



NESA
NURSING EDUCATION
IN SOUTHWESTERN ALBERTA
BN PROGRAMS

**UNIVERSITY OF LETHBRIDGE
FACULTY OF HEALTH SCIENCES
NURS 4510 – Mental Health Practicum
Course Outline – Fall, 2015**

PRACTICE COURSES COORDINATOR

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PRACTICE INSTRUCTORS

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COURSE DESCRIPTION

This course introduces students to clients experiencing acute and chronic mental health problems in acute and community mental health settings. Nursing 4510 allows students to understand some of the challenges clients experience along the mental health continuum and build upon partnerships within the community. This course utilizes 1:1 client interactions to foster student understanding and application of mental health concepts such as holistic care, health promotion, illness prevention, and building community capacity. Students will work as part of interprofessional, intersectoral and multicultural teams to promote healthy communities and healthy choices for individuals. This course fosters the integration of theory into practice.

Contact hours per week: 16 hours per week, total 176 hours

Pre-requisite: Completion of all Year Two requirements in the B.N. program

Co-requisites: NURS 3125

COURSE OBJECTIVES

Upon successful completion of the practicum within the mental health setting, the student will be able to:

1. Discuss the roles and functions of registered nurses in the context of mental health.
2. Describe the organizational structure, health services, roles, and function of the multidisciplinary team in the assigned mental health practice setting.
3. Communicate and collaborate effectively with clients, families, and the multidisciplinary team in the mental health setting to achieve client centered goals.
4. Utilize the nursing process as a tool in the development and application of clinical reasoning and critical thinking in the mental health practice setting.
5. Plan and prioritize care based on the initial and ongoing assessments of clients experiencing alterations in mental health.
6. Implement and evaluate client focused interventions and outcomes which reflect the nursing process and approaches to alterations in mental health while considering diversity, lifespan and family.
7. Reflect on one's own practice to ensure actions are professional, ethical, responsible, and accountable to regulatory standards.
8. Practice according to CARNA Standards of Practice, CNA Code of Ethics, and NESA BN Programs Student Handbook.

PRACTICE DAYS

Monday & Tuesday; Thursday & Friday

Clinical may include some weekends and evenings shifts.

PRACTICE ORIENTATION

Monday/Tuesday clinical group:

September 14, 2015: Location and time TBA, September 15, 2015: onsite

Thursday/Friday clinical group:

September 10, 2015: Location and time TBA, September 11, 2015: onsite

REQUIRED RESOURCES

Text: Halter, M. J. (2014). *Vancouver's Canadian psychiatric mental health nursing: A clinical approach*. Toronto, ON: Elsevier.

Online: Online Learning Modules and Discussion Forums on Moodle. <https://moodle.uleth.ca/>

SYSTEM REQUIREMENTS

All practice courses require students to have access to the Internet. The syllabus and resources, including documents, videos and links, are posted on the Moodle site: <https://moodle.uleth.ca/>. If students are having difficulty with Moodle, they may call John Kometz at the Curriculum Re-Development Centre (CRDC): 403.382.7146. If students are having difficulty with Internet access, they may call the IT Solutions Centre at 403.329.2490

PRACTICE COURSES REQUIREMENTS

ITEM	DUE	HOW	TRACKED BY
AHS Confidentiality Module	Annual	Completed copy to M3083 or emailed	Wendy Herbers
AHS General Student Orientation	Annual	Completed copy to M3083 or emailed	Wendy Herbers
Anaphylaxis Module	Annual	Moodle 90% to pass	Wendy Herbers
Baxter IV Pump	Annual	Moodle/Self	Wendy Herbers/SHC
Blood Administration Module	Annual	Moodle 90% to pass	Wendy Herbers
CPR-HCP	Annual	Photocopy to M3083 or e-mailed	Wendy Herbers
EMR	Annual	Self	Wendy Herbers
Influenza/H1N1 Vaccinations	Annual	Photocopy to M3083 or e-mailed	Wendy Herbers
It's Your Move	Annual	Moodle/Self	Wendy Herbers/SHC
IV Management Exam	Annual	Moodle 90% to pass	Wendy Herbers
Medication Calculation	Every semester	Moodle	Moodle/Practice Instructor
N-95 Mask Fitting	Bi-Annual	Self	Wendy Herbers
WHMIS	Annual	Moodle	Wendy Herbers

