

# Nursing

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wp.stolaf.edu/nursing (<http://wp.stolaf.edu/nursing>)

Nursing, the largest of the health professions, is founded on a commitment of service to others and focuses on the health and well being of society. Nursing practice involves four areas: promoting health and wellness, preventing illness, restoring health, and care of the dying.

The nursing program at St. Olaf College, offers students the opportunity to enjoy a St. Olaf education, earn a bachelor of arts degree with a major in nursing, enroll in nursing courses with students outside the major, and have clinical learning experiences in a wide variety of local and Twin Cities medical and health care centers, long-term care facilities, community agencies, home health, and other facilities. By combining the values of the individual and a liberal arts background with the acquisition of professional knowledge and nursing skills, the nursing program integrates development of the whole person, a commitment to life-long learning, and service to others with a holistic approach to the practice of professional nursing.

Upon graduation, students are eligible to apply for initial licensure by examination for registered nurses offered by the National Council of State Boards of Nursing and, upon licensure, they can apply for certification as a public health nurse in Minnesota.

## Overview of the Major

The nursing program, through an innovative design that integrates theory with practice and partners educators with professionals in practice, prepares graduates to provide and coordinate nursing care for individuals, families, and communities within standards of professional practice. Students learn to think critically, communicate effectively, and implement holistic nursing care within the developmental, physical, psychological, sociocultural, and spiritual context of patient situations.

Graduates are qualified to work in hospitals, public health agencies, transitional and longterm care facilities, homes, hospice, healthcare organizations, and clinics; to provide high-quality nursing care to individuals, families, communities, and populations; and to direct the nursing care given by others. They have the background for graduate study in nursing programs, which can prepare them for advanced nursing practice, teaching, administration, and research.

## Accreditation and Approval

The baccalaureate degree in nursing program at St. Olaf College is accredited by the Commission on Collegiate Nursing Education (CCNE).

Information regarding the national accreditation status of the program can be obtained from the:

Commission on Collegiate Nursing Education (CCNE)  
One Dupont Circle NW, Suite 530  
Washington, DC 20036-1120  
(202) 887-6791

The baccalaureate degree in nursing program at St. Olaf College is approved by the Minnesota Board of Nursing.

Information regarding state approval of the program is available from the:

Minnesota Board of Nursing  
2829 University Ave., Suite 500  
Minneapolis, MN 55414  
(612) 317-3000

**Intended Learning Outcomes for the Major** (<http://wp.stolaf.edu/curriculum-committee/nursing-major-ilos>)

## Distinction

See Academic Honors (<http://catalog.stolaf.edu/archive/2015-2016/academic-regulations-procedures/academic-honors/#distinction>)

The Department of Nursing seeks to recognize senior students who distinguish themselves through an independent project that goes beyond the requirements of the major. Candidates are evaluated for the extent to which they: synthesize and integrate knowledge from the basic sciences and the liberal arts in nursing care; apply cognitive, interpersonal, and psychomotor skills to the nursing care of patients through the nursing process; demonstrate accountability for the quality of their own nursing interventions and independence in decision making; exhibit leadership skills in relation with patients, peers, nursing, and other health team members and in functions relating to professional nursing; participate in extra-curricular activities; and develop a creative project with relevance to nursing.

Students with a grade point average of 3.5 or above in the nursing courses completed at the point of application are eligible to be candidates for departmental distinction. Guidelines for distinction are available from the Nursing Department office.

## Special Programs

### Study Abroad

Nursing students at St. Olaf can participate in the study/service or semester abroad programs listed in the International and Off-Campus Studies section of the catalog. However, participants in off-campus programs will need to plan carefully and additional time may be necessary to complete all requirements for the nursing major. The nursing advisor or the department chair will assist in planning for these experiences.

### Second Majors

Undergraduates may choose to earn a double major at St. Olaf, in nursing and another discipline. Additional time may be necessary for this choice, as well as advising by faculty representing both disciplines. Students who have already earned a St. Olaf degree are eligible to earn a second major in nursing. Students should consult with the department chair to determine prerequisite courses needed prior to beginning the nursing courses. Special tuition charges are possible.

# Requirements

## Admission and Progression

Students are encouraged to express an interest in the nursing major upon application for admission to St. Olaf College. Enrollment in the program is limited and admission is competitive; therefore, early

consultation with the department chair is recommended. Interested students are assigned nursing faculty as academic advisors.

