



# ST. FRANCIS XAVIER UNIVERSITY

# XCHANGE NEWSLETTER

October 2020  
Volume 32  
Issue 4

Distance Nursing Programs • Continuing and Distance Education • 2175 Varsity Drive, MacDonald Hall  
• STFX University, Antigonish, Nova Scotia Canada B2G 2W5 • Toll-Free: 1-800-565-4371 • FAX: 1-902-867-5154

Email: [distance.nursing@stfx.ca](mailto:distance.nursing@stfx.ca)

• Website: <http://www2.mystfx.ca/continuingeducation/online-nursing-programs/post-rn-bscn-distance-nursing>

## INSIDE THIS ISSUE

- 1 Welcome New Students
- 2 Payment Options/Receipts
- 2 Course Withdrawal/Refunds
- 2 Winter Schedule
- 4 Student Email Accounts
- 5 X-Ring & Convocation
- 5 Scholarships & Awards
- 6 Staff Changes
- 6 Friendly Reminders

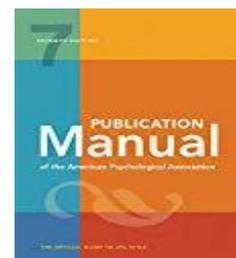
## Welcome to all New and Returning Students!

### Greetings to all Nursing 135 Students

We hope you are enjoying the course, as you are well into it at this point. Time really has a way of flying when you enjoy what you are doing (and when you are a busy adult learner with many competing demands on your time). We want to remind you of the many resources available to support you in this effort through the [StFX Student Success Centre](#) and the [StFX library services](#). Please consult your course syllabus on Moodle for details.

If you have any questions related to the course or your assignments, please do not hesitate to contact us any time. We check our email regularly and will attempt to reply to you within 24 hours.

Because you may be feeling stressed about writing your papers, as we know it may have been some time since many of you have written an academic paper, know that you are not alone. Remember that all your assignments for Nursing 135 and for every course you take in Distance Nursing must be formatted using APA (7th) edition. There is more information in your Syllabus about this requirement.



Remember, you can always send a quick email to your professor for additional direction – whether for the APA exercise, the Take Home Assignment, or your Scholarly paper. We want to encourage all of you to contact us as needed, as we enjoy hearing from each of you. Good luck with your writing and exam preparation.

Best from your course professors,

Debb Vandewater, Debbie Viel, Mickey Daye, Krista Smith, Donna Bowen, Catherine Price and Dudett Kumar

## PAYMENT OPTIONS/RECEIPTS

All tuition fee payments are due **the day before the course begins** for Fall & Winter courses. All payment, refund or receipt inquiries should be addressed to [Student Accounts](#) at 902-867-2123/3738 or by email to [aservice@stfx.ca](mailto:aservice@stfx.ca). Payments may be made online with your financial institution/bank by setting up St. Francis Xavier University as a Payee with your StFX student ID number as the account number. Cheques should be made payable to St. Francis Xavier University and indicate your student ID number on the cheque.



Details on all these options, including step-by-step instructions for online banking, are available on the Financial Services website at:

<http://www2.mystfx.ca/financial-services/methods-payment>

## COURSE WITHDRAWAL/REFUNDS

**To drop/withdraw from a course, students are required to notify the Program Office** in writing (via fax or email), as there is no drop option in Banner. Official notification must contain the course name and number as well as the student ID number. Similar notification is required to withdraw from a program of study. **Notification to the instructor does not constitute official withdrawal.**

It is important to observe the formalities of withdrawal to avoid academic penalty. Without proper notification, a student remains on the official class and program lists. Thus, absence from exams and other requirements will result in a failure on the student's university transcript.

If a student withdraws from a course before the course start date and the tuition has been paid, a full refund can be requested. If a student withdraws from a course **within three weeks of the course start date**, s/he is eligible to claim a tuition refund, less a **\$150.00** processing charge. **After the three-week deadline has passed, there is no refund issued.** Your application for a refund must be submitted to the Student Accounts Office by email: [aservice@stfx.ca](mailto:aservice@stfx.ca).

## WINTER SCHEDULE

Registration for the fall and winter courses opened **July 22<sup>nd</sup>**.

The registration deadline for November courses was **August 14<sup>th</sup>**; for January and February courses the deadline is **November 27<sup>th</sup>**. Please select "**Full academic year 2020-2021**" when registering for these courses. For closed/full courses, please contact the Program Office at [distance.nursing@stfx.ca](mailto:distance.nursing@stfx.ca) to request registration if space becomes available.

If you are an **Internationally Educated Nurse (IEN) student taking courses for CNO**, you must email [distance.nursing@stfx.ca](mailto:distance.nursing@stfx.ca) **from your StFX email account** to request registration for your courses.

