



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Operating Unit: Health Sciences
Program: Nursing
Option:

Course Outline

NURS 1030
Nursing Practicum 1

Start Date: August, 1999

End Date: December, 1999

Course Credits: 8

Term/Level: 1

Total Hours: 121

Total Weeks: 11

Hours/Week: 11 **Lecture:** **Lab:** **Shop:** **Seminar:** **Other:** Clinical Agency Practicum

Prerequisites

Course No.	Course Name
None	

NURS 1030 is a Prerequisite for:

Course No.	Course Name
NURS 2030	Nursing Practicum 2

Course Calendar Description

In this course, students will be expected to provide knowledgeable and safe nursing care to people in hospitals. The scope of nursing practice includes recognition and consideration of the health needs of people entering the hospital as well as health needs that will require follow-up on discharge.

Context of practice: Adult medicine.

Course Goals

NURS 1030 is a practicum course that focuses on providing nursing care for people experiencing health problems that require hospitalization. Emphasis is placed on developing knowledge, skills and attitudes relevant to a professional nursing identity.

Evaluation

- Satisfactory/Unsatisfactory standing based on student and instructor evaluation.

Formal Waiver

- Unforeseeable circumstances may necessitate the alteration of course content, sequencing, timing or evaluation and that, as much as is possible, students will be given adequate notice of any such changes.

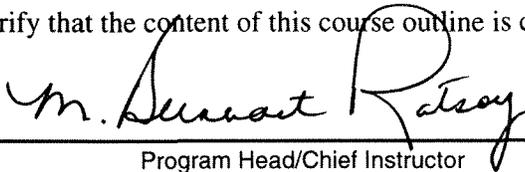
Course Learning Outcomes/Competencies

The student will:

1. Provide professional caring which is based on knowledge and skills.
 2. Pursue shared meaning by communicating effectively with people.
 3.
 - a. Recognize the uniqueness of each patient and/or patient situation and respond with appropriate clinical judgement.
 - b. Raise questions about nursing practices to explore alternatives.
 - c. Reflect on own nursing practice.
 4. With assistance, monitor own practice, determine learning needs and independently act upon identified learning needs.
 5. Develop collaborative partnerships with members of the health care team.
 6. Use leadership skills when working with others in the clinical setting.
 7. Implement technical skills competently and with increasing confidence.
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Course Content Verification

I verify that the content of this course outline is current, accurate, and complies with BCIT Policy.



Program Head/Chief Instructor

Associate Dean

99.06.03

Date

Note: Should changes be required to the content of this course outline, students will be given reasonable notice.



**NURSING 1030
NURSING PRACTICUM 1
MIDTERM
STUDENT LEARNING NEEDS**

NAME: _____ DATE: _____

Strengths:

Areas for Improvement:

Learning Plan:

Specific experiences in which more practice is required:

Student signature: _____

Instructor signature: _____



**NURSING 1030
NURSING PRACTICUM 1
EVALUATION SUMMARY**

Student: _____

Instructor: _____

Hospital: _____

Ward: _____

Date: _____

Number of hours planned: _____

Hours attended: _____

Hours absent: _____

Areas of strength:

Areas requiring further development:

Instructor Recommendation: _____

Instructor signature

Date

Student signature

Date

Program Marks Committee Recommendation: _____

School of Health Marks Committee Decision: _____



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**NURS 1030
Nursing Practicum 1**

Instructor(s)

Lynn Field	Office Phone: 451-6945	Office No.:	SE12 418
Jenifer Bartlett	451-6952	Office Hrs.:	Please see individual
Cathy Hine	432-8907		instructors
Fairleth McCuaig	451-6956		
Susan Rowe-Sleeman	451-6946		
Selma Whiteside	451-6953		

Learning Resources – Text(s) and Equipment

Equipment:

- A uniform that complies with program policies (see Guidelines for Students in the Nursing Program)
- Shoes that comply with program policies (see Guidelines)
- A stethoscope
- A pen and notebook
- A pen light
- Bandage scissors
- A watch with a second hand
- Tape measure
- A lock may be required if you use a hospital locker to store clothing, etc. while at the hospital

Texts Required:

Canadian Nurses Association. (1997). *Code of Ethics for Registered Nurses*. Ottawa: Author.

