• Quizzes and exams each have a time limit and includes all content included in the Course Schedule. The student must be quite familiar with the content to complete

the tests within the time frame allowed. Students are advised to arrange for invigilation (if needed) early to avoid any exam writing issues.

• Supplemental exams **may** be granted for midterm and final exams only at the discretion of the Program Chair.

• Requests for supplemental exams/grade appeals must be made within 5 business days of receiving the grade.

• The mark awarded for the supplemental attempt will not exceed the minimum passing mark for the course, despite the score on the supplemental attempt.

Grading System
This is a combined theory and lab course. A student cannot pass this course by being proficient in theory but not proficient in the integration of nursing theory and application of nursing skills in a laboratory setting.

Students must successfully demonstrate nursing skills learned in this course in the lab setting during guided practice. They will also practise giving feedback and participating in reflective practice during the lab sessions. Lab participation is mandatory in order to pass the course and commence the clinical.

To receive credit for Nursing Foundations III: Medical/Surgical Nursing, a student must achieve each of the following:

- A minimum overall grade of **60% GPA (1.7)**
- A **Pass** in the guided lab component
- A **Pass** in the Clinical Integration Assessment

Descriptor	Alpha Scale	4.0 Numeric Scale	Percentage
Excellent	A+	4.0	96-100
	A	4.0	90-95
	A-	3.7	85-89
Good	B+	3.3	80-84
	B	3.0	76-79
	B-	2.7	72-75
Satisfactory	C+	2.3	68-71
	C	2.0	64-67
	C-	1.7	60-63
Poor Minimum Pass	D	1.3	55-59
	D+	1.0	50-54
Failure	F	0	0-49

Course Schedule

Week	Dates	Topics
Week 1	Aug 31-Sept 2	Unit 1: Introduction to Assessment Unit 2: The Health History Unit 3: General Survey, Measurement and Vital Signs Unit 4: Pain Assessment
Week 2	Sept 6-Sept 9	**Lab Unit 2, 3, 4**
Week 3	Sept 12-Sept 16	Unit 5: Assessment of the skin, hair, and nails Unit 6: Assessment of the head, neck, and regional lymphatics **Lab Unit 5, 6**
Week 4	Sept 19-Sept 23	Unit 7: Assessment of the Heart and Peripheral Vascular System **Lab Unit 7**
Week 5	Sept 26-Sept 30	Unit 8: Assessment of the Breasts and Regional lymphatics **Lab Unit 8**
Week 6	Oct 3- Oct 7	Unit 9: Mental Status Assessment Socrative #1 **Lab Unit 9**
Week 7	Oct 11-Oct 14	**Open Lab Practice**
Week 8	Oct 17-Oct 21	Unit 10: Assessment of the Thorax and Lungs **Lab Unit 10**
Week 9	Oct 24 – Oct 28	Unit 11: Nutritional Assessment **Lab Unit 11**
Week 10	Oct 31 – Nov 4	Unit 12: Assessment of the Abdomen Unit 13: Genitourinary Assessment **Lab Unit 12, 13**

Week 11	Nov 7 – Nov 8	Unit 14: Neurological Assessment **Lab Unit 14**
Week 12	Nov 14 – Nov 18	Unit 15: Musculoskeletal Assessment Assignment Due **Lab Unit 15**
Week 13	Nov 21 – Nov 25	Unit 16: Putting it all Together: Head-to-Toe Assessment Socrative #2 **Lab Unit 16**
Week 14	Nov 28 – Dec 2	**Clinical Integration Practise** **Clinical Integration Testing**
Week 15	Dec 5- Dec 9	**Clinical Integration Testing** **Final Exam: TBA**

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. 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 student's 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; 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.

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.

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, 8h30-16h30.

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 Services 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. Library staff are available to support you both virtually and in person throughout the semester. For a detailed list of library supports and services, go to www.keyano.ca/library. 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
Minimum Requirements: A Windows 10 **computer/laptop** · 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	**Minimum Requirements:** A Macintosh (V10.14 and above) **computer/laptop** · 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.
Recommended Requirements · 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.	**Recommended Requirements** · 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.

Chromebooks are **not** recommended as they are not compatible with testing lockdown browsers.

A Microsoft Surface or iPad or iPad Pro may be possible alternatives in some program areas.

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.