



**NURS 4341 Health Promotion Across the Lifespan
Spring 2023**

Mode of Delivery: Internet

Course Facilitator: Rachel Fano, MSN, APRN, FNP-C

Email: rboaz2@com.edu

Office Phone: 409-933-8459

Office Location: 225-09

Office Hours: Tuesday 0930 – 1530, Wednesday 0900 - 1100

Required Textbooks

Edelman, C. (2022). *Health Promotion Throughout the Lifespan, 10th edition*. St. Louis: Elsevier, Inc.

American Psychological Association. (2020). *Publication Manual of the American Psychological Association, 7th edition*. Washington, DC: APA

Evolve Resources for Health Promotion Throughout the Life Span, 10th Edition

Course ID: 165280_rboaz4_1001

Instructor: Rachel Boaz

Textbook Purchasing Statement:

A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Course Description

This course examines health promotion across the lifespan, including pediatric, adult, and geriatric populations. Emphasis is placed upon health and environmental patterns that promote or interfere with health attainment and risk reduction in the identified populations.

(Credit 3: Lecture 3, Lab 0) (8-week course, 48 contact hours)

Course Objectives/Student Learning Outcomes

Upon completion of this course, the student will:

1. Integrate knowledge, skills, and abilities gained from personal experiential learning, prerequisite, and co-requisite courses included in the program of study.

Measure: 80 percent of students will score 80 percent on the Discussion Board postings.

2. Examine theoretical and epidemiologic concepts that form a foundation for health promotion.

Measure: 80 percent of students will score 80 percent of items correctly regarding theoretical concepts on Case Studies.

Measure: 80 percent of students will score 80 percent of items correctly regarding epidemiological concepts on Case Studies.

3. Evaluate the impact of healthcare finance on health promotion and disease prevention.

Measure: 80 percent of students will score 80 percent of items correctly regarding evaluation of healthcare finance impact on health promotion on their Discussion Board postings.

Measure: 80 percent of students will score 80 percent of items correctly regarding evaluation of healthcare finance impact on disease prevention on their Health Disparities/Vulnerable Population paper.

4. Analyze health patterns and environmental conditions that impact health promotion across the lifespan.

Measure: 80 percent of students will score 80 percent of items correctly regarding analysis of health patterns that impact health promotion across the lifespan on Discussion Board postings.

Measure: 80 percent of students will score 80 percent of items correctly regarding analysis of environmental conditions that impact health promotion across the lifespan on Case Studies.

5. Compare health promotion needs of the pediatric, adult, and geriatric patient.

Measure: 80 percent of students will score 80 percent on their Interventions and Application of Health Promotion Paper.

Measure: 80 percent of students will score 80 percent on their Discussion Board postings.

Measure: 80 percent of students will score 80 percent of items correctly regarding analysis of health promotion needs of the geriatric patient on their Discussion Board postings.

6. Examine specific health promotion and disease prevention in emerging populations.

Measure: 80 percent of students will score 80 on their Health Disparities/Vulnerable Population Paper.

Measure: 80 percent of students will score 80 percent of items correctly regarding examination of specific disease prevent activities in emerging populations on their Health Disparities/Vulnerable Population Paper.

Methods of Instruction

Case studies

Group discussions

Formal Papers

Written Reports/Clinical Reasoning exercises

Grading Scale

A = 90 -100.00

B = 80 -89.99

C = 70 -79.99

D = 60 -69.99

F = < 60

Grade Calculation

Assignment	%
Weekly Discussion Board Postings	25%
Case Studies (Two)	20%
Interventions/Application Health Promo Paper	15%
Vulnerable Population Paper	25%
Participation	15%
Grade Total	100%
A Grade Total of at least 70% is required to pass the course.	

Attendance

See the Attendance policy in the Nursing Student Handbook.

Tardiness

See Attendance policy in the Nursing Student Handbook.

Withdrawal

See Admission, Progression, Dismissal, & Readmission policy in the Nursing Student Handbook.

Classroom Conduct Policy/Student Conduct

Classroom Conduct Policy: College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, which can be found in the on-line Student Handbook.

<http://www.com.edu/student-services/studenthandbook.php> . Students should act in a professional manner at all times. Disruptive students will be held accountable according to college policy. Any violations of the Code of Conduct will result in a referral to the Office for student Conduct and may result in dismissal from this class.