Nursing Program. (1998). *Guidelines for Students in the Nursing Program*. Burnaby, BC: BCIT.

Registered Nurses Association of British Columbia. (1998). *Standard of Nursing Practice in British Columbia*. Vancouver: Author.

Sims, L.K., D'Amico, D., Stiesmeyer, J.K., & Webster, J.A. (1995). *Health Assessment in Nursing*. Menlo Park, CA: Addison Wesley.

Either of the following two texts:

- Kerr, J., & Sirotnik, M. (Eds.). (1997). *Canadian Fundamentals of Nursing*. Toronto, ON: Mosby.
- DuGas, B.W., Esson, L., & Ronaldson, S.E. (1999). *Nursing Foundations: A Canadian Perspective* (2nd ed.). Scarborough, ON: Prentice Hall Canada, Inc.

Required: (cont'd)

Either of the following two texts:

- Black, J.M., & Matassarin-Jacobs, E. (1997). *Medical-Surgical Nursing: Critical Management for Continuity of Care* (5th ed.). Philadelphia: Saunders.
- Phipps, W.J., Sands, J.K., & Marek, J.F. (1999). *Medical-Surgical Nursing: Concepts and Clinical Practice* (6th ed.). St. Louis: Mosby.

Either of the following two texts:

- Anderson, K.N., Anderson, L.E., & Glanze, W.D. (1994). *Mosby's Medical, Nursing and Allied Health Dictionary* (4th ed.). St. Louis: Mosby.
- Miller, B.F., & Keane, G.B. (1997). *Encyclopedia and Dictionary of Medicine, Nursing and Allied Health* (6th ed.). Philadelphia: Saunders.

Either of the following two texts:

- Wilson, D.D. (1999). *Nurses Guide to Understanding Laboratory and Diagnostic Tests*. Philadelphia: Lippincott.
- Malarkey, L.M., & McMorrow, M.E. (1996). *Nurse's Manual of Laboratory Tests and Diagnostic Procedures*. Philadelphia: W.B. Saunders Company.
- A pharmacology handbook.

Recommended:

Carpenito, L.J. (1999). *Nursing Care Plans and Documentation: Nursing Diagnoses and Collaborative Problems* (3rd ed.). Philadelphia: Lippincott.

BCIT Policy Information for Students

Introduction

Welcome to your first nursing practicum course. For many of you, this is your first practicum experience. Practicum is not an escape from classes; you cannot just use common sense to achieve course outcomes. Practicum requires thoughtful preparation, reflection and integration of learning. Knowledge and skill are required. Practicum is also not another laboratory experience where your learning needs take priority. It is a health/illness experience for the patient in which you are encouraged to participate and from which you learn. The patient's needs will always take priority because the fundamental role of nurses is to provide a public service.

As you begin your journey to become a professional nurse you will have a number of experiences that will help you develop professional nursing knowledge, skills and attitudes. As nurses care 24 hours a day, many of you will have both day and evening practicum experiences. As the term progresses, you will have increasing responsibility for client care so you may be unable to leave the agency on time. Be prepared to extend your day past the usual stop time.

Outcome Review

At the beginning of the term, the expectations for practicum performance may seem overwhelming. However, the majority of students are successful in this course. Be prepared to collaborate with family members, classmates, instructors, nurses and other agency personnel to maximize your learning. To help students understand the meaning of the seven course outcomes listed on page two of this document, we have developed examples of topics that are included in each. Please refer to these *Guidelines for Course Outcomes* attached to the back of this document.