Students must apply for admission to the nursing major during the fall of the sophomore year. Application information is available from the department chair or website. Admission criteria include cumulative grade point average, grades in prerequisite courses, essay, interview, and student status. *Students needing accommodations for the essay or interview and who have a documented disability for which accommodations have been provided by the Academic Support Center (ASC), need to contact Suzanne Kiehne, the AAA for the Department of Nursing. Accommodations will only be provided after a letter from the ASC is submitted to the Department of Nursing chair and with sufficient lead-time to arrange accommodations prior to the scheduled essay or interview.* Students will be notified of their conditional acceptance into the major by a letter from the nursing department chair during the January Interim of the sophomore year. Nursing courses begin in the spring of the sophomore year.

Conditional acceptance into the nursing major will become final if students meet the following criteria at the end of the sophomore year: a minimum cumulative GPA of 2.85 and successful completion of all nursing prerequisite courses with a GPA of 2.70. Prerequisites must be taken for a letter grade. Only one prerequisite course may be below C-, and this course (or an alternate course approved by the Nursing Department chair) may be repeated once. A minimum grade of C- must be achieved in the repeated or substituted course. If a grade of C- is not achieved in the repeated or substituted course, the student may not continue in the major. If two or more prerequisite courses are below C-, the student may not continue in the major.

Students not accepted may choose to be placed on a waiting list and will be notified of their rank on that list. If openings occur, admission will be offered to waiting list students by rank, highest rank first. Students on the waiting list may also reapply for admission to the nursing program the following year. They will be considered in the next pool of applicants but will not be guaranteed admission because they apply a second time.

In the event that a student is denied admission to the program by the department of nursing, and is subsequently unsuccessful in appealing the decision within the department, the student may appeal to the Academic Dean, who will ask for a written statement from both the student and the department prior to rendering a decision. The Dean's decision will be final.

In addition to the college health requirements, nursing students must also provide documentation of: physical examination, immunization to Hepatitis B, measles, mumps, varicella, rubella, influenza, and negative two-step Tuberculosis Skin Test (TST)/Mantoux or negative Blood Assay for Mycobacterium (BAMT)/TB serum test or negative chest x-ray (only with a positive TST) after June 1 of both the junior and senior years in the major.

Continuous certification in CPR must be maintained throughout the major. Students should complete a CPR course prior to beginning nursing courses that provides certification for the final two-year period they are enrolled in the major (typically junior and senior years). Students should select either the Basic Life Support for Health Providers course offered by the American Heart Association or the CPR/AED for Professional Rescuers and Healthcare Providers course offered by the American Red Cross.

In order to be qualified to provide direct patient services, students must undergo an annual criminal background study conducted by the Minnesota Department of Human Services (MDHS). If a student is disqualified by the MDHS, he or she will be unable to provide direct patient care and he or she will be dismissed from the nursing program.

Students beginning the nursing program must also be a certified nursing assistant (CNA). Students will need to provide documentation of Minnesota Department of Health (MDH) Nursing Assistant registration after successful completion of a Certified Nursing Assistant/Nursing Assistant Registered program prior to beginning the nursing program. Students must meet all college requirements for graduation, as well as complete eight prerequisite courses.

#### **Prerequisite Courses (to be completed before beginning Level III nursing courses)**

BIO 143	Human Anatomy and Physiology: Cells and Tissues	1.00
BIO 231	Microbiology	1.00
BIO 243	Human Anatomy and Physiology: Organs and Organ Systems	1.00
ID 110	Interprofessional Education: Exploration in Healthcare	1.00
ID 210	Pathopharmacology	1.00
PSYCH 125	Principles of Psychology	1.00
PSYCH 241	Developmental Psychology	1.00
Select one of the following:		1.00
SOAN 121	Introduction to Sociology	
SOAN 128	Introduction to Cultural Anthropology	
SOAN 260	Marriage and the Family	
SOAN 264	Race and Class in American Culture	

#### **Requirements for Graduation**

NURS 211	Holistic Health Assessment and Health Promotion	1.00
NURS 311	Foundations of Professional Nursing	1.00
NURS 312	Family Health	1.00
NURS 313	Gerontological Nursing	1.00
NURS 314	Lifespan Medical-Surgical Nursing I	1.00
NURS 386	Perinatal Health (through fall 2015)	1.00
NURS 388	Community Health (through fall 2015)	1.00
NURS 392	Mental Health (through spring 2016)	1.00
NURS 397	Nursing Leadership (through spring 2016)	1.00
One course in ethics (students should consult with their advisor to determine what courses meet this requirement for nursing from general education EIN courses)		1.00

NURS 390 Research Methods in Nursing is an elective course that is highly recommended by the Nursing Department for all nursing majors. 1.00

The following courses will be submitted as proposals by the Nursing Department and considered by the Curriculum Committee in the fall semester.