In addition to the Standards of Student Conduct found in the online COM Student Handbook (<http://www.com.edu/student-services/student-handbook.php>), nursing students are expected to demonstrate good professional character as defined in in BON Rule 213.27 (http://bon.texas.gov/rr_current/213-27.asp). See Behavior/Conduct in the Nursing Student Handbook.

Academic Dishonesty

Any incidence of academic dishonesty will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty, such as cheating on exams, is an extremely serious offense. See Behavior/Conduct policy in the Nursing Student Handbook.

Plagiarism

Plagiarism is using someone else's words or ideas and claiming them as your own. Plagiarism is a very serious offense. Plagiarism includes paraphrasing someone else's words without giving proper citation, copying directly from a website and pasting it into your paper, using someone else's words without quotation marks. Any assignment containing plagiarized material will receive a grade of zero and the student will be referred to the Office of Student Conduct for the appropriate disciplinary action. Also see the Behavior/Conduct policy in the Nursing Student Handbook.

Avoiding Plagiarism: <http://www.plagiarism.org/>

Course Requirements

1. **Discussion Board Postings (Weekly):** Assess knowledge and application of incremental course content. Student will post a primary post supported by cited, evidence-based material according to the grading rubric each week by Wednesday. Student will then reply to at least two peers supported by cited, evidence-based material according to the grading rubric by Sunday each week. Each post must have an APA format reference listed. Each post should incite thoughtful content, probing questions, professional feedback, self-reflection.
2. **Interventions and Applications Health Promotion Paper:** Assesses knowledge and application of health promotion interventions and how to apply them to specific populations. Each student will compose a 2-3 page paper on how they would practically and realistically apply specific health promotion interventions to their own life/practice. The ANA Code of Ethics Provision 5 states that "the nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth.
3. **Vulnerable Population/Health Disparities Paper:** Assesses overall knowledge and application of complete course content. Each student will write a short research paper assessing the impact of health disparities on a vulnerable population of their choosing. Students will identify practices unique to that population. Using the Healthy People 2030, students will identify strategies that nurses can implement to remove/reduce those barriers for said population as a whole and individually.
4. **Case Studies (2):** Assesses knowledge and application of content integrated within the course. Students will complete cases studies that cover diverse demographics.
5. **Weekly Participation:** Assesses ability to synthesize information when collaborating on a topic with peers. Discussions will include major competencies for student learning outcomes. (*See Appendix A: Participation Discussion Board Rubric*)

Make-Up Policy/Late Assignments

All course assignments are expected to be completed and submitted on the specified due date. See Late Assignments policy in the Nursing Student Handbook.

Concerns/Questions

If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact the Course Facilitator. If, after discussing your concern with the Course Facilitator, you still have questions, please email nursing@com.edu to request an appointment with the Director of Nursing. Please see the Student Concerns Policy in the Nursing Student Handbook for further instructions.

Successful Tips for Students

Schedule time to study based on the difficulty of the content. Use this table as a guide:

Course Difficulty	Study Hours Per Week Per Hour in Class
High Difficulty Course	3 hours
Medium Difficulty Course	2 hours
Low Difficulty Course	1 hour

http://www.usu.edu/arc/StudySmart/pdf/estimating_study_hours.pdf

Read assignments before class or clinical. Here are some strategies for getting the most out of your college textbooks:

4 Steps to Reading a Textbook:

<http://www.studyright.net/blog/4-steps-to-reading-a-textbook-quickly-and-effectively/>

Active Reading Strategies:

<http://www.princeton.edu/mcgraw/library/for-students/remember-reading/>

The Reading Cycle: Plan-Do-Review

<http://www2.swccd.edu/~asc/lrnlinks/txttdg.html>

How to Read Your Textbooks More Efficiently College Info Geek (video)

<https://www.youtube.com/watch?v=tgVjmFSx7rg>

5 Active Reading Strategies for Textbook Assignments College Info Geek (video)

[5 Active Reading Strategies for Textbook Assignments - College Info Geek](#)

ANA Scope and Standards of Practice

Students are expected to adhere to established ANA Scope and Standards of Practice (2015)

Student Handbooks

Students are expected to adhere to all policies outlined in the College and Nursing Program student handbooks.

Syllabus Revisions

Faculty reserves the right to make changes to the syllabus as deemed necessary.

