

# Bemidji State University

## **NRSB 3150: Integrative and Cultural Nursing**

### **A. COURSE DESCRIPTION**

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites:

NRSB 3100 - Concepts Of Nursing And Health Care AND NRSB 3100 - Concepts of Nursing and Health Care

Corequisites: None

MnTC Goals: None

Examines the health beliefs and practices of clients from diverse backgrounds, including the concept of rural culture and cultural barriers to quality health care. Theoretical frameworks for performing a cultural assessment and for planning and implementing culturally appropriate nursing care. Includes opportunities for students to reflect on culture in relation to oneself and nursing practice roles. Also explores integrative medicine as a component of cultural practice, values, and beliefs in response to a growing rate of patient demand for wellness-promoting integrative therapies. Prerequisites: Current unencumbered RN license; Prerequisite/Co-requisite: NRSB 3100.

**B. COURSE EFFECTIVE DATES:** 05/11/2011 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Cultural Assessments
2. Culturally Appropriate Nursing Care
3. Culture of Oneself & Nursing Practice Roles
4. Promoting Wellness for Different Cultures in Relation to Values, Beliefs & Cultural Practice
5. Rural Culture & Cultural Barriers

### **D. LEARNING OUTCOMES (General)**

1. synthesize the theoretical frameworks for client cultural assessment and providing culturally appropriate nursing care.
2. Understand health and nursing care system within a global perspective.
3. develop an understanding of integrative health and holistic healing practices and the scientific evidence available.
4. analyze the importance of the mind-body connection in relationship to well-being.
5. examine the concept of culture including rural culture as it relates to providing healthcare.

### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

### **G. SPECIAL INFORMATION**

None noted