Occupational Health Nursing Post Grad Certificate

PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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Prior learning credit options at Saskatchewan Polytechnic

See Get Credit for What you Know for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

How to navigate this document

This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

Contents of this guide

This guide contains the following specific PLAR information and tools for this program

A. PLAR fees
B. PLAR eligibility and options
C. Dates when PLAR assessment is available
D. Special directions for this program
E. PLAR contact person
F. Self-rating course outlines

A. PLAR fees

Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the PLAR webpage for current fee information.

B. PLAR eligibility and options

To be eligible for PLAR you must consult with the PLAR contact person and be approved for PLAR assessment.

Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See course outlines in this guide to identify any pre- or co-requisites for each course. Discuss with your PLAR contact person how to deal with courses with corequisites.

Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the PLAR contact person whether there are any block assessment options in this program.

C. Dates when PLAR assessment is available

PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

All PLAR assessments must be completed by June 15 of each academic year.

D. Special directions for this program

1. **Review** the PLAR process and FAQs and the information in this guide.
2. **Self-rate** your learning for each course using the Course Outlines in this guide.
3. **Consult** with the PLAR contact person for PLAR approval. Be prepared to provide your resume, course self-ratings (see section F), and a partially completed PLAR application. If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. **Register** for PLAR at Registration/Enrolment Services once you have signed approval on your PLAR Application Form. The PLAR fee will be added to your student account.
5. **Finalize** an assessment plan with your assigned assessor**.**
6. **Complete** assessment before your PLAR registration expires.

E. PLAR contact person

Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and general PLAR information **and** rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed PLAR application. If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

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F. Self-rating course outlines

Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The PLAR contact person for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
LEAD 202	Leadership and Team Management in Occupational Health Nursing	
NRSG 287	Foundations of Occupational Health Nursing	
NRSG 288	Health Assessment and Health Promotion in Occupational Health Nursing	
NRSG 289	Work Environments and Health 1	
NRSG 290	Work Environments and Health 2	
NRSG 291	Disability Case Management in Occupational Health Nursing	
NRSG 292	Occupational Health Nursing Lab	
PRAC 214	Occupational Health Nursing Practice Education	
PROJ 205	Project Management in Occupational Health Nursing	
SFTY 201	Managing Health and Safety Systems from an Occupational Health Nursing Perspective	

LEAD 202 - Leadership and Team Management in Occupational Health Nursing

You will develop the knowledge and skills to effectively manage a health services unit, lead a team, and participate in teamwork. You will be prepared to provide strong leadership and communication skills emphasizing planning, supervision, problem solving, teamwork, and team effectiveness.

Credit unit(s): 3.0
Prerequisites: NRSG 287
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Examine effective leadership qualities.			
2. Discuss the occupational health nursing (OHN) health services unit leadership role.			
3. Examine the occupational health and safety (OH&S) supervisory role.			
4. Examine conflict resolution strategies.			
5. Manage coaching processes.			
6. Examine team skills.			
7. Examine team problem solving.			
8. Discuss leading occupational health committee (OHC) processes.			
9. Compose a health and safety team action plan.			

NRSG 287 - Foundations of Occupational Health Nursing

You will be introduced to the specialty role of the occupational health nurse. You will explore occupational health nursing as it relates to health in the workplace and inter-professional partnerships. You will examine legal and ethical considerations, occupational health and safety standards and frameworks for professional practice. You will develop a professional portfolio (as an assignment) related to occupational health nursing.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Discuss the role of the occupational health nurse (OHN).			
2. Identify frameworks for professional practice related to occupational health nursing.			
3. Develop a professional portfolio related to occupational health nursing.			
4. Describe the legal requirements related to occupational health nursing.			
5. Describe ethical requirements related to occupational health nursing.			
6. Discuss inter-professional team roles related to occupational health nursing.			
7. Discuss workplace wellness related to occupational health nursing.			
8. Discuss concepts of needs assessment, gap analysis and cost implications.			

NRSG 288 - Health Assessment and Health Promotion in Occupational Health Nursing

You will relate the basic principles of health assessment including history taking and physical examination to occupational health nursing. You will relate the principles of health promotion to the occupational health environment. You will discuss specific alterations to health experienced in occupational health environments and the related health promotion.

Credit unit(s): 3.0
Prerequisites: NRSG 287
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Describe health assessment related to occupational health nursing.			
2. Describe health promotion related to health assessment and the occupational environment.			
3. Describe health promotion related to mental status in the occupational environment.			
4. Discuss health promotion related to the gastrointestinal system in the occupational environment.			
5. Discuss health promotion related to the cardiovascular and peripheral vascular systems in the occupational environment.			
6. Discuss health promotion related to the musculoskeletal system in the occupational environment.			
7. Discuss health promotion related to the reproductive system in the occupational environment.			
8. Discuss health promotion related to the neurological system in the occupational environment.			

NRSG 289 - Work Environments and Health 1

You will be introduced to the basic principles of industrial hygiene, sometimes referred to as occupational hygiene. You will prepare to anticipate, recognize, evaluate, and control workplace hazards. You will focus on issues such as occupational contamination, chemical, biological, radiation, and electrical hazards. Your assessment and treatment skills will be enhanced for related occupational disease and injuries.

