



## Relational Practice 1: Self and Others – NURS 113

### Bachelor of Science in Nursing (BSN) Program

### Course Outline

COURSE IMPLEMENTATION DATE: March 2008  
OUTLINE EFFECTIVE DATE: September 2018  
COURSE OUTLINE REVIEW DATE: April 2023

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#### GENERAL COURSE DESCRIPTION:

The premise underlying this course is that nursing is an experience lived between people. Students explore the multiple factors that influence their own capacity to be in caring relation to others (individuals, families, groups, populations, and communities). They learn to question personal perspectives of experience, to uncover attitudes, beliefs and values, and to share and acknowledge differences. Emphasis is placed on a phenomenological attitude to view the structure and experiences that make up their own and other people's lives.

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**Program Information:** This course is required for the first year of the Bachelor of Science in the Nursing program. The materials in this course represent a component of a four year integrated BSN program.

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

**COTR Credits:** 3

**Hours for this course:** 42 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	42
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	42

#### 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:**

Stephanie Obara, RN, BSN, BSc, MN

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Signature

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**APPROVAL SIGNATURES:**

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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2018 – April 2023

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** None

**Corequisites:** NURS 110, 111, 115, BIOL 181 and ENGL 100

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA

Yes  No

**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:** N/A

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## **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:

Doane, G. H., & Varcoe, C. (2015). *How to nurse: Relational inquiry with individuals and families in changing health and health care contexts*. Philadelphia: Wolters Kluwer-Lippincott Williams & Wilkins.

Potter, P. A., Perry, A. G., Ross-Kerr, J.C., Stockert, P., Hall, A., Astle, B.J., & Duggleby, W. (Eds.). (2019). *Canadian fundamentals of nursing*, (6<sup>th</sup> ed.). Toronto, ON, Canada: Elsevier Canada.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> 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

- explore self and identity as a relational person;
  - develop relational ways of being with others (individuals, families and groups);
  - explore concepts of caring;
  - begin to develop a caring identity;
  - demonstrate self awareness, critical reflection, and critical thinking, in preparation for nursing practice in an interprofessional setting; and
  - describe the importance of communication, collaboration, and relationships for Registered Nurses practicing within an interprofessional team.
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## **CONCEPTS AND SUB-CONCEPTS:**

### **Process:**

This course is designed to foster personal discovery of self and self in relation to others. It explores relational ways of being with others, situatedness in families and groups, and identify development. It encourages and supports learners to enrich self-awareness, critical thinking and reflexivity. The course concepts are explored through active participation in small group interaction, learning activities and journal writing.

### **Concepts and Sub-concepts**

#### **RELATIONAL PRACTICE**

##### **Relationship**

- Interaction
- Connectedness
- The idea of the 'space between'

##### **Relational Competence**

- Self-awareness, etc.
- Reflexivity
- Relational inquiry – learning to know the client
- Intentionality

### **Caring**

- Care of self
- Acting in an ethical way with others
- Ethics of caring
- Moral agency

### **Awareness or Self Awareness** (in relationship with others)

- Individuals
- Groups
- Self in a collective
- Leadership/membership

### **Mutuality**

### **Cultural Safety**

- Dominant culture processes

### **Power/Power Relations**

- Feminist processes

### **Collaboration**

### **Relational Lenses**

- Phenomenology
- Critical (post-colonial)
- Spiritual

## ***CLIENT (AND NURSE)***

### **Situatedness and Constitutedness**

- Nature of impact on relationship

## ***CONTEXT***

### **Morals, Values and Beliefs**

- Impact on relationships

## ***INQUIRY***

### **Information Technology (Effect on Relational Practice)**

- Etiquette and ethics

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

## EVALUATION AND ASSESSMENT:

Assignments	% Of Total Grade
Exam #1 – relational skills	30%
Exam #2 – relational skills	30%
Paper	30%
Participation	<u>10%</u>
Total	100%

All written assignments must be completed to achieve a passing grade.

## ATTENDANCE AND ASSIGNMENT REQUIREMENTS:

See COTR Nursing Program and Progression Policies.

## ADDITIONAL RELEVANT INFORMATION/POLICIES:

1. All learning experiences are mandatory. Students who are unable to attend a scheduled learning event must notify the instructor at the earliest possible opportunity.
2. Absence from learning experiences, for any reason, may prevent the student being able to meet the requirements for that course. Students who have missed 10% or more of their clinical practice experiences will be evaluated for their eligibility to remain in the program. (Clinical courses only!)
3. All assignments must be submitted by the due date. A penalty of 10% per calendar day will be deducted for late assignments. Extensions will be considered on an individual basis when legitimate circumstances support the student's request, provided the extension is negotiated 48 hours in advance of the due date.

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## 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.

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**COURSE GRADE:**

Course grades are assigned as follows:

<b>Grade</b>	A+	A	A-	B+	B	B-	C+	C	F
<b>Mark (Percent)</b>	≥ 95	94-90	89-85	84-80	79-75	74-70	69-65	64-60	< 60

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**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 will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.