



University of the Philippines Manila
The Health Sciences Center
COLLEGE OF NURSING
WHO Collaborating Centre for Leadership in Nursing Development
Commission on Higher Education (CHED) Center for Excellence
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N-207 THEORETICAL FOUNDATIONS OF NURSING First Semester AY 2023 – 2024

COURSE GUIDE

COURSE DESCRIPTION: This course is an in-depth analysis and application of nursing theories, concepts, bioethical principles, and theories in related disciplines (e.g., social science, psychology, and management).

CREDIT: 3 units

COURSE LEARNING OUTCOMES: After completing the course, the students will be able to:

- 1) Examine nursing and relevant related discipline theories in terms of concepts, structure, focus and application.
- 2) Appreciate the importance of theory and bioethical concepts and principles in the development of nursing as a discipline, a science and in the practice of the nursing profession.
- 3) Apply selected nursing and/or related discipline theory/theories in the different nursing practice settings (clinical, research, education, or administration).
- 4) Apply bioethical concepts and principles in the different nursing practice settings.

MODE OF DELIVERY: This course shall adopt the blended or hybrid learning using face-to-face class sessions and remote teaching-learning strategies. Plenary sessions involving group activities will be conducted face to face to allow better class interaction. The UPM Virtual Learning Environment VLE (Moodle platform) will be used for the asynchronous sessions while for online synchronous meetings, the class shall utilize the ZOOM Meeting platform. All written deliverables and compliance to the activities or assignments shall be uploaded in the UPM VLE or in some cases only the link to the assignments will be uploaded. Kindly ensure you have full access to the google workspace (docs, excel, slides, etc.). You can request assistance for obtaining your UP Manila log-in credentials through the UPCN Office of the College Secretary. In the event that there be internet connectivity issues, always make sure you have a back-up copy of your submitted assignments.

For other communication such as announcements, queries or concerns of students or faculty needing immediate feedback, please use the UPM VLE messaging option. Communication by email is always a welcome option.

COURSE CONTENT

I. Unit 1 - Nursing Theories: Components, Development and Evaluation

1. Nursing Philosophy, Science, Discipline and Profession
 - a. Nursing Theory and Research
 - b. Nursing Epistemology
 - c. Nursing Knowledge
2. Pre-Paradigmatic Theories
3. Particulate Deterministic Theories
4. Interactive-Integration Theories
5. Unitary Transformative Theories
6. Nursing Practice Theories

II. Unit 2 - Theories from Other Disciplines

1. Theories from other disciplines: Tracing Nursing's theoretical roots
2. Systems Theory and Systems Thinking in Health care
3. Developmental Theories
4. Learning Theories
5. Change Theories
6. Communication Theories/Models
7. Contemporary health care theories and models

III. Unit 3 - Bioethics and Contemporary Issues in Nursing

1. Foundations and Principles of Bioethics in Nursing
2. Basic Bioethical Principles
3. Professional – Patient Relationship and Other Related Principles
4. Trends and Other Issues
 - a. Violence in the Workplace
 - b. Whistle-blowing
 - c. Transcultural and Spiritual Issues
 - d. End-of-life and related health issues

STUDY SCHEDULE

Week	Topics	Learning Activities	Outputs
Week 2 Aug 29	I. Course Orientation II. Introduction to the Course	Plenary Session (face-to-face) August 29, 4:00 p.m. Orientation, leveling of expectations, explanation of the course structure and course delivery modalities Practice session in using and navigating through the UPM virtual learning environment (VLE) website. Course Conduct Agreement/Learner's Contract, overview of the course, requirements and group tasking	Participation in the discussions Online submission of the Course Learner's Contract Group Assignments
	Unit 1: NURSING THEORIES: COMPONENTS, DEVELOPMENT AND EVALUATION I. Interrelationships of Philosophy, Science, Theory and Research to Nursing as an Academic Discipline and a Profession II. Nursing Epistemology III. Nursing Knowledge A. Patterns B. Structures IV. Pre-Paradigmatic Theories A. Nightingale B. Henderson C. Levine D. Hall	Read the study guide and materials uploaded in the N207 course site. Interrelationship of Nursing Metaparadigm Q&A from study guides Answer the question posted in the discussion forum. Comment on 1 or 2 of your classmates' posts.	Participation in Q&A Discussion forum postings
Week 3 Sept 5	I. Particulate Deterministic Theories A. Orem B. Roy C. King D. Orlando	Group Meeting on assigned Nursing Theories	

