

## Variations in Health 1 – PPNP 104

### Practical Nursing Program

### Course Outline

COURSE IMPLEMENTATION DATE:	September 2012
OUTLINE EFFECTIVE DATE:	March 2023
COURSE OUTLINE REVIEW DATE:	September 2028

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#### GENERAL COURSE DESCRIPTION:

This introductory course provides learners with the foundations of disease and illness across the lifespan. Students will gain an understanding of pathophysiological alterations of body systems, as well as nursing management of disease and illness across the lifespan (with an emphasis on interventions and treatment). Cultural diversity in healing practices will be explored, as well as the incorporation of evidenced-informed practice.

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**Program Information:** This course is one of eight courses required in Level 1 of the Practical Nursing program. Satisfactory completion of this course is required to progress to the next level.

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**Delivery:** This course is delivered face to face.

**COTR Credits:** 3

**Hours for this course:** 40 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	40
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	40

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

**Course Outline Author or Contact:**

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Signature**APPROVAL SIGNATURES:**

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Department Head Signature

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Valid from: March 2023 – September 2028

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Education Council Approval Date**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Admission to the Practical Nursing Program, PPNP 101 with a minimum grade of 65% or equivalent.

**Corequisites:** PPNP 105, 106, 107

**Flexible Assessment (FA):**

Credit can be awarded for this course through (FA) ☒ Yes ☐ No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** PNUR 103 ⇌ ⇌ PPNP 104

**Date changed:** September 2012

## Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

deWit, S. C., Stromberg, H. K., & Dallred, C. V. (2023). *Medical-surgical nursing: Concepts and practice*. (5th ed.). Elsevier Saunders.

Potter, P. A. & Perry, A. (2019). *Canadian fundamentals of nursing*. (6th ed.). Elsevier Canada.

Vallerand, A. & Sanoski, C. (2023). *Davis's Canadian drug guide for nurses*. (18th ed.). F.A. Davis Company.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to

- describe pathophysiology as it relates to common presentations of illness;
  - give examples of cellular alterations;
  - describe the inflammatory and reparative processes;
  - explain physical and psychosocial stressors;
  - explain the following terms contributing to alterations in body function: inflammation, infection, obstruction/occlusion, genetics, congenital, cancer, traumatic injury and degeneration;
  - explain compensatory and decompensatory mechanisms;
  - describe chronic versus acute illness in the context of disease (health continuum and disease versus illness);
  - identify the nursing management of disease and illness for body systems across the lifespan;
  - identify holistic and traditional healing practices associated with common illness;
  - describe the influence of cultural in health and healing; and
  - identify appropriate evidence informed research and practice resources.
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## COURSE TOPICS:

- Introduction to pathophysiology
- Maintaining homeostasis
- Compensatory and decompensatory mechanisms
- Cell alteration – types of cell injury and repair, cell aging/degeneration, irregular cell growth
- Alterations to all body systems (e.g. inflammation, infection, obstruction/occlusion, genetics, familial, cancer, trauma)
- Physical and psychosocial stressors
- Chronic versus acute disease (health continuum); illness versus disease

- Nursing management of disease and illness across the lifespan
- Nursing management includes assessment (holistic assessment, data collection including lab values and diagnostics), pharmacology, identification of real/potential problems –nursing diagnoses, planning of specific nursing interventions, implementing culturally sensitive and aware care, evaluation of care, collaborating with other members of the health care team, health promotion, and client teaching
- Therapeutic interventions and treatments including pharmacology
- Traditional healing practices
- Introduction to diagnostics
- Cultural diversity in health and healing
- Introduction to evidence-informed research and practice

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

#### **EVALUATION AND ASSESSMENT: Face to Face Delivery**

Assignments	% Of Total Grade
Exam #1	20%
Final Exam (comprehensive)	35%
Group Presentation	<u>45%</u>
Total	100%

*No rewrites will be granted for any assignments or exams within this course.*

*Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.*

#### **EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

#### **COURSE GRADE:**

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	69-65	< 65

**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.

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