COURSE	DATES	DESCRIPTION
<b>BIOL 115.77</b> <b>Microbes in Human Health</b>  CRN 55695 Lab CRN 55696  V. Karunakaran	<b>January 6 -</b> <b>March 19, 2021</b> Online	An introduction to microorganisms from a human perspective, this course deals with viruses, bacteria and fungi. Topics include bacterial structure and function, bacterial genetics and antibiotic resistance, and viral structure and infection. Restricted to nursing students. <b>Prerequisite: BIOL 105</b> , completed or concurrent. <b>Three credits.</b>
<b>BIOL 252.77</b> <b>Human Anatomy and Physiology II</b>  CRN 55697 Lab CRN 55698  V. Karunakaran	<b>January 6 - March 19,</b> <b>2021</b>  Online	As an integrated study of the cardiovascular, respiratory, urinary, reproductive and digestive systems, this course provides students with a comprehensive working knowledge of the anatomy and physiology of these systems. <b>Prerequisite: BIOL 251.</b> <b>Three credits.</b>
<b>NURS 115.77</b> <b>Health Teaching and Learning</b>  CRN 55683  D. Vandewater	<b>November 16, 2020 -</b> <b>January 29, 2021</b>  Online	In contrast to health protection and illness prevention, health promotion is a broad and holistic concept. This course explores the concept of health promotion; the nurse's role in health promotion; the teaching-learning process; population health; social action and justice; and the socio-cultural, economic, and political factors that influence health and health behaviour. <b>Three credits.</b>
<b>NURS 205.77</b> <b>Community Health Nursing</b>  CRN 55700  S. Bowman	<b>February 1 - April 9, 2021</b>  Online	This course explores the role of the community health nurse in the context of a changing health care system. Topics include population health, primary health care, community assessment, epidemiology and demography, environment and ecology, cultural competence, ethics, and community-as-partner. <b>Three credits.</b>
<b>NURS 237.77</b> <b>Nursing Concepts in the Care of Women, Children and Families</b>  CRN 55699  J. Mbugua	<b>February 1 - April 9, 2021</b>  Online  <b>COURSE IS FULL</b>	This course encompasses a contemporary overview of the health of women, children and families during the childbearing and childrearing years form a wellness-focused nursing perspective. Selected topics and issues related to health promotion and illness prevention within this population will be explored in the context of the various social, political, cultural and economic factor which impact the health and wellness of women, children and families. A strengths-based, women and family-centred care approach will be used in exploring these concepts. <b>Prerequisites: NURS 115, 135.</b> <b>Three credits.</b>
<b>NURS 300.77</b> <b>Research Methods</b>  CRN 55687 Lab CRN 55688  A. Gillis	<b>November 16, 2020 -</b> <b>April 9, 2021</b>  Online  <b>COURSE IS FULL</b>	This course introduces students to research methods used in nursing science. Topics include conducting and appraising research; concepts of research design, implementation, analysis, and interpretation; descriptive and inferential statistics; quantitative and qualitative research design; and research ethics and biases. <b>Six credits.</b>

COURSE	DATES	DESCRIPTION
<b>NURS 330.77</b> <b>Legal and Ethical Issues in Nursing</b>  <b>CRN 55689</b>  <b>A. Belardo</b>	<b>November 16, 2020 - April 9, 2021</b>  <b>Online</b>  <b>COURSE IS FULL</b>	This course examines the moral and ethical implications of various practices in the field of health care as they affect human life and the basic dignity of the person. This course also explores the moral, ethical, legal, and theological issues raised by recent developments in the life sciences. Cross-listed as RELS 300. <b>Six credits.</b>
<b>NURS 425.77</b> <b>Comprehensive Health Assessment</b>  <b>CRN 55706</b>  <b>M. MacNeil</b>	<b>February 1 - April 9, 2020</b>  <b>Online</b>  <b>COURSE IS FULL</b>	This theory and practice course focuses on a systematic assessment of the well adult. Students will incorporate health history and physical examination of body systems in identifying self-care requisites for a diverse population. <b>Three credits.</b>
<b>NURS 483.77</b> <b>Hospice Palliative Care Nursing</b>  <b>CRN 55707</b>  <b>D. Vandewater</b>	<b>January 6 - March 19, 2021</b>  <b>Online</b>	This course provides an overview of theories, current practices, and relevant issues in the field of palliative care, with a focus on the nurse's role. In line with the philosophy of nursing at StFX, students will explore concepts of self-care and health promotion as they relate to quality of life issues. <b>Three credits.</b>
<b>NURS 494.77</b> <b>Leadership and Management in Nursing</b>  <b>CRN 55691</b>  <b>A. Gillis</b>	<b>November 16, 2020 - January 29, 2021</b>  <b>Online</b>  <b>COURSE IS FULL</b>	This course is an examination of nursing leadership theories and management models and their relationship to client care. The course explores the changing roles and expectations for registered nurses as leaders in the health care system. <b>Three credits.</b>
<b>NURS 471.77</b> (was NURS 495.77)  <b>Forensic Nursing I</b> <b>(3 credits)</b>  <b>CRN 56063</b>  <b>S. Wilson</b>	<b>January 6 - March 19, 2021</b>  <b>Online</b>	Forensic nursing refers to the application of nursing science and knowledge when legal issues are involved. Regardless of the setting, nurses frequently interact with victims and perpetrators of crime, violence and trauma. This course will examine how to incorporate theoretical issues of violence and forensic principles into nursing practice to ensure best patient outcomes, and includes content on theoretical foundations, forensic science, victimization and perpetration, trauma responses, specific populations, and an overview of justice approaches. <b>Three credits.</b>

