ANGELO STATE UNIVERSITY
BACHELOR of SCIENCE in NURSING
GENERIC BSN AND/OR RN-BSN Program

NUR 4334
CARDIOPULMONARY REHABILITATION NURSING
SUMMER I 2018
PAUL OSMANSKI; MSN, RN
ANGELO STATE UNIVERSITY  
Department of Nursing  
NUR 4334 Cardiopulmonary Rehabilitation Nursing

COURSE NUMBER:     NUR 4334

COURSE TITLE:     Cardiopulmonary Rehabilitation Nursing

COURSE CREDITS:   Three Semester Credit Hours (3-0-0)  
Online Class:  Meets completely online using Blackboard

PRE-REQUISITE SKILLS
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are an expectation of on-line course delivery. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort. The ASU Undergraduate Nursing Handbook should be reviewed before taking this course. 
http://www.angelo.edu/dept/nursing/handbook/index.html

COURSE DELIVERY
This is an online course offering. http://blackboard.angelo.edu

BROWSER COMPATIBILITY CHECK
It is the student’s responsibility to ensure that the browser used to access course material on his/her computer is compatible with ASU’s Blackboard Learning System. The faculty reserves the right to deny additional access to course assignments lost due to compatibility issues. Students are responsible for reviewing the guidelines posted in this course regarding accessing Blackboard assignments. Problems in this area need to be discussed with faculty at the time of occurrence, either via a phone call (preferred) during posted acceptable hours for calling, or via email notification during times outside those posted for calls. Be sure to perform a browser test. Select the “Support” tab from the Blackboard homepage (http://www.blackboard.angelo.edu) Select “Test your Browser” option.

FACULTY:     Paul Osmanski, M.S.N.; R.N.  
325-486-6858 (Office); Office hours by appointment  
325-444-5551 (pager; best way to get me immediately)  
325-651-9777 (HOME)  
Paul.Osmanski@angelo.edu (Eddress)

Students are encouraged to call my pager after hours or during the weekend if they have questions or need help. That is why I purchased and carry the pager...... for students to get in touch with me immediately.  You may also call my home anytime you feel the need to get in touch with me immediately or have questions. Please do not call between 2200 hrs and 0600. Those 8 hours I’ve reserved for my time out and I will not call you during those same hours.
COURSE DESCRIPTION:

Cardiopulmonary rehabilitation provides a basic understanding of exercise physiology of the cardiopulmonary system and in-depth study of diagnostic assessments, clinical care, and post-event rehabilitation methodology of the coronary patient. The student will develop skills to assess and monitor rehabilitative therapy for various levels of function. Psychological needs and support systems for the families of coronary patients are also discussed.

COURSE OVERVIEW:

CARDIOPULMONARY REHABILITATION NURSING (NUR 4334) is a three hour senior level elective nursing course focusing on individual and family needs of coronary patients. It is designed as an introduction to cardiac rehabilitation nursing, but the student with experience in coronary care will be challenged to evaluate his or her own practice and develop critical thinking skills. It is taught on line Summer I 2018 from Monday June 4 to Tuesday July 3.

COURSE OBJECTIVES: After completion of this course, the student will.....
1. Utilize the nursing process in caring for the cardiac rehabilitation client in a diverse and multicultural society.
2. Apply knowledge and skills from the humanities, nursing, biological, and behavioral sciences in planning care for clients and families related to cardiac rehabilitation.
3. Identify common stressors and nursing implications for the cardiac rehabilitation patient.
4. Discuss past, present, and future trends in the delivery of cardiac rehabilitation nursing.
5. Analyze in detail one aspect of cardiac rehabilitation nursing.
6. Discuss research studies and determine their applicability to nursing practice within the cardiac rehabilitation setting.
7. Discuss behavior modification in risk factor management.
8. Assess the role of the professional nurse within the cardiac rehabilitation setting.

BSN PROGRAM OUTCOMES
Upon program completion, the graduate will be prepared to:

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<th>BSN PROGRAM OBJECTIVES</th>
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<td>Integrate nursing and related theories into the planning and/or delivery of safe nursing care.</td>
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<td>Engage leadership concepts, skills, and decision-making in the planning and/or implementation of patient safety and quality improvement initiatives.</td>
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<td>Identify and appraise best research evidence to improve and promote quality patient outcomes.</td>
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<td>Utilize technology to access information; evaluate patient data, and/or document care.</td>
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<td>Participate in political/legislative processes to influence healthcare policy.</td>
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<td>Engage in effective collaboration and communication within interdisciplinary teams.</td>
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Design and/or implement health promotion & disease prevention strategies for culturally competent care.

Demonstrate standards of professional, ethical, and legal conduct.

Practice and/or coordinate, at the level of the baccalaureate prepared nurse to plan, and/or implement patient centered care.