Week	Topics	Learning Activities	Outputs
Week 4 Sept 12	II. Interactive-Integration Theories A. Watson B. Leininger C. Pender D. Peplau III. Unitary Transformative Theory	Plenary Session September 12 Group Presentation of Nursing Theories: - Particulate-Deterministic Group Discussion/ Q&A	Group video presentations (30 - 40 min) and group paper on Nursing Theories on or before date of presentation
Week 5 Sept 19	A. Rogers B. Parse C. Newman	Plenary Session September 19 Group Presentation of Nursing Theories: - Interactive-Integration Group Discussion/ Q&A	
Week 6 Sept 26		Synchronous Meeting, September 26 Group Presentation of Nursing Theories: - Unitary Transformative Group Discussion/ Q&A	
Week 7 Oct 3	Synthesis of Nursing Theories Application of select nursing theories to actual practice or specific field of nursing specialization (Nursing Practice Theories)	Submission of nursing theory application to practice on scheduled due date	Submission of Individual Assignment 1 Nursing Practice Theory Application <i>Refer to course site</i>
		1st Long Examination (exam will be made available through the N207 course site)	Submission due October 10, 2023
Week 8 Oct 10	Unit 2 - Theories from Other Disciplines I. Theories from other disciplines: Tracing Nursing's theoretical roots II. Systems Theory and Systems Thinking in Health care	Plenary session Read the materials uploaded in the course site. Answer the question posted in the discussion forum. Comment on 1 or 2 of your classmates' posts.	Discussion forum postings

Week	Topics	Learning Activities	Outputs
	III. Developmental Theories A. Theory of Maturation (Hall, Gesell)	Group work on assigned theories	
Week 10 Oct 24	B. Cognitive Development theory (Piaget) C. Moral Development Theory (Kohlberg, Gilligan) D. Psychoanalytic/ Psycho social Theory (Freud, Erikson) E. Ecological System's Theory (Bronfenbrenner)	Plenary Session, October 24 Group Presentation of Theories from Other Disciplines - Developmental Theory Group Discussion/ Q&A	Group video presentations (30 - 40 min) and group paper on Nursing Theories on or before date of presentation
Week 9 Oct 12-18	Reading Break		
Week 11 Oct 31	IV. Communication Theories/ Models A. Mathematical Theory (Shannon, Weaver) B. Model on Communication (Laswell) C. Pragmatics of Human Communication (Watzlawick, Beavin, and Jackson) D. Informatics	Online Activity Session (Asynchronous) Read the materials uploaded in the course site. Work on the online activity in the N207 VLE course site	Submission of Assignment 2 Communication Model application in Nurse Settings <i>Refer to course site</i>
Week 12 Nov 7	V. Learning Theories A. Cognitive Learning Theory (Piaget) B. Behaviorism, Social Learning, Health Belief Model (Pavlov, Skinner, Watson, Bandura) C. Constructivism (Vygotsky) D. Humanism and Human Motivation (Maslow)	Plenary Session Nov 7 Group Video Presentation of Theories from Other Disciplines - Learning Theories Group Discussion / Q&A	Group video presentations (30 - 40 min) and group paper on Nursing Theories on or before date of presentation

Week	Topics	Learning Activities	Outputs
	E. Connectivism (Siemens and Downes)		
Week 13 Nov 14	VI. Change Theories A. Change Theory (Lewin, Lippitt) B. Planned Change (Chin, Benne) C. Conflict theories (Marx, Weber) D. Chaos Theory and Change (McKinsey 7S Model)	Plenary Session Nov 14 Group Video Presentation of Theories from Other Disciplines - Change Theories Group Discussion / Q&A	Group video presentations (30 - 40 min) and group paper on Nursing Theories on or before date of presentation
	VII. Contemporary health care theories and models	Read the study guide and the materials uploaded in the course site.	
Week 14 Nov 21		2nd Long Examination (Exam will be made available through the N207 course site)	Submission due November 28, 2023
Week 15 Nov 28	Unit 3: Bioethics and Contemporary Issues in Nursing I. Foundations and Principles of Bioethics in Nursing A. Ethics, Meta-ethics, Bioethics B. Morals and Ethics: Philosophical Basis C. International Guidelines in Bioethics (Nuremberg Code, Declaration of Helsinki, Belmont Report) II. Basic Bioethical Principles A. Justice B. Beneficence and Non-maleficence C. Respect for Human Life/	Plenary Session Read the study guide and the materials uploaded in the course site. Group Discussion / Q&A Answer the question posted in the discussion forum . Comment on 1 or 2 of your classmates' posts.	Submission of Assignment 3 due on December 5, 2023 Discussion forum postings

