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**Course Name:**

Variations in Health A

**Effective Date:**

September 2019

**School/Centre:**

Health Sciences

**Department:**

Access to Practical Nursing(5017)

**Banner Course Name:**

Variations in Health A

**Subject Code:**

NURS - Nursing

**Course Number**

2104

**Year of Study**

1st Year Post-secondary

**Credits:**

2

**Course Description:**

This course provides the learner with the foundations of disease and illness across the lifespan. Learners will gain an understanding of pathophysiological alterations of body systems. Nursing management of disease and illness across the lifespan with an emphasis on interventions and treatment is also discussed. The learners understanding of pathophysiology as it relates to the aging process and selected chronic illness will increase. A major focus of this course is on the care of the older adult experiencing a health challenge. Cultural diversity in healing practices will be explored as well as evidence informed research and practice.

**Course Pre-Requisites (if applicable):**

Admission to the Access to Practical Nursing Program

**Course Co-requisites (if applicable):**

NURS 2101 Professional Communication A; NURS 2102 Professional Practice A; NURS 2103 Health Promotion A; NURS 2105 Pharmacology A; NURS 2106 Integrated Nursing Practice A

PLAR (Prior Learning Assessment & Recognition)

No

### Course Learning Outcomes (CLO):

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

- CLO #1 Describe pathophysiology as it relates to common presentations of illness;
- CLO #2 Give examples of cellular alterations
- CLO #3 Describe the inflammatory and reparative processes;
- CLO #4 Explain physical and psychosocial stressors
- CLO #5 Explain the following terms contributing to alterations in body function: inflammation, infection, obstruction/occlusion, genetics, congenital, cancer, traumatic injury, degeneration
- CLO #6 Explain compensatory and decompensatory mechanisms
- CLO #7 Describe chronic versus acute disease illness in the context of disease (health continuum and disease versus illness)
- CLO #8 Identify the nursing management of disease and illness for body systems across the lifespan
- CLO #9 Identify holistic and traditional healing practices associated with common illness
- CLO #10 Define the influence of culture in health and healing
- CLO #11 Identify appropriate evidence-informed research and practice resources
- CLO #12 Explain the pathophysiology of common chronic illness related to the aging process;
- CLO #13 Describe the nursing management of illness associated with aging
- CLO #14 Identify altered presentations of illnesses in the older adult client
- CLO #15 Identify common mental health challenges or mental illness experienced by older adults (e.g., differences between normal aging and symptoms of a mental illness in older adults)
- CLO #16 Give examples of diversity in traditional healing practices in management of chronic illness
- CLO #17 Explain the influence of culture and cultural competency in health and healing

### Instructional Strategies:

Course guides provide direction of learning in preparation, in course activities and reflection of the content. The instructor acts as facilitator and expert to promote an environment conducive for learning through activities such as guided discussion, debate, audio-visual presentation, group activities, online activities, skill building exercises and simulation.

## Evaluation and Grading

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### Grading System:

Letter Grade (A-F)

### Passing grade:

B-

### Evaluation Plan:

Type	Percentage	Brief description of assessment activity
Quizzes/Tests	50	
Assignments	15	Class Presentation
Final Exam	35	Comprehensive Final Exam

## Hours by Learning Environment Type

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### Lecture, Seminar, Online

60

### Lab, Clinical, Shop, Kitchen, Studio, Simulation

### Practicum

### Self Paced / Individual Learning

### Course Topics

#### 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 safe care; evaluation of care; collaborating with other members of the Health Care Team; health promotion; client teaching.)

Therapeutic interventions and treatments including pharmacology; Traditional healing practices (acupuncture, smudging, sweat lodge, reiki); Introduction to diagnostics

Cultural diversity in health and healing;

Introduction to evidence-informed research and practice; Physiological changes in the older adult contributing to disease and illness;

Recognition and presentation of common disease and illness in the older adult; Nursing management of disease and illness for the older adult according to body systems.

**Program and course contents and descriptions, offerings and schedules are subject to change without notice.**

**Resource Material(s):**

Resources are items in addition to tuition that the student is responsible for purchasing. Course resource information will be supplied by the department/instructor.

**VCC Education and Education Support Policies**

There are a number of **Education** and **Education Support** policies that govern your educational experience at VCC, please familiarize yourself with them.

The policies are located on the VCC web site at <https://www.vcc.ca/about/governance--policies/policies>.

**To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.**

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**Broadway campus**

1155 East Broadway, Vancouver, B.C., Canada V5T 4V5 ■ Tel 604.871.7000

**Downtown campus**

250 West Pender Street, Vancouver, B.C., Canada V6B 1S9 ■ Tel 604.443.8300