TEXT AND OTHER REQUIREMENTS / MATERIALS:


![Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs](image)


This text is on the shelf in the ASU Bookstore. If you’re out of town you can call the bookstore and they’ll ship it to you (325-942-2335). You may contact them online at [http://www.shopangelo.com](http://www.shopangelo.com).

Please support our ASU bookstore. I bought my text there. I did not receive it for free. We will be doing several exercises out of the book and it is a great reference for now and in the future. I think it’s worth owning or I wouldn’t have adopted it for this course. In my opinion, you will need to buy or rent a book for this course since we will reference the text often. It will be used every week we have discussion board.

Angelo State University Computer Account and eddress (my term for your email address).

Angelo State University Course Syllabus for NUR 4334

Computer with MAC or Windows Operating System with High Speed Internet Access

Refer to Angelo State University’s Distance Education website for further technology requirements: [http://www.angelo.edu/distance_education/](http://www.angelo.edu/distance_education/)
TOPIC OUTLINE

Unit I: U.S. overall health, physiologic & psychosocial aspects of cardiac rehabilitation
Unit II: Cardiovascular disease risk factors and behavior modification
Unit III: Cardiac rehabilitation programs
Unit IV: Trends, issues & research in cardiac rehabilitation

GRADING SYSTEM
Course grades will be dependent upon completing course requirements and meeting the

The following grading scale is in use for this course:
   A = 90-100 points
   B = 80-89.99 points
   C = 70-79.99 points
   D = 60-69.99 points
   F = 0-59.99 points   (Grades are not rounded up)

EVALUATION METHODS AND GRADES:
There are no exams. We have about 5 weeks for this course during the summer so time is somewhat compressed compared to a fall / spring semester. I have tasks spaced out over all five weeks requiring some degree of participation each week. I expect students to check Blackboard for announcements every weekday after 1200 (noon).
   Cardiopulmonary Rehabilitation Project 22%
   Cardiopulmonary Rehabilitation Paper 33%
   Participation / Discussion Boards 27%
   Research Article Critiques 9%
   Web Research / Assignments 9%
(SOME PROJECTS AND GRADE PERCENTAGES ARE NEGOTIABLE TO MEET STUDENT NEEDS)

ASSIGNMENT DESCRIPTIONS:

Cardiopulmonary Rehabilitation Project
   This can be anything you desire related to cardiopulmonary rehabilitation. It must be applicable and meaningful. Your own imagination is the only limitation. I expect you to inform me about your project before MIDNIGHT Sunday, June 24, 2018.

The Project is due before MIDNIGHT Friday June 29, 2018.

Cardiopulmonary Rehabilitation Paper
   This paper can be about any topic you choose related to cardiopulmonary rehabilitation. The grading rubric sheet will be posted in Course Documents. I expect you to inform me about your paper topic before MIDNIGHT Sunday, June 24, 2018. It has not escaped my attention that it would greatly reduce your workload for a summer course if your paper and project were related thus diminishing the amount of time spent on research and literature review. This is a senior level nursing course and I expect the papers to reflect senior level work. This paper is the major portion of your grade. The draft is due before MIDNIGHT, Wednesday; June 27, 2018.
The final version of your paper is due before MIDNIGHT, Sunday; July 1, 2018. There is no negotiation for extended due dates for this paper.

I do not want 15 papers or projects about the same topic so you may be asked to pick another project or paper topic if I feel there are too many papers/projects about the same closely related topic. It is somewhat of a first come first serve topic selection.

Participation / Discussion Boards
Every Wednesday at noon for three weeks (June 6, 13, 20) I will post a discussion question which will require some thought and reading. You will then have to post your opinions / thoughts on the course discussion board. I will post ending times for the original post which I expect will be the following Sunday at noon. You will then respond after reading all the other post before the following Wednesday at noon. I expect your opinions to reflect research and evidence based practice. I expect correct spelling, grammar and professionalism to be maintained during our online discussions. Examples of quality discussions will be posted in Course Documents tab. No late work is accepted for discussions and students will receive a zero if late. Whether you are late posting your original discussion or late responding to others you will receive a zero for that week in Discussion Board.

Research Article Critiques
I will post research articles about cardiopulmonary rehabilitation requiring a written critique. These will be during weeks 1 & 3. You will have adequate time to complete these assignments. They will be typed using WORD in APA format and submitted under the submit tab in Blackboard.

Web Research / Assignments
I will randomly assign some tasks related to cardiopulmonary nursing which are not arduous, but will require some work and participation. Since it's taking up some of your time, I decided to give you some credit towards your grade.

OTHER
Some students in the past have negotiated with me for projects / assignments / grades spent at nursing conferences or other educational endeavors with a cardiopulmonary or cardiopulmonary rehabilitation element. Some students have teamed with their workplace to complete a project which improved the cardiac rehab program in the facility or in some way contributed to cardiopulmonary health.