PRACTICE ASSIGNMENTS AND EVALUATION

The practice experience, assignments and evaluation related to the practice course will be graded either a "pass" or "fail". All assignments are compulsory and will be included in the NESAs BN Program's practice evaluation tool; thus they will be considered when assigning a grade for the course. All written assignments must demonstrate scholarly writing.

1) On-site Conference Participation

All students will be required to participate in on-site pre- and/or post-conferences. These conference times and frequency will be determined by the individual instructor, as students clinical occurs in a variety of settings. The conferences will allow students to discuss practice issues and topics that arise out of their experiences, and students will be expected to participate actively in the discussions to receive a passing grade.

Due Date: Ongoing

2) Learning plan:

Students will be required to submit **two (2) one-goal** learning plans over the entire semester, complete with three objectives (knowledge, skill, and attitude) for each goal, and learning strategies for achieving these goals. The **first goal** will be for the first six weeks of the semester and **second goal** will be for the last six weeks of the semester. Please refer to the current Student Handbook if requiring more information on how to develop learning plans. The learning plan should be developed in consultation with the instructor. A template for the learning plan is located on Moodle. **Learning plans must be submitted by 18:00 on the due date assigned to your clinical group.**

Due Date: First goal-due week 1, Second goal-due week 7

3) Reflective Journals

Students will be required to submit a total of four (4) reflective journals for the semester, completing two (2) journals during each 6-week half of the semester. These reflections will allow the student the opportunity to examine and demonstrate their ability to make connections between their values, opinions, beliefs, current research, theoretical knowledge, and practice experiences. Reflections will also facilitate communication and feedback between instructor and student, enhancing student learning through ongoing dialogue.

Students will reflect on at least one experience they have encountered in clinical and provide a critical analysis and evaluation of his or her own professional development in the following nursing practice standards: a) professional responsibility and strategies for engaging in growth opportunities; b) knowledge-based practice; c) awareness of own values, attitudes, and ethical practice and the effects of these on client care; and d) proficiency in therapeutic communication skills and developing therapeutic rapport with clients.

Critical reflections may be written in first-person and must include at least one scholarly resource as a reference (not a CARNA Standard). The journals do not have to be formatted in APA style, but scholarly resources must be referenced in accordance with the most recent APA requirements. Papers must be **comprehensive**, to a maximum of three (3) pages.

Due weeks 3, 4, 8 & 9

Monday/Tuesday clinical group – due Thursdays at 1800

Thursday/Friday clinical group – due Sundays at 1800

4) Summative Journal

Students will be required to complete **one (1) summative journal**, in which the student will reflect on his or her mental health practice experience over the course of the full semester. Students may reflect on what they enjoyed or found challenging about their mental health experience. In addition, the summative journal should include how the knowledge and skills learned in this mental health experience can be applied to other nursing practice areas that the student may work in, as well as, how this experience and subsequent learning has provided them the opportunity for their own professional development as a registered nurse. This journal does **not** require scholarly resources.

Due Date: Your instructor will guide you as to whether the Summative Journal will be due in **Week 10 or Week 11** of the practice semester.

GENERAL GUIDELINES FOR ASSIGNMENTS

All written assignments are the original work of an individual student. Using the work of others in assignments without appropriate recognition (citation) constitutes the academic offense of plagiarism and could result in a failing grade for the course (see academic calendar under student discipline for further information).

In accordance with university regulations on duplication, “no student shall submit in any course or program of study, without both the knowledge and approval of the person or persons to whom it is

submitted, all or a substantial portion of any academic assignment for which credit has previously been obtained or which has been or is being submitted in another course or program of study in the University or elsewhere". (U of L 2014/2015 Calendar, p. 78).