The Speaking, Reading, and Writing Center

The Speaking, Reading and Writing Center provides free tutoring services to students, staff and faculty seeking assistance for writing, reading and oral presentations for academic and non-academic assignments/projects. Located in the Technical Vocational Building, Room 1306, the center provides face-to-face and online tutoring sessions in a welcoming environment. Appointments can be made in person, or on the center scheduler at com.mywconline.com, or by clicking the SRWC icon on the COM website.

Course Content

Unit 1: Health Defined: Health Promotion, Protection, and Prevention

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Analyze concepts and models of health as used historically and in this textbook.
2. Evaluate the consistency of Healthy People 2020 goals with various concepts of health.
3. Analyze the progress made in this nation from the original Healthy People document to the foci in Healthy People 2020.
4. Differentiate between health, illness, disease, disability, and premature death.
5. Compare the four levels of prevention (primordial, primary, secondary, and tertiary) with the levels of service provision available across the life span.
6. Critique the role of research and evidence as well as the nurse's role in health education and research for the promotion and protection of health for individuals and population.

Learning Content:

Exploring Concepts of Health

A. Models of Health

B. Wellness-Illness Continuum

C. High-Level Wellness

D. Health Ecology

E. Functioning

II. Illness, Disease, and Health

III. Planning for Health

IV. Healthy People 2020

A. Goals

V. Levels of Prevention

A. Primordial Prevention

B. Primary Prevention

C. Secondary Prevention

D. Tertiary Prevention

VI. The Nurse's Role

A. Nursing Roles in Health Promotion and Protection

VII. Improving Prospectus for Health

A. Population Effects

VIII. Shifting Problems

IX. Moving Toward Solutions

X. Tying it All Together Using the Nursing Process

A. Problem Identification

B. Planning Interventions

C. What Was the Actual Cause of Frank's Problem?

D. Evaluation of the Situation

XI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 1

Discussion Board

Unit 2: Emerging Populations and Health

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Differentiate among ethnicity, ethnic group, race, and minority group.
2. Describe demographic data relative to emerging populations:
Arab Americans
Asian Americans/Pacific Islanders
Black/African Americans
Latino/Hispanic Americans
Native Americans
Homeless persons
3. Describe health concerns and issues of emerging populations.
4. Discuss selected cultural factors that may have an impact on the health and well-being of emerging populations.
5. Contrast the folk healing system with the professional care system.
6. Explain strategies for health care professionals to meet the needs of emerging populations.
7. Describe initiatives to address the health care concerns of emerging population.

Learning Content:

- I. Health Disparities and Health Equality
- II. Emerging Populations in the United States
- III. Ethnicity, Ethnic Group, Minority Group, and Race
- IV. Cultures, Values, and Value Orientation
- V. Cultural Competency
- VI. Folk Healing and Nursing Care Systems
- VII. Arab Americans
 - A. Health Care Issues of Arab Americans
 - B. Selected Health-Related Cultural Aspects
- VIII. Asian Americans/Pacific Islanders
 - A. Health Care Issues of Asian Americans/Pacific Islanders
 - B. Selected Health-Related Cultural Aspects
- IX. Latino/Hispanic Americans
 - A. Health Issues of Latino/Hispanic Americans
 - B. Selected Health-Related Cultural Aspects
- X. Black/African Americans
 - A. Health Issues in Black/African Americans
 - B. Selected Health-Related Cultural Aspects
- XI. American Indians/Alaskan Natives
 - A. Health Care Issues of Native Americans
 - B. Selected Health-Related Cultural Aspects
- XII. The Emerging Rural and Urban Populations: Homeless Person
 - A. Homelessness: A Continuing Saga
 - B. Health People 2020
 - C. Office of Minority Health
- XIII. Nursing's Response to Emerging Population and Health
- XIV. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 2
Discussion Board

Unit 3: Health Policy and the Delivery System

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Examine key developments in the history of health care that influenced the philosophical basis of American health care and separated preventive measures from curative measures.
2. Differentiate between private and public sector functions and responsibilities in the delivery of health care.
3. Describe the mechanisms by which health care in the United States is financed in both the private sector and the public sectors.
4. Analyze the influence of health legislation on the health care delivery system.
5. Differentiate between the purposes, benefits, and limitations of Medicare, Medicaid, and other government-sponsored programs in achieving health equity.
6. Compare and contrast the health care delivery systems of the United States and other countries.
7. Discuss the major provisions of the Patient Protection and Affordable Care Act of 2010 and its impact on improving population health.