## STUDENT EMAIL ACCOUNTS

All students are **required** to check their StFX email accounts on a regular basis and keep the inbox open for deliveries by deleting unnecessary emails and changing passwords as required. All information coming from the Program Office, as well as other university offices, will be sent to your StFX email account only.

**Emails from your personal email accounts often get caught in the spam filter and may go unnoticed.**  
**PLEASE USE YOUR STFX EMAIL ACCOUNT WHEN CONTACTING THE PROGRAM OFFICE AND ALWAYS INCLUDE YOUR STUDENT ID NUMBER TO EXPEDITE ANY REQUESTS.**

## X-RING & CONVOCATION

If you are enrolled in the Part-Time Post-RN BScN Program and will become eligible to graduate during this academic year, see the X-Ring Policy for application deadline etc.: <https://www.stfx.ca/alumni/everything-x-ring/x-ring-information>. You have until October 16 to purchase your X-Ring for the December 3<sup>rd</sup> ceremony. No decision has been made on the X-Ring Ceremony at this time, however, when a decision is made, notice will be sent to everyone that has applied to receive their X-Ring.



For information about Convocation, see <https://www.stfx.ca/student-life/convocation-faq>.

**NOTE: Only students enrolled in the 63-credit degree program are eligible to graduate and receive an X-Ring. You must be within 12 credits of completing your program in order to apply for the X-Ring Ceremony.**

## SCHOLARSHIPS & AWARDS

### THELMA MAY KEMPFER ENTRANCE SCHOLARSHIP

To be eligible, students must be accepted into the full 63-credit Post-RN BScN Program commencing studies in September 2020. Applications are individually evaluated with attention to evidence of professional competence, commitment to continuing education and involvement in professional activities.

**Value: Five awards of \$1,000 each**

**Application deadline: October 30, 2020**

Forward a resume with a letter of application by mail or email to:

Fred Allen, Program Coordinator  
Distance Nursing Programs  
St. Francis Xavier University  
PO Box 5000, Antigonish, NS B2G 2W5  
Email: [distance.nursing@stfx.ca](mailto:distance.nursing@stfx.ca)

### DISTANCE NURSING BSCN STUDY AWARDS

The Distance Nursing BScN Program Study Award is available to students enrolled in the 63-credit part-time Post-RN BScN Program at St. Francis Xavier University.

**Value: Six awards of \$500 each**

**Application deadline: November 30, 2020**

Click on this link to download a copy of the award description/criteria and the application:  
<http://www2.mystfx.ca/continuingeducation/online-nursing-programs/forms>

## PROGRAM OFFICE STAFF CHANGES

There have been a few staff changes in the Program Office over the last few months.



We are pleased to welcome **Debbie Coughlin** as the new Administrative Assistant in the Program Office. Debbie brings with her a wealth of knowledge after nine years with the StFX Office of Admissions!

**Marie Kopf** is now the Program Assistant for the Distance Nursing Programs.

Marie and Debbie work closely with **Fred Allen**, Program Coordinator of the Distance Nursing Programs in the Department of Continuing and Distance Education.

## FRIENDLY REMINDERS

Due to Covid-19 Restrictions, staff in the Program Office are working from home as much as possible, so the best way to reach us is by email at [distance.nursing@stfx.ca](mailto:distance.nursing@stfx.ca). If you have any questions or concerns regarding your studies, please contact the Program Office directly. Our program runs separately from the other programs on campus and therefore we can respond to most of your inquiries. The Program Office is open from 8:30am to 4:30pm AST, Monday – Friday. We are closed on weekends.

- Contact the Program Office for registration and withdrawal requests - DO NOT CONTACT THE REGISTRAR'S OFFICE FOR REGISTRATION ISSUES.
- The CDE Support email ([cdesupport@stfx.ca](mailto:cdesupport@stfx.ca)) is **ONLY** for technical issues for Moodle.
- Please contact **Financial Services** for all student account inquiries as the Program Office does not have access to student financial records.
- The Degree Application form can now be found in Banner and is no longer accessible through mesAMIS (**this only applies to students completing the full 63-credit BSCN Program**).
- Please note that this program is not eligible for funding in any of the Canadian Student Loan Programs.

### ATTACHMENTS WITH THIS NEWSLETTER INCLUDE:

- ✓ Writing for Academic Purposes - Flyer and Registration Form