The correct application of APA (2010) guidelines is a consideration in the evaluation of written assignments. All papers, in accordance with APA guidelines, should be typewritten double-spaced, on unlined paper, with a minimum of 1-inch (2.5 cm) margins all around. Include a title page, reference list, and appendices (if needed). It is strongly recommended that you familiarize yourself with the format particularly in relation to the use of quotations, abbreviations, headings, and how to correctly cite various sources. Chapter 3 (Writing Clearly and Concisely) (pp. 61-86) in the APA manual (6th ed.) can be helpful in the development of a scholarly writing style.

As per Faculty of Health Sciences policy, the grades of late assignments can be reduced by 5% per day, unless extenuating circumstances have been discussed with the professor prior to the due date.

Refer to Part 4: Academic regulations, policies and program requirements in the University of Lethbridge calendar for further information.

EVALUATION

All practice courses are evaluated on a **pass/fail** basis. Evaluations will be conducted at mid-term and end of term. Students are expected to prepare a self-evaluation. The NESABN Program's Practice Evaluation Tool will be used for the evaluation.

Both midterm and final evaluations will be done **outside** of clinical hours.

GRADING

Pass / Fail

LATE PAPERS/ASSIGNMENTS

All papers and assignments must be submitted by the beginning of clinical on the due date **UNLESS AN ALTERNATE DUE DATE HAS BEEN ARRANGED WITH THE FACULTY MEMBER** at least 48 hours in advance of the scheduled due date, at the instructor's discretion.

Assignments can be submitted in paper and/or electronic format as stipulated by the course instructor.

If an assignment is to be submitted late and on a holiday or weekend then an electronic copy should be submitted to the instructor as soon as possible. An identical paper copy must be submitted (unless alternate arrangements are made) on the first working day following the holiday or weekend. If the paper copy is submitted to the instructor on the next working day then the calculation of penalty will apply to the submission of the electronic version.

Refer to Part 4: Academic regulations, policies and program requirements in the University of Lethbridge calendar for further information.

PLAGIARISM STATEMENT

The University of Lethbridge subscribes to Turnitin.com, a plagiarism detection service. Please be advised that student work submitted for credit in this course may be submitted to this system to verify its originality. Students must be able to submit both electronic and hard copy versions of their work upon request.

ATTENDANCE POLICY

Purpose:

Every day in nursing practice provides an opportunity to learn about human interactions, disease processes, health promotion or human response to health and illness. Nursing students are expected to be prepared for and able to perform the essential functions of the nursing role as assigned in the lab or nursing practice placements in order to graduate. Absence from required practice hours may impact a student's ability to meet course objectives/outcomes. In order to support optimal student learning and to meet professional program requirements, **attendance in all assigned practice days is required.**

Consistent with the Code of Ethics (Canadian Nurses Association, 2008), nursing students are expected to demonstrate accountability and integrity. Attendance in nursing course work is a matter of professional conduct.

The Nursing Practice Standards (College & Association of Registered Nurses of Alberta, 2005) also state that a nurse must ensure his/her "fitness to practice" (p. 5). Accordingly, the Student Placement Agreement (2012) with our clinical partners defines this concept for students. (See below). There may be numerous conditions or changes in health status that can compromise your fitness to practice. Some examples may include: a newly diagnosed medical condition, or a pregnancy. When you become aware of such conditions or changes in health status, it is important for you to discuss the potential implications for your own health and safety or the health and safety of others with your clinical instructor, and with the Practice Coordinator.

Definitions:

"*Nursing practice*" in this policy means all lab components, activities and scheduled hours/shifts assigned for the development of the competencies required for the professional practice of a bachelor's degree prepared registered nurse.

"*Absence*" means a student is unable to be physically present to engage in the scheduled/assigned nursing practice activities for a course.

"Fitness to Practice: Congruent with the CARNA Nursing Practice Standards related to fitness to practice for registered nurses "fitness to practice means the physical, mental and emotional capacity to practice safely in accordance with the placement" (SPA, 2012, p. 2).