Credit unit(s): 3.0
Prerequisites: NRSG 287
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Examine historical progression of industrial hygiene.			
2. Assess chemical hazards and controls.			
3. Assess biological hazards and controls.			
4. Assess hazardous energy and controls.			
5. Assess radiation hazards and controls.			
6. Assess disease states and contributing contaminants.			

NRSG 290 - Work Environments and Health 2

You will prepare to anticipate, recognize, evaluate, and mitigate the effects of noise, thermal, ergonomic, confined spaces, respiratory and fire hazards. You will have the opportunity to become familiar with sampling techniques and equipment and you will prepare to assess and treat workers who encounter these hazards.

Credit unit(s): 3.0
Prerequisites: NRSG 287, NRSG 289
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Assess noise hazards.			
2. Assess thermal stressors.			
3. Assess ergonomic hazards.			
4. Assess respiratory risks and protection programs.			
5. Examine air sampling techniques.			
6. Assess fire hazards and controls.			
7. Assess machine operation risks.			

NRSG 291 - Disability Case Management in Occupational Health Nursing

You will be introduced to disability management as an essential component of an occupational health and safety program. Disability management starts at the time of illness or injury and continues until the individual has recovered and returned to work. You will acquire knowledge and skills to develop, implement, and market a disability management program including Workers' Compensation Board (WCB) claims information and return to work plans. You will focus on: worker assessment, accurate completion of reporting requirements and the creation of a disability management program.

Credit unit(s): 4.0
Prerequisites: NRSG 287
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Examine disability management programs.			
2. Discuss the role of the Workers' Compensation Board.			
3. Examine elements of a disability management program including cultural health.			
4. Compose disability management program forms.			
5. Examine attendance management programs.			
6. Assess return to work (RTW) processes.			
7. Examine cost/benefits of a disability management program.			
8. Evaluate a disability management program.			
9. Assess marketing disability management programs.			

NRSG 292 - Occupational Health Nursing Lab

You will be provided with an opportunity to apply theoretical learnings, enhance nursing assessment techniques, and demonstrate clinical practice skills in a simulated setting as they relate to the role of the occupational health nurse. You will demonstrate critical thinking, problem solving and collaboration with other health team members.

Credit unit(s): 1.0
Prerequisites: NRSG 287, NRSG 288, NRSG 289, NRSG 290NRSG 291, PROJ 205, SFTY 201, LEAD 202
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Complete a health history/assessment and physical examination of a worker in a simulated setting.			
2. Demonstrate relevant OHN clinical practice skills in a simulated setting.			
3. Analyze cultural and Indigenous inclusion in the workplace.			

PRAC 214 - Occupational Health Nursing Practice Education

You will be provided with a field work opportunity and spend 80 hours in an occupational health setting, preferably in an industry setting. You will be mentored by a registered nurse who is employed in an occupational setting.

Credit unit(s): 5.0
Prerequisites: NRSG 292
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Plan for care delivery in an occupational setting.			
2. Complete a health history/assessment and physical examination of a worker in a work setting.			
3. Demonstrate relevant OHN clinical practice skills in a work setting.			
4. Provide health promotion teaching.			
5. Manage workplace hazards and treat workplace injuries.			
6. Demonstrate leadership competencies in creating and sustaining a healthy workplace.			
7. Demonstrate disability management.			

PROJ 205 - Project Management in Occupational Health Nursing

You will focus on project management knowledge and application. You will have the opportunity to practice using a project management framework to develop a project management plan for the development and revision of an occupational health and safety program. Your knowledge of needs assessment, gap analysis, and program evaluation skills will be enhanced.

Credit unit(s): 3.0
Prerequisites: NRSG 287
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Outline the occupational health and safety (OH&S) program required elements.			
2. Discuss a project management framework.			
3. Assess project management initiation phase.			
4. Assess project management design stage.			
5. Assess project management execution stage.			
6. Evaluate project management monitor and control stage.			
7. Set up project management closure stage.			

SFTY 201 - Managing Health and Safety Systems from an Occupational Health Nursing Perspective

You will focus your studies on elements of organizational culture and behavior which directly impact the effectiveness of an occupational health and safety system. You will explore safety systems, safety culture, learning organizations, responsibility systems, legislation, risk management, accident causation, auditing program elements, and management theories relate to health and safety. You will develop inspection and accident investigation skills.

Credit unit(s): 3.0
Prerequisites: NRSG 287
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome **Competent:** I can apply this outcome without direction or supervision. **Learning:** I am still learning skills and knowledge to apply this outcome. **None:** I have no knowledge or experience related to this outcome.	**Competent**	**Learning**	**None**
1. Examine components of the health and safety responsibility system.			
2. Interpret the legislated duties of the workplace responsibility system (WRS).			
3. Evaluate core principles of world class health and safety systems.			
4. Evaluate health and safety risk management.			
5. Examine management theories relationship to occupational health and safety (OH&S).			
6. Examine the value of safety management system audits.			
7. Examine the elements of a safety system audit program.			
8. Examine accident investigation process.			