Learning Content:

- I. The Health of the Nation
 - A. Healthy People 2020
 - B. Health Indicators of a Nation
 - C. Historical Role of Women in Health Promotion
- II. A Safer System
- III. Global Health
 - A. Historical Perspectives
- IV. History of Health Care
 - A. Early Influences
 - B. Industrial Influences
 - C. Socioeconomic Influences
 - D. Public Health Influences
 - E. Scientific Influences
 - F. Special Population Influences
 - G. Political and Economic Influences
 - H. Split Between Preventive and Curative Measures
- V. Organization of the Delivery System
 - A. Private Sector
 - B. Public Sector
- VI. Financing Health Care
 - A. Costs
 - B. Sources
 - C. Employer Health Benefits
 - D. Mechanisms
 - E. Managed Care Issues
 - F. Health Insurance
 - G. Pharmaceutical Costs
 - H. The Uninsured: Who are They?
- VII. Health Care Systems of Other Countries
 - A. Canadian Health Care System
- VIII. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 3

Discussion Board

Unit 4: The Therapeutic Relationship

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Evaluate values clarification as a prerequisite for effective health promotion.
2. Examine the elements and process of communication.
3. Analyze differences between functional and dysfunctional
4. Develop strategies to promote therapeutic relationships with diverse populations across clinical settings, contexts, and nursing roles.
5. Synthesize knowledge of the therapeutic relationship as an essential component of health promotion.

Learning Content:

- I. Values Clarification
 - A. Definition
 - B. Values and Therapeutic Use of Self
- II. The Communication Process
 - A. Function and Process
 - B. Types of Communication
 - C. Effectiveness of Communication
 - D. Interprofessional Communication and Teamwork
 - E. Factors in Effective Communication
 - F. Health Literacy
- III. The Helping or Therapeutic Relationship
 - A. Characteristics of the Therapeutic Relationship
 - B. Ethics in Communicating and Relating
 - C. Therapeutic Techniques
 - D. Barriers to Effective Communication
 - E. Setting
 - F. Stages
- IV. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 4

Discussion Board

Unit 5: Ethical Issues Related to Health Promotion

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Discuss health promotion as a moral endeavor.
2. Describe the relationship of health care ethics to health promotion.
3. Analyze the relationship of various ethical theories to the nursing role in health promotion.
4. Discuss the historical development and importance to
5. Describe contemporary ethical issues in health promotion (e.g., issues related to genetics, genomics, culture, end-of- life decision-making).
6. Analyze problems related to health promotion using an ethical decision-making framework.

Learning Content:

I. Health Promotion as a Moral Endeavor

II. Health Care Ethics

- A. Origins of Applied Ethics in Moral Philosophy
- B. Types of Normative Ethical Theories
- C. Limitations of Moral Theory
- D. Feminist Ethics and Caring

III. Personal Responsibility

- A. Accountability to Individuals and Society
- B. Code of Ethics

C. Advocacy

- D. Problem-Solving: Issues, Dilemmas, Risks, and Moral Distress
- E. Preventive Ethics

IV. Ethical Principles in Health Promotion

- A. Autonomy as Civil Liberty
- B. Autonomy as Self-Determination
- C. Exceptions to Autonomous Decision-Making
- D. Confidentiality
- E. Veracity
- F. Nonmaleficence
- G. Beneficence
- I. Justice

V. Strategies for Ethical Decision-Making

- A. Locating the Source and Levels of Ethical Problems
- B. Values Clarification and Reflection
- C. Decision-Making Considerations

VI. Ethics of Health Promotion: Cases

- A. Case 1: Addressing Health Care System Problems—Elissa Needs Help
- B. Case 2: She’s My Client!—Lilly and “Jake” (a.k.a. Paul)
- C. Case 3: Don’t Touch My Things! Ms. Smyth and Autonomy

V. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 5

Discussion Board

Unit 6: Health Promotion and the Individual

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Define the framework of functional health patterns as described by Gordon (2016).
2. Describe the use of the functional health pattern framework to assess individuals throughout the life span.
3. Illustrate health patterns of the functional, potentially dysfunctional, and actually dysfunctional categories of behavior.
4. Identify risk factors or etiological aspects of actual or potential dysfunctional health patterns to consider with nursing diagnoses.
5. Discuss the planning, implementation, and evaluation of nursing interventions to promote the health of individuals.
6. Develop specific health-promotion plans based on an assessment of individuals.

