The Vancouver Summer Program (VSP) is a four-week academic program for international undergraduate students. For the July 11-August 11, 2020 session, UBC School of Nursing will be offering 3 packages: Package A in Seniors’ Health and Home care, Package B in Interdisciplinary Global Health Leadership, and Package C in Mental Health and Awareness. Participants will attend highly interactive classes and engage in a variety of social activities while living in residence on UBC’s stunning campus, located on the traditional, ancestral, and unceded territories of the Coast Salish people.

* International students from various disciplines are invited to apply. No prerequisites are required; however, participants must be proficient in English, have a strong academic background, and be at least 18 years of age at the beginning of the session.
**Introduction to Seniors’ Health**

Field excursions to innovative seniors’ care centres and effective mentorship techniques will provide students with a once-in-a-lifetime opportunity to take part in the most advanced learning in healthy aging and common health concerns among seniors. A broad range of guests (including older adults, healthcare providers and educators) will engage with students and provide content expertise. This course provides a window into normal aging processes and introduces students to some of the main health challenges experienced by seniors, including dementia. Best practices for supporting seniors’ health and wellbeing will be discussed, guided by ethical considerations and principles of personhood. The course includes lectures, workshops and mentored individual projects by students that will be presented at the end of the course.

**Introduction to Caring for Seniors at Home and in the Community**

Students will gain hands-on experience in developing skills to effectively engage with and support seniors in their homes and communities. A wide variety of guests will engage with students, including seniors, family caregivers, and health and social service providers. Students will engage with seniors to consider practical tips to create supportive home environments. This course provides an overview of the key components of supporting the health and well-being of seniors in their home environment. Students will be introduced to issues associated with aging in place, including environmental, policy and systemic factors. The course will be led by expert faculty in the field of aging. Course content will be delivered through lectures, case studies, small and large discussion groups, and field excursions.

The content covered in NURS Package A (Seniors Health and Home Care) is similar to foundational pillar courses in MHLP Seniors Care as a whole (NURS 542, NURS 585S). However, this course does not translate exactly into the content covered for either course due to its condensed format.

**Global Health Leadership**

As we become more globalized and connected, health care providers have opportunities to lead the way for social justice and equity. This course will draw upon the World Health Organization’s current program of work and the United Nations Sustainable Development Goals (SDGs) framework. Students will learn about leadership styles and strategies for global health advocacy work and policy development. Course discussions will highlight global health leadership in action for complex contemporary challenges such as climate change; human resources for health; good global governance; decent work; gender and age-transformative action; universal health coverage (UHC); and the “triple billion” goals. To lead globally, we have to think both locally and internationally, and students will have opportunities to meet local leaders who are champions for local Indigenous rights and cultural safety in Vancouver.

**Quality and Safety for Health Care**

In complex healthcare environments healthcare professionals must have the knowledge, skills and judgment to continuously monitor and improve: a) the safety of the work environment for patients and providers; and b) the quality and safety of patient care delivery. There are six key quality and safety competencies that will be covered in this course: patient-centered care, teamwork and collaboration, evidence-based practice, quality improvement, safety and informatics. Students will learn about real-life applications for each of these key competencies. This course will use cases of quality and safety practice challenges such as errors (including near misses), omissions and other breaches to engage students in group discussions and problem-solving. Guests will include Quality & Safety Officers, Informatics experts and Patient Experience Advocates from various healthcare organizations.

The course content NURS Package B (Interdisciplinary Global Health Leadership) is covered in a number of courses, including NURS 300, NURS 351, NURS 360, NURS 512 & NURS 520. However, this course does not translate exactly into the content covered for the courses due to its condensed format.

**Introduction to Mental Health**

Using a life-course perspective addressing mental health from the prenatal period through older adulthood, students will build their understanding of the various mental health challenges, risk and protective factors, health system challenges and opportunities and evidence-based approaches to mental health promotion, prevention and treatment of common mental health challenges for individuals and their families. This course provides students with a foundation for working with individuals, families, and populations who experience and are living with mental health and substance use challenges. This course includes lectures and discussion groups.

**Strategies to Manage Stress in Everyday Life**

Students will have the opportunity to explore knowledge related to stress, stressors, resilience, social support, and strategies to foster physical, mental, emotional, and spiritual health. Key concepts to be explored include the positive and negatives aspects of stress, factors that contribute to stress, physiological and psychological responses to stress, and the various strategies to navigate and manage stress, including the role of social support and self-care. There will be a strong focus on practical strategies to manage stress within the context of students’ current and future lives. The course will encompass a variety of methods including lectures, discussions, and an interactive assignment will allow students to express their creativity.

The content covered in NURS Package C (Mental Health & Wellness) is similar to coursework covered in a few courses, NURS 303 and NURS 180. It is intended to support university students to advance their knowledge about mental health and wellbeing. However, these packaged courses do not translate exactly into the content covered in the courses due to its condensed format.