I subscribe to adult learning theory and believe if it is more important to you, you will be a better learner. Therefore, I am open to discussions / negotiations about how you may want your grading structure altered if you have different ideas about how to increase the meaningfulness of the course to yourself other than my own ideas.

CLINICAL
If you choose to have clinical time in completing a project, it will require a contract with a BSN level preceptor for mentoring. The nursing department must have a contract with the facility in which you plan to attend clinical. Let me know ASAP if this is in your plans for your project so we can make arrangements. Several students in the past have chosen to have clinical time with a cardiac or pulmonary rehab nurse as part of their course work. Therefore, a change to your grading criteria will be in order.
GENERAL POLICIES RELATED TO THIS COURSE
All students are required to follow the policies and procedures presented in the following documents:

- ASU Undergraduate Catalog located on the ASU website http://www.angelo.edu/catalogs/documents/catalogs/2016-17_Catalog.pdf
- University Undergraduate Nursing Handbook, located on the Nursing website http://www.angelo.edu/dept/nursing/handbook/index.html

IMPORTANT UNIVERSITY DATES
June 4; Monday First Day of Class; Summer I 2018
June 22; Friday (1700 hrs) Last day to drop a class or withdraw for Summer I 2018
July 3; Tuesday Last day of class; Summer I 2018

STUDENT RESPONSIBILITY & ATTENDANCE
There are readings which you will have to complete to be able to adequately participate in individual and group assessments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, course papers, article critiques, internet assignments. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study and or work hours per week on average.

COMMUNICATION
I will respond to email and/or telephone messages as promptly as possible during working hours Monday through Friday. Weekend messages may not be returned until Monday. If you have an issue you feel is important for me to know about immediately, call my pager. If I have not responded to your email and/or telephone messages within the time frame you expect, call my pager. Chances are I have not seen or heard your message so call my pager. I’ve posted my home number and that is certainly another option to contact me. Written communication via Blackboard: It is an expectation of this class that you use formal writing skills giving appropriate credit to the source for your ideas. Follow APA (2010) 6th edition (2nd Printing or higher only) guidelines for referencing. Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes.
Use Good "Netiquette":
• Check the discussion frequently and respond appropriately and on subject.
• Focus on one subject per message and use pertinent subject titles.
• Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
• Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
• Cite all quotes, references, and sources.
• When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
• It is extremely rude to forward someone else's messages without their permission.
• It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinald's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom)

ASSIGNMENT SUBMISSION
In this class, all assignments need to be submitted as a Microsoft WORD document to Blackboard under the submit tab. Issues with technology arise from time to time. If a technology issue does occur regarding an assignment submission, email me and attach a copy of what you are trying to submit. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

LATE WORK OR MISSED ASSESSMENTS POLICY
Due dates and times for assignments are posted. Failure to submit your assessments on or before the assigned date will result in a zero unless advance permission has been granted by faculty.

ACADEMIC HONESTY
Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The Nursing Department adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2016-2017). [http://www.angelo.edu/forms/pdf/Honor_Code.pdf](http://www.angelo.edu/forms/pdf/Honor_Code.pdf). The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."
PLAGIARISM
Plagiarism at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the *APA Style Manual of the American Psychological Association* as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center http://www.angelo.edu/dept/writing_center/academic_honesty.php.

STUDENTS WITH DISABILITIES
1. “Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.”
2. “Student Contact: The Student Life Office is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student's responsibility to initiate such a request by contacting the Student Life Office, Room 112 University Center, at (325) 942-2191 or (325) 942-2126 (TDD/FAX) or by email at Student.Life@angelo.edu to begin the process.”
Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

INCOMPLETE GRADE POLICY *(OP 10.11 Grading Procedures)*
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS
1. “A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.” Please see ASU Operating Policy 10.19.

COPYRIGHT POLICY
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.
SYLLABUS CHANGES
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email and/or course announcements. It is the student’s responsibility to look for such communications about the course on a daily basis.

WEBLINKS:
Board of Nursing for the State of Texas http://www.bne.state.tx.us/
BSN Student Resources
http://www.angelo.edu/dept/nursing/online_learning.php
http://www.angelo.edu/dept/nursing/student_resources/computer_requirements.php

COURSE EVALUATION
Students are provided the opportunity and are required to participate in a course evaluation at the end of the semester. Areas on the IDEA evaluation include:

1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning fundamental principles, generalizations, or theories
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
5. Acquiring skills in working with others as a member of a team
6. Gaining a broader understanding and appreciation of intellectual/cultural activity (science, literature, etc.)
8. Developing skill in expressing oneself orally or in writing
9. Learning how to find and use resources for answering questions or solving problems
10. Learning to analyze and critically evaluate ideas, arguments, and points of view
11. Acquiring an interest in learning more by asking questions and seeking answers

GRADING RUBRICS FOR ASSIGNMENTS POSTED IN BLACKBOARD UNDER COURSE DOCUMENTS TAB