

**Kwantlen University College
Collaborative Nursing Program**

NRSG 4210: Health: Transitions

Learning Activity #1 (Online)

Transitions in Health, Health Care & Nursing

Overview:

“People’s experiences in the world are influenced by powerful and often invisible political, cultural, ethnic, social and gender values and beliefs that have been in practice for so long that they are taken for granted and presumed “real”,”
(Guba & Lincoln, 1994).

Throughout your studies in the Collaborative Nursing Program, you have explored concepts such as transition, health promotion, the changing health care system and so on. In this final health course, the concept of transition will be explored once more, to ensure you feel equipped both in knowledge and skill to adapt well to the myriad of changes that you will experience and share with other nurses and your clients in your nursing career. This is an exciting time for nurses in Canada to be involved, vocal and active as the new, changing health care system unfolds.

Historically, our health care system has responded to the changing needs of society. For example, public health boards and quarantine practices prior to Confederation (1867) were initiated in response to epidemics of infectious diseases introduced by colonization. Organizations such as the Victorian Order of Nurses and the Red Cross were developed in response to industrialization and the consequent shift away from close community and family networks. The current wave of health care reform has initiated a focus on primary health care as the foundation of the twenty-first century Canadian health care system.

Basically, primary health care is 24 hours a day, 7 days a week, accessible, quality care offered by multidisciplinary coordinated teams of health care professionals. Front-line professionals focus on health promotion, chronic illness management, and the prevention of illness and injury in a collaborative and cost-effective way. Basic principles of primary health care include: accessibility, public participation, health promotion, appropriate technology, and intersectoral cooperation.

Societal and health care system changes have a profound effect on nursing. Internal changes within the profession itself also promote change within the practice and roles of Canadian nursing. You are preparing to enter nursing at a time of critical internal and external change. In order to successfully practice nursing in Canada, it will be necessary to equip yourself with the knowledge and skills to function effectively within an ever - changing environment.

Ends In View:

This learning activity is intended to give the learner the opportunity to:

1. Explore the evidence and effects of transition in the Canadian health care system, in the health of Canadians, and in the profession of Nursing.
2. Develop an understanding of how careful planning and self development will empower and influence their ability to contribute to the positive development of a strong, fair and smoothly running Canadian health care system.
3. Examine their own knowledge and skill needs to function as an active and participatory member of the Canadian nursing profession in the promotion of health and delivery of primary health care.

In Preparation:

1. Read the CNA discussion guide:

Canadian Nurses Association. (2002). *The Unique Contribution of the Registered Nurse*. Ottawa. http://www.cna-nurses.ca/pages/resources/unique_role%20_rn.pdf

2. Read the CNA (2003) fact sheet, *Effective Health Care equals Primary Health Care*. Notice the emphasis on the five principles of primary health care.

Canadian Nurses Association. (2003). *Primary Health Care - The Time Has Come*. http://www.cna-nurses.ca/pages/issuestrends/nrgnow/Primary%20Health%20Care_Sept%202003.pdf

3. **Write a paragraph** in your online JOURNAL about your own thoughts and feelings about working in the Canadian health care system described in the readings. Quickly jot down some areas of practice that you feel you will need to focus on in order to practice in a safe and confident way in this new evolving system.

In Practice:

1. Participate in the FORUM DISCUSSION related to the multitude of transitions evident in the Canadian Health care system, with emphasis on the BC system. Think of a major transition that you have experienced repercussions from first hand during your nursing education. Dialogue about the effect this transition had on your ability to provide high quality care, the effects on clients involved, and on the health care team members involved. Share your insights with the class.
2. Complete the attached WORKSHEET and send your finished work to your instructor.

3. Apply principles of critical inquiry to brainstorm ways to help clients navigate the transitions occurring in the current health care system. Refer to the two readings provided, And consider what direction these documents give Canadian nurses in dealing with Health care transitions. Post your work on the FORUM DISCUSSION for this week.
4. The roles of nurses are being redefined in an attempt to provide care more efficiently within a complex and changing health care system.

Refer to your readings and jot down evidence of the various roles that nurses assume in the Canadian health care system. Organize them into a table like the one below.

Role of Nurses	Example of Role in Canadian Health System
Primary Health Care Champion	Promote health, educate about health determinants and lifestyle practices.
Another Role	Example of Role
Another Role	Example of Role

5. Write down a summary of examples of each of the five primary health care principles from your own community. Use the table below as a guide.

Primary Health Care Nursing in My Community	
Principle	Example
1. Accessibility	
2. Public Participation	
3. Health Promotion	
4. Appropriate Skills & Technology	
5. Intersectoral Cooperation	

In Reflection:

1. In what contexts does transition affect you as you prepare to enter Nursing practice?
2. What predictions for nursing do you have that relate to the transitions in the health system?
3. What professional development do you require to be able to practice in the primary health care environment?

References:

Canadian Nurses Association. (2002). *The Unique Contribution of the Registered Nurse*. Ottawa.
http://www.cna-nurses.ca/pages/resources/unique_role%20_rn.pdf

Canadian Nurses Association. (2003). *Primary Health Care - the Time has come*. Ottawa.
http://www.cna-nurses.ca/pages/issuestrends/nrgnow/Primary%20Health%20Care_Sept%202003.pdf

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Worksheet #1:

Health and Transitions in your Personal Practice

Take a few minutes to reflect on your current knowledge and skill base, and what your learning needs are to be able to function optimally within the changing health care system.

1. List the transitions that you have personally experienced in your nursing education related to health, health care, and nursing. Comment on the impact these transitions had on the parties involved..

2. Which population groups (based on growth and development, lifestyle, common health challenge, etc.) do you feel the most prepared to care for within the changing health system. Why?

3. Is there a particular group that you feel VERY confident about caring for? Why?

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Worksheet #1:

Health and Transitions in your Personal Practice

(continued)

4. Which population groups do you feel unprepared to care for within the changing health system? What do you need to learn or do to feel prepared to care for these groups?

5. Summarize what you now know about the following topics:

a) Social determinants of Health:

b) Health Assessment Models

c) Health Promotion and Prevention

d) Community Health Agency structures

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Worksheet #1: Health and Transitions in your Personal Practice (continued)

e) Epidemiology

f) Capacities of Communities to achieve health

6. Which population group do you plan to focus on the most in Semester 8? Why?