1. The relationship with your practicum instructor will likely be different from any instructor-student relationship you have had in the past. You are expected to form a partnership with the instructor that is based on open communication, respect and a balance of power. This means that you will:
 - meet to discuss course outcomes to achieve shared understanding of them.
 - identify the evidence required to demonstrate achievement of the outcomes.
 - dialogue verbally regularly throughout the course. The reflective thinking activity may enhance the dialogue between students and teachers. The dialogue may also enhance the reflective thinking.
2. During the practicum orientation, the evaluation of this course will be discussed. Most of the course will focus on dialogue to promote learning. **Students are expected to use the dialogue to make weekly progress in learning.** Towards the end of the course, the student must **show evidence of consistent outcome achievement** to obtain a satisfactory standing in the course.
3. Between weeks five and six of the course, each student will meet with their practicum instructor to discuss progress to date. Both will come to the meeting with evidence to support conclusions about strengths and areas for improvement. A learning plan will be established that will help students achieve course outcomes by the end of the term. (See the midterm course evaluation attached to this course outline.)

For some students, the requirement to contribute to performance summaries may be a very new experience. How do you go about preparing for such an interview? How do you collect evidence about your abilities and areas for improvement?

Start by reviewing your patient assignment sheets, notes used for practicum preparation and journal entries. They will help you identify what you know and what you have done. As you compare this knowledge and behavior with the course outcomes you will begin to see how close you have come to achieving the course outcomes. Record your ideas and be prepared to discuss them with your instructor during the meeting. **At midterm, it is expected that most students will identify some course outcomes they have not yet achieved.** Begin to consider how you might go about learning to achieve these course outcomes. Remember, sometimes maximizing strengths helps us overcome areas for improvement.

4. During the exam week, each student will meet with their practicum instructor to draft the final summary of outcome achievement. Both will come to the meeting with evidence to support conclusions. (See the final course evaluation attached to this course outline.) The instructor has the final responsibility for assigning a S or U in the course.

Course Evaluation

Students will participate in a verbal or written review of the course at midterm and the end of the term. This review will include a discussion of teaching methods, resources and course structure. The midterm review is aimed at meeting the needs of the students currently taking the course. The end of term review is aimed at modifying the course for subsequent students.

Attendance

1. Attendance is required in this course because of the importance of experience in learning how to nurse. **Therefore, if students are absent for more than 10% of the practicum activities for other than medical reasons, they may not meet course requirements** (see *Guidelines for Students in the Nursing Program*).
2. Students are expected to attend practicum activities in an appropriate state of health. When this does not exist, students must notify the agency and teacher before the experience begins for the day.

Participation

1. Students will be given patient information the day prior to the practicum days. **Prior to the first practicum day, students are expected to read their medical-surgical text so they have a reasonable understanding of the nursing care the assigned patient(s) might require.** This includes:
 - knowing the medical diagnosis including how the disease alters usual body functions.
 - understanding the appropriate assessments required for the medical diagnoses and patient issues.
 - anticipating the nursing care required for the collaborative functions with medicine and for the independent nursing functions.
 - speculating on the possible complications for the patient(s).
 - knowing the medications prescribed for the patient(s) including: the likely purpose of the medication for the patient(s), the action of the drug, the safe dosage, the usual side effects, the contraindications for the drug and the nursing actions required when administering the drug.
 - beginning to understand the relevant laboratory tests.
2. Students are expected to perform the clinical techniques from the NURS 1020 course as they are learned. Because of the client population at the assigned agency, the clinical instructor may also teach specific skills.
3. The nursing care must be safe and comfortable for patients. Please refer to the *Guidelines for Students in the Nursing Program* for specific policies regarding nursing care.
4. Students are expected to document assessment findings, nursing care and evaluation of care each day for all assigned patients. **The daily documentation must include a full system review for each patient.**
5. It is expected that students will be able to write care plans for one patient problem for each patient by the end of the term. These care plans must be **comprehensive and individualized** for the patients.