- NURS 315 Lifespan Medical-Surgical Nursing II
- NURS 316 Public Health Nursing
- NURS 317 Behavioral Health
- NURS 318 Nursing Leadership
- NURS 319 Complex Patient Care
- NURS 399 Senior Nursing Seminar

## Courses

Nursing courses that count toward the major are upper-division (sophomore, junior, and senior years). Courses progress from non-acute to acute nursing, from simple to complex situations, and include care of the individual, the family, and the community. Each nursing course that counts toward the major provides the student with 39 class periods, or the equivalent, of instruction. One class period equals 55 minutes at St. Olaf. Three hours of classroom laboratory or clinical laboratory is the equivalent of one class period. Clinical experiences are provided in each semester of the nursing major in a variety of rural and urban settings. Clinical experiences may occur on any shift or day of the week as negotiated by agencies and the program. Students must provide their own transportation to clinical experiences. Nursing faculty design and evaluate all classroom and laboratory experiences; in some courses registered nurses working as adjunct instructors assist faculty to guide student learning in the classroom or clinical laboratories. A fee is assessed each semester for program expenses.

*Please note that NURS 390: Research Methods in Nursing is an elective course highly recommended by the Nursing Department for all nursing majors.*

### **NURS 140: Health and Social Inequality: Rural and Urban Perspectives (off campus)**

Health begins where we live, work and play. Students are immersed in public, private, and community-based organizations in Northfield (rural) and Minneapolis-St. Paul (urban) to gain an understanding of the social determinants of health (environmental conditions, resources and supports) and the relationship to individual health outcomes through service learning. A special emphasis is placed on the impact of socioeconomic status, geographic location, and disability on health disparities.

**Prerequisites:** one course in sociology/anthropology, women's and gender studies, social work, family studies, economics, political science, environmental studies, or nursing. Offered during Interim.

### **NURS 211: Holistic Health Assessment and Health Promotion**

This course focuses on holistic health assessment, health promotion, and disease prevention across the lifespan. Students obtain health histories, identify risk factors, and develop health assessment skills in physiologic, psychosocial, developmental, and spiritual dimensions. Identification of data from a holistic perspective and analysis of findings through critical thinking are emphasized. Active learning experiences are utilized to apply knowledge and informatics during health assessment. Counts toward the nursing major. Offered fall 2015 and each spring thereafter.

**Prerequisites:** open to junior nursing majors only in the fall of 2015 and to sophomore nursing majors in the spring of 2016 and each spring thereafter. Concurrent registration with NURS 311, NURS 312, and NURS 313 in the fall of 2015. Concurrent registration with ID 210 in the spring of 2016 and each spring thereafter.

### **NURS 294: Academic Internship**

Does not count toward the major. Students may choose a 1.00, 0.50, or 0.25 credit option.

### **NURS 298: Independent Study**

Does not count toward the major.

### **NURS 311: Foundations of Professional Nursing**

This course introduces the philosophical and scientific foundations of professional nursing. Students examine historical foundations of the nursing profession and scientific processes and frameworks underlying nursing theory and practice. Exploration of concepts in the nursing discipline builds knowledge and understanding essential to the provision of holistic patient care across the lifespan. Emphasis is on development of professionalism, use of critical thinking, and evidence-based practice. Counts toward the nursing major. Offered annually in the fall semester.

**Prerequisite:** open to junior nursing majors only. Previous or concurrent registration with NURS 211. Concurrent registration with NURS 312 and NURS 313.

### **NURS 312: Family Health**

Students focus on the nursing care of childbearing and childrearing families in the context of family-centered care. Family theory will be utilized as the framework for nursing assessment and care of families in various situations across the lifespan. Clinical experiences are provided with childbearing and childrearing families. Counts toward the nursing major. Offered annually in the fall semester.

**Prerequisite:** open to junior nursing majors only. Previous or concurrent registration with NURS 211. Concurrent registration with NURS 311 and NURS 313.

### **NURS 313: Gerontological Nursing**

Students examine social, psychological and biological aspects of aging within the context of holistic nursing. Application of knowledge and skills using gerontological principles for prevalent health problems experienced by older adults is emphasized. The course incorporates instruction and feedback for developing oral communication through the practice of interpersonal communication skills. Clinical experiences focus on elder care in a variety of community settings. Counts toward the nursing major. Offered annually in the fall semester.

**Prerequisite:** open to junior nursing majors only. Previous or concurrent registration with NURS 211. Concurrent registration with NURS 311 and NURS 312.