Week	Topics	Learning Activities	Outputs
	Inviolability of Human Life <ul style="list-style-type: none"> • Autonomy • Informed Consent • Paternalism • Noncompliance 		
Week 16 Dec 5	III. Professional – Patient Relationship and Other Related Principles <ul style="list-style-type: none"> A. Privacy (including data privacy) B. Confidentiality C. Veracity/Truth-telling D. Fidelity E. The 5 Cs of Caring: Competence, Conscience, Compassion, Confidence, Commitment IV. Trends and Issues <ul style="list-style-type: none"> A. Violence in the Workplace B. Whistle-blowing C. Transcultural and Spiritual Issues D. End-of-life and related health issues 	Plenary session Read the study guide and the materials uploaded in the course site. Group Discussion / Q&A Case Study Presentation	Participation in the Case Study Analysis Ethical issues and trends in Nursing Care
Dec 19 – Jan 2	CHRISTMAS BREAK		
Jan 9 2024		3 rd Unit Examination	Online submission due on Jan 9, 2024

Additional assignments or activities may be added in the conduct of the course, as deemed beneficial to enhance learning.

COURSE EVALUATION:

Items	Percentage (%)
I. Written Examinations a. 1 st Long Exam (40%) b. 2 nd Long Exam (30%) c. 3 rd Long Exam (30%)	40
II. Discussion Forum (online) Class Participation (plenary)	15
III. Group Reports and Presentation (Video and Paper)	25
IV. Individual Paper/Assignments (3) A. Content (85%) B. Technical Aspects of Writing (e.g., Presentation, Syntax, APA Citation) (15%)	20
TOTAL	100

1. Long Examinations

You will have two (3) online unit examinations. Specific instructions will be given to you regarding the procedures for taking the online examinations. The submission dates are posted in the Study Guide above. The passing grade is 60%.

2. Participation in the Online Discussion Forum and Plenary Discussions

Effective communication is an important competency of the nurse, whether in oral or written form. The online discussion forums allow you to interact with and learn from your classmates, as well as from the feedback given by the faculty. Active participation is highly encouraged. Your faculty facilitator may assign a member of the group to summarize and post the highlights of the discussions. This will be graded using scoring rubrics. There will also be online discussion forums (**Talking Points**) or chat rooms which are non-graded for sharing of ideas, comments and questions.

3. Group Assignments/Reports and Video Presentation

These refer to assigned group activities on the critique of theories. In addition to the submission of the written report or theory analysis, each group will present a pre-recorded video of their report. The video will allow all members of the class to view and review the theory presentations. A template for the written report and video presentation will be provided.

4. Individual Paper/Assignments

Nursing theory-guided practice helps improve the quality of nursing care as it allows nurses to articulate what they do for patients and why they do it. This paper provides the opportunity for students to analyze the current nursing practice in their workplace through the lens of nursing theories to support the relevance and the effectiveness of nursing theory-guided practice (Younas & Quennell, 2019).

COURSE FACULTY:

Asst. Prof. Bettina D. Evio, RN, MAN
 Email: bdevio@up.edu.ph

COURSE MATERIALS: Please see below a list of suggested references. On-line links will be given as we proceed with the course. Self-initiated sourcing of other materials is encouraged so students will gain a more rounded learning experience and a broader perspective in evaluating the theories, concepts and principles encountered.

References:

Burkhardt, M. A., & Nathaniel, A. (2008). *Ethics and issues in contemporary nursing*. Nelson Education.

Endo, E. (2017). Margaret Newman's theory of health as expanding consciousness and a nursing intervention from a unitary perspective. *Asia-Pacific Journal of Oncology Nursing*, 4(1), 50.

Fitzpatrick, J. J., & McCarthy, G. (Eds.). (2014). *Theories guiding nursing research and practice: Making nursing knowledge development explicit*. Springer Publishing Company.

McEwen, M., & Wills, E. M. (2017). *Theoretical basis for nursing*. Lippincott Williams & Wilkins.

Parker, M. E. (2005). *Nursing theories and nursing practice*. FA Davis company.

Raile Alligood, M., & Marriner Tomey, A. (2014). *Nursing Theorists and their work*. St: Louis: Mosby.

Smith, M. C., & Parker, M. E. (2015). *Nursing theories and nursing practice*. FA Davis.

Snowden, A., Donnell, A., & Duffy, T. (2014). *Pioneering theories in nursing*. Andrews UK Limited.