Participation (cont'd)

6. Students will find that concepts from the NURS 1000 and 1040 courses will apply to practicum situations. Students would be wise to ask themselves the following questions to help them increase their understanding:
 - How does this patient situation relate to the concepts from NURS 1000?
 - What do I know about the NURS 1000 concepts that might help me understand this patient situation?
 - What assumptions am I making about this situation? What other perspectives could be taken?
 - What professional issues apply in this situation?
 - What is expected of me according to the *Standards of Practice for Registered Nurses* (RNABC, 1998) and the *Code of Ethics for Registered Nurses* (CNA, 1997)?
7. Students will be expected to document errors according to the policy of the agency in which they are working and according to the policies of the Nursing Program. Students whose care is unsafe may be removed from the practicum setting according to the *Guidelines for Students in the Nursing Program*.
8. Weekly practicum activities include the hour-long practicum debriefing. The debriefing session is a structured group that allows teachers and students to process, contextualize, understand, reflect and learn from the practicum experiences. The conference is aimed at reflection, education, critical thinking, stress reduction, group support and question identification. **Students and teachers have the responsibility to see that these sessions are meaningful. They will decide where and when the sessions will be scheduled each week and how they will be structured.**

Assignment Details

Reflective Thinking Activity or Journal

The purpose of this activity is to help students develop the ability to reflect on and reason about their practicum activities. It is not a diary in that diaries are usually focused on outside experiences. A journal is a written account of your thinking about the practicum experiences. "The focus will be on your unfolding awareness of yourself and your [nursing] world, as well as the new meanings, values and interrelationships you are discovering" (Reimer, Thomlinson & Bradshaw, 1999, p. 28).

Your journal should include descriptions of events and the impact of these events on you. By recording this, you have the opportunity to critically analyze the events of the practicum experience to identify your assumptions and alternate perspectives. Through this process, you will discover "your biases about yourself as a developing nurse ... [and] your abilities and strengths" (Reimer, Thomlinson & Bradshaw, 1999, p. 41). Also, you will start to think about how you learn best so that you can use this knowledge to enhance your learning in the practicum situation.

The following guidelines will help you start a journal that will help in the reflection process:

1. Keep all the journal entries together in a book.
2. Describe the experiences briefly. Do not worry about grammar, spelling, etc. unless you wish to use this writing experience to assist you with these skills.
3. Make at least one journal entry each practicum week. Describe the events as you understood them.
4. Carefully examine your beliefs, feelings and actions once you record the experience. Questions like "why did I feel that way?" "why did I act that way?" and "why did I use these words to describe the situation?" might help you identify your beliefs and feelings.

5. Record your analysis. Questions like “what have I learned from this event?” “how does this experience connect or relate to previous experiences?” “what would be the consequences if I behaved differently?” and “what might I do differently in the future?” might help you analyze the experience.
6. Consider what the experience tells you about the ways you learn.
7. Include at least one positive statement about your strengths and abilities each week. Also, include an “I wonder ...” statement to help you think about the possibilities of practice.

The student’s contribution to this journal will be confidential between the student and the instructor.

Sharing of any part of the student’s writing will occur only when written permission has been given to do so. **All students must complete all the journal activities to achieve a satisfactory grade in this course.**

Instructors will make comments and ask questions to help students reflect on their practicum experiences in greater depth. From time-to-time, instructors may ask students to reply to a question they have posed.

Once students have been writing journals for a while, they might want to do a different reflective thinking activity. This second activity is to help students identify another person’s perspective of a nursing situation. In the journal:

- describe something significant that occurred in the practicum experience that involved another person (patient, family member, staff member, etc.).
- identify why the situation is significant to you.
- how might your perspective of the situation be different from the perspective taken by the other person?
- how might you validate this different perspective?
- how will the two perspectives impact your future nursing care?

References

- Greenwood, J. (1998). The role of reflection in single and double loop learning. *Journal of Advanced Nursing*, 27, 1048–1053.
- Reimer, M.A., Thomlinson, B., & Bradshaw, C. (1999). *The Clinical Rotation Handbook: A Practicum Guide for Nurses*. Albany, NY: Delmar Publishers.

Teacher and student, please document the achievement of the following outcomes:

1. Provide professional caring that is based on knowledge and skills.
2. Pursue shared meaning by communicating effectively with people.
3. Recognize the uniqueness of each patient and/or patient situation and responds with appropriate clinical judgment.
4. Raise questions about nursing practices to explore alternatives.
5. Reflect on own nursing practice.
6. With assistance, monitor own practice, determines learning needs, and independently acts upon identified learning needs.
7. Develop collaborative partnership with members of the health care team.
8. Use leadership skills when working with others in the clinical setting.
9. Implement technical skills competently and with increasing confidence.