**NURS 314: Lifespan Medical-Surgical Nursing I**

This course focuses on the etiology, clinical manifestations, and management of holistic nursing care for ill patients of various ages. Major concept areas explore the dynamics of common acute and chronic abnormalities observed in specific populations. Students utilize diverse roles of the nurse integrating knowledge from pharmacology and health assessment to manage the care of a patient in the clinical setting. Counts toward the nursing major. Offered annually in the spring semester.

**Prerequisite:** NURS 311, NURS 312, and NURS 313.

**NURS 386: Perinatal Health**

This course explores the childbearing process in healthy and high-risk families. Clinical experiences are provided with families during pregnancy, labor and delivery, and following birth. Clinical settings include hospital birth centers, clinics, simulation, and home care agencies. Students develop the role of educator by working with parents to integrate and care for a new member of the family system. Offered annually in the fall semester. Counts toward women's and gender studies major and concentration.

**Prerequisite:** NURS 336.

**NURS 388: Community Health**

This course emphasizes the health of communities and populations. Topics include population-based health issues such as environmental health, epidemiology and communicable diseases. Students assess and screen individuals and families within communities, address identified needs and educate populations across the lifespan, collaborate with other health care professionals, make referrals, and participate in health promotion clinics. Clinical experiences occur in rural public health agencies, community-based programs, and simulation. Offered annually in the fall semester.

**Prerequisite:** NURS 336.

**NURS 390: Research Methods in Nursing**

This course provides tools for understanding how research in nursing is conceptualized, designed, carried out, interpreted, and disseminated. Use of library/internet resources, ethical guidelines, and skills of scientific writing are emphasized. Students work independently and in groups to critique research, conduct literature reviews, and prepare research posters/papers for presentation. Counts toward the nursing major as an elective. Offered spring 2016 and annually in the fall semester thereafter.

**Prerequisite:** open to upper-class nursing majors and only to sophomore nursing majors with permission of the instructor.

**NURS 392: Mental Health**

Students explore issues related to the care of individuals suffering from acute and chronic psychiatric disorders. The course includes topics such as major mental illnesses, substance abuse, depression, and anxiety disorders. Students develop the roles of counselor and collaborator by working with an interdisciplinary team in providing care to patients in psychiatric settings. Clinical experiences and simulation emphasize the use of therapeutic communication, psychiatric assessment, and interpersonal relationship skills. Offered annually in the spring semester.

**Prerequisite:** NURS 388.

**NURS 394: Academic Internship**

Does not count toward the major. Students may choose a 1.00, 0.50, or 0.25 credit option.

**NURS 396: Directed Undergraduate Research**

This course provides a comprehensive research opportunity, including an introduction to relevant background material, technical instruction, identification of a meaningful project, and data collection. The topic is determined by the faculty member in charge of the course and may relate to his/her research interests. Offered based on department decision. May be offered as a 1.00 credit course or .50 credit course.

**Prerequisite:** determined by individual instructor.

**NURS 397: Nursing Leadership**

This course explores the theories of leadership, management, and organizations and the process of managing personnel and work. Concepts of change, conflict negotiation, and preparation for professional practice are examined. Professional communication is emphasized through writing and conducting a teaching conference for personnel. The roles of leader, manager, and coordinator are emphasized. Clinical experiences and simulation focus on providing nursing care to groups of adults with complex health problems. Offered annually in the spring semester. Counts toward management studies concentration.

**Prerequisite:** NURS 336.

**NURS 398: Independent Research**

Does not count toward the major.

## Faculty

**Chair, 2015-2016****Diana O. Neal**

Associate Professor of Nursing  
neonatal intensive care; pediatric nursing; nursing leadership; complementary therapies and healing practices; research in nursing education; debriefing in simulation

**Rita S. Glazebrook**

Professor Emerita of Nursing  
maternity nursing; leadership

**Susan L. Huehn**

Instructor in Nursing  
behavioral health; family health; maternal-child nursing; relationship-based care; interprofessional relationships and interprofessional simulation

**Mary Beth Kuehn (on leave fall and Interim)**

Assistant Professor of Nursing  
public health nursing; adult health; nursing leadership; research in nursing education; health and social inequity; debriefing in simulation

**Sandra A. Morissette**

Instructor in Nursing  
medical-surgical nursing across the lifespan; gerontological nursing; informatics; pathopharmacology; simulation

**Tammy J.P. Neiman**

Instructor in Nursing  
community health nursing; adult medical-surgical nursing; palliative and end-of-life care; interprofessional healthcare teams; simulation

**Elizabeth C. Rodgers**

Visiting Assistant Professor  
health assessment and health promotion; medical-surgical nursing across the lifespan; health innovation and leadership; interprofessional healthcare teams and education