Policy Statements:

1. Attendance at all scheduled components associated with nursing practice courses is required. Students who miss practice days are at increased risk for not successfully completing a nursing practice course.
2. Due to unforeseen circumstances, scheduled practice experiences may be changed or rescheduled (e.g., due to ward closure). Practice instructors will notify students as soon as possible of any change in scheduled practice hours/shifts.
3. Winter driving in Alberta can be hazardous as a result of decreased visibility, poor road conditions and decreased vehicle performance. It is important to evaluate road conditions and consider not traveling if conditions are poor.
4. When an absence occurs (e.g., due to illness), it is the student's professional responsibility to notify the clinical instructor at least 30 minutes before their nursing practice is scheduled to begin.
5. A note from a health professional may be requested for an absence due to illness or injury, or any other condition that may affect the student's ability to successfully complete the program.
6. Travel, social, and recreational activities will not be accepted as valid or professionally justifiable reasons for absence from scheduled nursing practice.
7. It is each student's responsibility to plan any scheduled commitments outside of the "term dates" listed in the academic calendars of the Lethbridge College and the University of Lethbridge.
8. Cumulative practice hours will be tracked in relation to standards (e.g., employer standards for the minimum practice hours required for employment as an undergraduate nurse).
9. Absences due to bereavement will be addressed on an individual basis by the Practice Course Lead/Coordinator in consultation with the Chair/Associate Dean.
10. Requests for absences may be subject to review and approval by the Dean or designate.

11. A Practice Enhancement Plan may be initiated by an instructor/professor for any student with an absence from a nursing practice course. A Practice Enhancement Plan is designed to support student success in meeting practice course requirements and outcomes.

Refer to the 2015/2016 BN Programs NESAs Student Handbook for further information.

LEAVE OF ABSENCE

Request for LOA shall be made in writing to the Dean at the respective institution. All such leaves will be considered on an individual basis. All leaves of absence will be assessed on an individual basis by the Dean at the respective institution to determine the need for the student to complete makeup days. The student should be aware that a leave of absence may necessitate a delay in writing nursing licensure exams.

NESA STUDENT UNIFORM/DRESS POLICY

Ethical Principles Underlying the NESAs Student Dress Policy:

It is the responsibility of the students to assure that they present themselves appropriately during clinical practica. Principles include:

- Do no harm – It is the responsibility of students to comply with the dress code in order to minimize risk of infection. For example, evidence suggests that gel nails present an increased risk of infection. Further, dark nail polish reduces visibility of the nail tip for adequate cleaning.
- Respect for persons – It is the responsibility of students to respect the dignity of persons. Student personal attire should not offend clients (e.g., no low cut, revealing clothing and covering extensive tattoos).
- Diversity – It is the responsibility of students to respect the diversity by gender, culture, age, sexual orientation etc. Student personal attire should not offend clients (e.g., no low cut, revealing clothing and covering extensive tattoos).
- Autonomy – It is the student's responsibility to be appropriately attired for the setting of practicum placements. Student self-determination and self-expression must be balanced against the professional ethical principles of doing no harm, and respect for the dignity and diversity of all persons.

Principles for the Regulations of the Dress Code:

- Complies with Occupational Health and Safety standards
 - Complies with the No Scent Policy
- Complies with the standards of the applicable health organization for all clinical practica.
- Requirements for appropriate dress include:
 - **The NESAs name tag must be worn by all students.**
 - **The colour of NESAs uniforms is storm blue.**
 - **A clean white lab coat must be used to cover street clothing for all students entering health care facilities to prepare for practica (unless otherwise directed).**
 - **Hair pulled back from the face (as appropriate for clinical settings).**

SUPERVISION OF STUDENTS IN CLINICAL PRACTICE

Nursing students in a NEPAB approved nursing education program that leads to entry-to-practice as a registered nurse are not regulated by the College and Association of Registered Nurses of Alberta [CARNA], and are therefore considered unregulated workers under the Health Professions Act [HPA] (2000) (CARNA, 2005). As unregulated workers, baccalaureate nursing students are only able to perform restricted activities if a regulated member of the profession (i.e. a registered nurse) consents to and supervises them in the performance of the restricted activity (CARNA, 2005).