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY
NURSING PROGRAM

GUIDELINES FOR NURS 1030 COURSE OUTCOMES

The nine course outcomes for the Nursing Practicum 1 course are quite broad. To help you understand their meaning, here are some guidelines of what each outcomes includes. Please use this information when you think about outcome achievement in this course.

1. Provides professional caring based on knowledge and skills.
 - Prepares for the clinical experience and is able to discuss:
 - the diagnosis and how the disease alters usual body functions.
 - the anticipated nursing care for the collaborative functions with medicine and the independent nursing functions.
 - the potential complications for the patient.
 - the medications prescribed for the patient.
 - the relevant laboratory tests.
 - Does a relevant focused and comprehensive assessment for each patient.
 - Involves the patient in planning the care given by the student.
 - Provides basic nursing care for two medical patients.
 - Begins to consider health promotion activities that might be incorporated into care.
2. Pursues shared meaning by communicating effectively with people.
 - Is respectful of others.
 - Establishes effective relationships with patients, family members, instructor, fellow students and health team members.
 - Demonstrates the use of basic interviewing skills to elicit information and understand the other person's perspective.
 - Charts in a clear, concise, relevant, legal and timely manner.
 - In a timely manner, reports about patient care and progress to appropriate team members. May need help to be concise.
3. Recognizes the uniqueness of each patient and/or patient situation and responds with appropriate clinical judgement.
 - Acts appropriately on assessments.
 - Articulates the thinking behind nursing actions.
 - Begins to individualize patient care and responds to patient and family input when available.
 - Promotes patient involvement in care.
 - Begins to act as a patient advocate when the situation arises.
 - When the patient's condition changes, recognizes this and reports it promptly to the nurse or clinical instructor.
4. Raises questions about nursing practices to explore alternatives.
 - Begins to clarify nursing issues with health care professionals.

- Tactfully questions nursing practice when the rationale seem unclear or if there is no research to support them.
 - Asks about and researches alternative approaches to patient issues.
 - Begins to focus on discharge planning and patient support systems.
 - Develops systematic inquiry as a base for practice:
 - thinks through new situations and validates the thinking.
 - attempts to understand situations from a variety of viewpoints.
5. Reflects on own practice.
- Writes a reflective journal
 - Reflects on practicum following each experience.
6. With assistance, monitors own practice, determines learning needs and independently acts upon identified learning needs.
- Follows BCIT and agency policies and procedures and questions these as necessary.
 - Recognizes own limitations and seeks help from appropriate sources.
 - Self-evaluates and acts on identified learning needs. May need help to be specific with learning needs and learning plans.
 - Values discussion of performance and learning plans.
7. Develops collaborative partnerships with members of the health care team.
- Introduces self to health team members and explains role and abilities.
 - Establishes an effective relationship with the nursing team and other health professionals who play a role in the patient's care.
 - Discusses patient concerns/issues with other health professionals when not able to act independently to resolve them.
 - Spontaneously helps team members when able.
 - Spontaneously reports patient concerns/issues to health professionals promptly.
8. Uses leadership skills when working with others in the clinical setting.
- Organizes care and sets appropriate priorities of care for two medical patients.
 - Requests assistance when abilities are exceeded.
 - Displays confidence at the bedside.
 - Sets limits on inappropriate requests.
 - Begins to intervene when others put the patient's safety in jeopardy.
 - Begins to assume responsibility for debriefing sessions.
9. Implements technical skills competently and with increasing confidence.
- Anticipates, prepares and organizes self to perform skills. Is beginning to understand independent nursing interventions.
 - Maintains patient and own safety and comfort when performing skills.
 - Uses appropriate resources to perform skills safely.
 - Seeks assistance when limitations are exceeded.
 - Explains technical skills to the patient and family members.

- Reports and records observations made prior to, during, and after performing a skill.
- Maintains a tidy work area at the patient's bedside.
- Performs appropriate teaching before, during and after performing a technical skill.