

The curriculum of Brock's Department of Nursing is founded on the belief that learning is enhanced within a supportive, caring educational environment.

Nursing Education

Nursing education is much more than a focus on facts, principles and concepts; it incorporates the concepts of learning and critical thinking as lifelong processes.

Nursing education involves:

- a commitment to nursing as a practice-based profession,
- the acknowledgement of knowledge gaps,
- And the nurturance of inquiry.

Teaching/learning is a collaborative process between faculty and students enacted in an environment where knowledge is shared, the student's dignity, experiences, and values are respected, and a commitment to excellence exists. Through self-directed, goal-directed learning endeavours, students acquire the knowledge, skills and attitudes that prepare them for professional nursing practice within the context of a changing health care system.

Collaboration between nursing educational institutions and institutions and service sectors serves to develop the quality of nursing practice and provide an exemplary learning environment for students.

Our Philosophy of Nursing

Primary health care is both a philosophy and an approach to health care and is the focus of Canada's health care system.

Primary health care is based on five principles:

- accessibility,
- public participation,
- intersectoral and interdisciplinary collaboration,
- appropriate technology,
- And health promotion and illness prevention.

These principles are applicable to nursing practice in all health care venues.

The nursing profession is dynamic and proactively responds to society's current and future needs for appropriate health care services.

The essence of nursing is grounded in practice, which is the unique integration of art and science. The art of nursing is demonstrated in the actions, attitudes, conduct, and healing relationships the nurse establishes with others. The nurse promotes healing by facilitating clients' exploration of health promoting choices, listening to clients and sharing insights in a nonjudgmental way. Creativity, sensitivity, and empathy are reflected in meaningful interactions that touch others' lives.

The nursing profession is committed to addressing the determinants of health and to shaping health and social policy.

The science of nursing includes nursing's unique body of knowledge and its integration with the natural and behavioural sciences. This unique knowledge has evolved through theoretical, empirical, aesthetic, personal and ethical ways of knowing. Critical thinking is the basis for the nurse's application and use of knowledge and experience in developing clinical judgements which inform nursing practice. Critical thinking skills include the capacity to self-reflect, question, analyze interpret and evaluate.

The philosophy is informed by the principles of primary health care (PHC) and philosophical underpinnings which include holism, humanism, existentialism, phenomenology, and critical social theory.

Our philosophy defines:

Person

Each person is a unique being characterized by physiological, psychological, social, cultural, and spiritual dimensions that comprise an integrated whole. Each individual is worthy of respect and dignity and is a valued member of the community. The capacity for self-direction and change is an innate quality in each person.

Environment

Individuals, families, groups and communities maintain a reciprocal relationship with the environment in which they live, work, and play. The environment is the dynamic and constantly changing biophysical, psychosocial, cultural, economic and political context that influences the health of individuals, families, groups, and communities. From a PHC perspective, environment is understood to be the determinants of health. Healthy environments are fostered through the empowerment of individuals, groups, families, and communities.

Health

Health is a dynamic process incorporating the multidimensional states of wellness and illness. It is influenced by social, cultural, political, economic and environmental conditions of society in which we live. Individual, group, and community health are intertwined. Health is subjectively defined by individuals and communities with health care providers contributing their perspectives. Wellness involves the actualization of human potential in harmony with both internal and external environments. Wellness is a sense of well-being experienced by people within the context of their whole lives and is central to how people make meaning of their lives.

Illness and health are interrelated concepts. Like health, illness is also both subjectively and objectively defined. Illness implies an imbalance in the state of wellness and an impediment to self-actualization. Healing is a dynamic interplay between the mind, body, and spirit. It encompasses the capacity to examine the challenges and opportunities that illness presents, with an aim to restore optimal wellness.

Nursing

The establishment of caring relationships with clients is fundamental to the practice of nursing. Clients include individuals, families, groups, and communities. Nurses practise in partnership with clients to promote, maintain, and restore their optimal health or to support a peaceful death. A partnership model of nursing practice implies empowering approaches which emphasize equality, respect of client diversity, and acknowledgment of clients' strengths and capacity for change. Nurses are facilitators, collaborators, advocates, and leaders within a PHC framework in a variety of health care settings.

For more information on Nursing as a profession, visit the following websites:

[College of Nurses of Ontario](#) (CNO)

[Canadian Nurses Association](#) (CNA)

[Registered Nurses Association of Ontario](#) (RNAO)