UNIVERSITY OF THE FRASER VALLEY

ORIGINAL COURSE IMPLEMENTATION DATE: January 1996
REVISED COURSE IMPLEMENTATION DATE: September 2019
COURSE TO BE REVIEWED (six years after UEC approval)**:** May 2021
Course outline form version: 10/27/2017

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: NURS 104	**Number of Credits:** 4 Course credit policy (105)

Course Full Title: Health and Wellness: Aging
Course Short Title:
(Transcripts only display 30 characters. Departments may recommend a short title if one is needed. If left blank, one will be assigned.)

Faculty: Faculty of Health Sciences	**Department (or program if no department):** School of Health Studies

Calendar Description:

In this course, health, environment, and person will be explored with a focus on the aging adult. Family as context, community, and population health will be introduced.

Prerequisites (or NONE):	Admission to the Bachelor of Science in Nursing, NURS 101, NURS 102, NURS 103, HSC 111, and HSC 116.
Corequisites (if applicable, or NONE):	NURS 105 and NURS 106.
Pre/corequisites (if applicable, or NONE):	

Antirequisite Courses *(Cannot be taken for additional credit.)*
Former course code/number:
Cross-listed with:
Dual-listed with:
Equivalent course(s):
(If offered in the previous five years, antirequisite course(s) will be included in the calendar description as a note that students with credit for the antirequisite course(s) cannot take this course for further credit.)

Typical Structure of Instructional Hours

Lecture/seminar hours	12
Tutorials/workshops	
Supervised laboratory hours	
Experiential (field experience, practicum, internship, etc.)	
Supervised online activities	
Other contact hours:	48
Total hours	**60**

Labs to be scheduled independent of lecture hours: ☐ No ☐ Yes

Special Topics
This course is offered with different topics:
☒ No ☐ Yes *(Double-click on box to select it as checked.)*
If yes, different lettered courses may be taken for credit:
☐ No ☐ Yes, repeat(s) ☐ Yes, no limit
(The specific topic will be recorded when offered.)

Transfer Credit
Transfer credit already exists: *(See **bctransferguide.ca**.)*
☒ No ☐ Yes
Submit revised outline for rearticulation:
☒ No ☐ Yes *(If yes, fill in transfer credit form.)*

Grading System
☒ Letter Grades ☐ Credit/No Credit

Expected Frequency of Course Offerings:
Fall and Winter
(Every semester, Fall only, annually, every other Fall, etc.)

Department / Program Head or Director: Hannah MacDonald	**Date approved:**	August 30, 2018
Faculty Council approval	**Date approved:**	November 5, 2018
Dean/Associate VP: Alastair Hodges	**Date approved:**	November 5, 2018
Campus-Wide Consultation (CWC)	**Date of posting:**	January 25, 2019
Undergraduate Education Committee (UEC) approval	**Date of meeting:**	March 1, 2019

Learning Outcomes:

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

1. Explain the interrelationship between the aging population, health care, and environmental factors.
2. Explore family role changes in relation to the aging individual.
3. Examine developmental, spiritual, and cultural aspects related to the aging adult.
4. Apply physiological and psychosocial concepts to the aging adult.
5. Differentiate between community and population.

Prior Learning Assessment and Recognition (PLAR)

☒ Yes ☐ No, PLAR cannot be awarded for this course because

Typical Instructional Methods *(Guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion.)*

Lecture, case studies, small group discussion, large group discussion.

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials *(If more space is required, download Supplemental Texts and Resource Materials form.)*

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Jarvis, C.	Pocket companion for physical examination and health assessment	2nd Can	Elsevier Saunders	2014
2.	Kaakinen, J., Coehlo, D., Steel, R., Tabacco, A., & Hanson, S. M.	Family health care nursing: Theory, practice and research	6th	F. A. Davis	2018
3.	Ross-Kerr, J. C., Wood, M. J., Astle, B. J., & Duggleby, W.	Canadian fundamentals of nursing	5th	Elsevier Canada	2014
4.	Stantrock, J. W., MacKenzie-Rivers, A., Malcomson, T., & Leung. K. H.	Lifespan development	4th Can	McGraw-Hill Ryerson Limited	2014
5.	Toughy, T., Jett, K., Boscart, V., & McCleary, L.	Ebersole and Hess' gerontological nursing and health aging	1st Can	Toronto, ON: Elsevier	2012

Required Additional Supplies and Materials *(Software, hardware, tools, specialized clothing, etc.)*

Typical Evaluation Methods and Weighting

Final exam:	40%	Assignments:	25%	Field experience:	%	Portfolio:	%
Midterm exam:	25%	Integration Present.:	5%	Practicum:	%	Other:	%
Quizzes/tests:	%	Class prep assign:	5%	Shop work:	%	Total:	100%

Details (if necessary):

Typical Course Content and Topics

1. Determinants of Health
   Environmental factors in the Lower Mainland
   - Socio-economic and political factors in the context of an aging population
   - Social supports

   Health Care Delivery/Systems
   - Challenges to accessing care

2. Person: Family
   - Aging family members: role changes, role strain
   - Informal caregivers
   - Caregiver stress
   - Generational diversity

3. Person: Culture and spirituality
   - Diversity of local communities

4. Person: Physiological concepts related to the middle to older adult

Safety, Comfort, Mobility, Oxygenation & Perfusion
- Pneumonia
- Falls
- Hypotension, stroke

Nutrition, Metabolism and Tissue Integrity
- Nutritional needs of the older adult
- Pressure ulcers

Infection & Immunity
- Urinary Tract Infections
- Influenza

Cellular Regulation
- Aging theories

5. Person: Psychosocial Concepts Related to the middle to older adult

Stress & Coping, Grief & Loss
- Loss of personal health and function
- Transitions for the older adult
- Transition from home to hospital to residential care
- Life Review
- Introduction to death and dying

Cognition & Mood
- Dementia, depression & delirium
- Introduction to person-centered care

Violence
- Elder abuse

Sleep & Rest

Aging & Sexuality

6. Person: Community & Population
- Introduction and overview
- General survey of the local regions

*Concept analysis will be applied to an unfolding family case