“Restricted activities are regulated health services which have been identified as involving a significant degree of risk to the public. They are also activities that demand specific competencies on the part of the person performing them” (Alberta Health & Wellness, 2000, p.12). Further details regarding restricted activities can be found in Schedule 7.1 of the Government Organization Act (GOA), and Appendix C of the CARNA document, “*Standards for Supervision of Nursing Students and Undergraduate Nursing Employees Providing Client Care*”.

“Supervision is defined as consultation and guidance by a regulated member of a regulated health profession in the practice setting. The nursing student is responsible for requesting consultation or guidance from the regulated member when they need assistance. Supervision may be direct, indirect, or indirect remote:

- a) **Direct** supervision means a regulated member is present in the practice setting at the point of care. This means that the regulated member is providing supervision “at the side of” the nursing student.
- b) **Indirect** supervision means that the regulated member is available for guidance and consultation, but is not directly at the side of the nursing student... This means that the regulated member is readily available in the unit or in the same location where the care is being provided. In community health settings, being readily available in the same location where the care is being provided would mean that the regulated member is physically present in the clinic setting.
- c) **Indirect remote** supervision means that the regulated member is available for consultation and guidance but is not physically present in the location where the care is being provided but is able to be contacted through the use of technology...telephone, pager or other electronic means when the nursing student...needs verbal assistance or guidance in providing client care.” (CARNA, 2005, p.2).

NESA students may practice under all these levels of supervision during the delivery of clinical courses, as determined by their nursing instructor or registered nurse preceptor. The decision regarding the appropriate level of supervision will be made in consultation with the nursing student(s) and will take into consideration the student’s competencies and the activities in which the student will be engaged. Supervision in agency settings will generally be direct or indirect; however, community project clinical supervision will frequently be provided at the indirect remote level. When participating in a community project clinical experience, the clinical instructor will be available by cell phone at all times and will frequently, but not always be in attendance at the agency. *Please note that students should not engage in any independent restricted activity that they are not competent and confident in performing regardless of the assigned level of supervision, and should request additional supervision from their instructor/preceptor if they feel they require it. Furthermore, students are expected to display professionalism and accountability at all times while in the clinical practice environment.*

ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY

Reasonable accommodations are available for students who have a documented disability. If you have been diagnosed with a disability, there is no need to face the challenge of University without support. Please contact the Accommodated Learning Centre at 403.329.2766, <https://www.uleth.ca/ross/accommodated-learning-centre/> to set up an appointment. After registering with the Accommodated Learning Centre your instructor will be notified by a formal letter of any accommodations you require. In addition, students are responsible for requesting accommodations from the instructor at least ***two weeks*** in advance of the evaluation date. The instructor and student are jointly responsible for arranging the resources needed for the evaluation process.

COPYRIGHT STATEMENT

All University of Lethbridge students, faculty and staff must comply with Canadian law and institutional license agreements pertaining to copyright. At the same time, keeping abreast of our copyright obligations and options is a complex task as copyright matters locally and globally are in flux and are likely to remain so for at least the near future.

The University's Copyright website (www.uleth.ca/copyright) is a source of current copyright information that includes:

- answers to common copyright questions (see the [FAQs](#)),
- guidance on whether you need permission or a license to copy a particular work (see the [Copyright Permissions Flow Chart](#)),
- guidance on assessing whether fair dealing may apply to specific instances of copying you wish to undertake (see the [Guidelines for Copying under Fair Dealing](#)), and a [permissions look-up tool](#) to help you determine the kinds of copying and other uses permitted by the Library's license agreements covering specific online journals and other online resources.

You are encouraged to contact the University Copyright Advisor (copyright@uleth.ca) for assistance with any copyright questions or issues.

REFERENCES

Alberta Health and Wellness, Health Workforce Planning. (2000). *Health Professions Act: An overview*. Edmonton, AB: Author.

College and Association of Registered Nurses of Alberta. (2005). *Standards for the supervision of nursing students and undergraduate nursing employees providing client care*. Edmonton, AB: Author.