Takala, T., Herissone-Kelly, P., & Holm, S. (2009). *Cutting through the surface: philosophical approaches to bioethics*. BRILL.

Tubbs Jr, J. B. (2009). *A Handbook of Bioethics terms*. Georgetown University Press

Younas, A., & Quennell, S. (2019). Usefulness of nursing theory-guided practice: an integrative review. *Scandinavian journal of caring sciences*, 33(3), 540–555.

<https://doi.org/10.1111/scs.12670>

HOUSE RULES

- 1) At the beginning of the semester, the course pack will be made available to students in the course site (in downloadable form). The course pack includes the course guide with the study schedule and the course requirements; the assignment or activity guide (as applicable); the link to online course resources or materials. Other materials will be uploaded in the course site. Updates or changes to the course materials and schedule will be announced to the class.
- 2) The course pack includes a **Learner's Contract** which the student needs to sign and return to the faculty as proof of agreement to the learning/teaching content and modality in order to attain the course outcomes and achieve a final grade. Both student and faculty are bound by the signed Learner's Contract in all terms pertaining to the delivery and fulfillment of the course content and achievement of the course outcomes. Any matter arising from the Contract should be discussed with the faculty or instructor.
- 3) Long examinations will be taken online and submitted on a prescribed date. Late submissions will be marked late. Written requirements and reports including long exams should be properly referenced using the 6th edition APA (American Psychological Association) style. Rules on intellectual property rights and copyright shall be observed in all written submissions or outputs including creative works. Sharing of answers in unit/long examinations or submitted assignments is not allowed. There are University rules and policies on academic integrity.
- 4) Observe network etiquette when posting in the discussion boards. Please read <http://www.albion.com/netiquette/corerules.html>. Your participation in the online discussion forums carries a weight in your total grade. Make sure that your contribution is substantive, constructive, and relevant to the topics.
- 5) Hybrid teaching/learning strategy can be challenging so please take note of the scheduled activities for both face-to-face and online sessions. Some of our sessions might require online meetings so here is a link to a list of video meeting etiquette tips which will help us all stay productive, connected, and comfortable while we face this new era of graduate education.

Please read: <https://education.depaul.edu/covid-19-resources/Pages/zoom-etiquette-for-students.aspx>. In addition to these reminders, we can also consider the following tips for meeting attendees:

- a. Keep a presentable appearance
Although you are in a study-at-home mode, it is good and professional practice to look presentable during online sessions.
- b. Mute your microphone
To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
- c. Be mindful of background noise
When your microphone is not muted, avoid activities that could create additional noise, such as shuffling papers.
- d. Position your camera properly
If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible. Doing so helps create a more direct sense of engagement with

other participants.

- e. Limit distractions
You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and muting your smartphone.
- f. Avoid multitasking
You'll retain the discussion better if you refrain from replying to emails or text messages during the meeting and wait to work on that PowerPoint presentation until after the meeting ends.
- g. Prepare materials in advance
If you will be sharing content during the meeting, make sure you have the files and/or links ready to go before the meeting begins.

From: (<https://www.technology.pitt.edu/blog/zoom-tips>)

- 6) Inform the Faculty, as soon as possible, if any of the internet links in the course guide or course site is broken.
- 7) Submission of assignments should be on time. Send an electronic file (upload) via the course site. Please make sure you upload your paper following the correct **submission format (.pdf, jpeg or png for images) or as specified** by the faculty. For the format and grading of submitted requirements please refer to the Study Schedule above or as indicated in the course site.
- 8) Post or upload written assignments. Prepare them very well since they reflect a good portion of your final grade. Keep a duplicate softcopy with you, just in case the one you submitted gets lost in transit and the computer files get corrupted. Received assignments will be acknowledged.
- 9) Send or upload written requirements **only in submission bins** in the course site. Assignments sent as attachments via email to the faculty or any other means will not be checked **unless a prior agreement** was made with your faculty. This is important so that your faculty are able to keep track of your submitted requirements and send you feedback.
- 10) Observe **intellectual honesty** at all times in the conduct of the course and in the fulfillment of your course requirements. There are University rules against plagiarism and cheating which will be strictly enforced.
- 11) If you have concerns or problems in the online course delivery or the course pack you received, please contact the Faculty as soon as possible so that appropriate solutions may be applied. You may contact your faculty via the message system in the UPM VLE course site, through email, or the FB messenger group.

THANK YOU AND A VERY PLEASANT AND FRUITFUL SEMESTER!