Learning Content:

I. Gordon's Functional Health Patterns: Assessment of the Individual

- A. Functional Health Pattern Framework
- B. The Patterns
- C. Health Perception—Health Management Pattern
- D. Nutritional-Metabolic Pattern
- E. Elimination Pattern
- F. Activity-Exercise Pattern
- G. Sleep-Rest Pattern
- H. Cognitive-Perceptual Pattern
- I. Self-Perception—Self-Concept Pattern
- J. Roles-Relationships Pattern
- K. Sexuality-Reproductive Pattern
- L. Coping-Stress Tolerance Pattern
- G. Values-Beliefs Pattern

II. Individual Health Promotion Through the Nursing Process

- A. Collection and Analysis of Data
- B. Planning the Care
- C. Implementing the Plan
- D. Evaluating the Plan

III. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 6

Discussion Board

Unit 7: Health Promotion and the Family

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Describe various theoretical approaches to the study of families.
2. Assess families throughout the life span using the functional health pattern framework.
3. Describe examples of the clinical data to collect in each health pattern during each family developmental phase.
4. Provide examples of behavioral changes (functional, potentially dysfunctional, and actually dysfunctional) within the health patterns of families.
5. Describe developmental and cultural characteristics of the family to consider when identifying risk factors or etiological factors of potential or actual dysfunctional health patterns.
6. Plan, implement, and evaluate nursing interventions in health promotion with families. Evaluate a specific health-promotion plan based on family assessment, nursing diagnosis, and contributing risks or etiological factor.

Learning Content:

- I. The Nursing Process and the Family
 - A. The Nurse's Role
- II. Family Theories and Frameworks
- III. The Family From a Developmental Perspective
- IV. The Family From a Structural-Functional Perspective
- V. The Family from a Risk-Factor Perspective
 - A. Health Perception-Health Management Pattern
 - B. Nutritional-Metabolic Pattern
 - C. Elimination Pattern
 - D. Activity-Exercise Pattern
 - E. Sleep-Rest Pattern
 - F. Cognitive-Perceptual Pattern
 - G. Self-Perception-Self-Concept Pattern
 - H. Roles-Relationships Pattern
 - I. Sexuality-Reproductive Pattern
 - J. Coping-Stress Tolerance Pattern
 - K. Values-Beliefs Pattern
- VI. Environmental Factors
- VII. Analysis and Nursing Diagnosis
 - A. Analyzing Data
- VIII. Planning with the Family
 - A. Goals
- IX. Implementation with the Family
- X. Evaluation with the Family
- XI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 7
Discussion Board

Unit 8: Health Promotion and the Community

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Describe the 11 functional health patterns and explain how they are used for data collection to assess communities.
2. Evaluate community characteristics that indicate risk.
3. Identify developmental aggregates of potential or actual dysfunctional health patterns.
4. Explain methods of community data collection and sources of information.
5. Describe a method of planned change for the community. Discuss the planning, implementation, and evaluation of nursing interventions in health promotion with communities.
6. Develop a health-promotion plan based on community assessment (including resources), nursing diagnoses, and other contributing factor.

Learning Content:

- I. The Nursing Process and the Community
- II. The Nurse's Role
 - A. Influencing Health Policy
- III. Methods of Data Collection
- IV. Sources of Community Information
- V. Community from a Systems Perspective
 - A. Structure
 - B. Function
 - C. Interaction
- VI. Community From a Developmental Perspective
- VII. Community From a Risk-Factor Perspective
 - A. Health-Perception-Health Management Pattern
 - B. Nutritional-Metabolic Pattern
 - C. Elimination Pattern
 - D. Activity-Exercise Pattern
 - E. Cognitive-Perceptual Pattern
 - F. Self-Perception-Self Concept Pattern
 - G. Roles-Relationships Pattern
 - H. Sexuality-Reproductive Pattern
 - I. Coping-Stress Tolerance Pattern
 - J. Values-Beliefs Pattern
- VIII. Analysis and Diagnosis with the Community
 - A. Organization of Data
 - B. Guidelines for Data Analysis
 - C. Community Diagnosis
- IX. Planning with the Community
 - A. Purposes
 - B. Planned Change
- X. Implementation with the Community
- XI. Evaluation with the Community
- XII. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 8
Discussion Board

Unit 9: Screening

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Discuss screening and its role in secondary prevention and health promotion.
2. Analyze criteria to determine if a disease has evidence-based guidelines for screening.
3. Identify health care, economic, and ethical implications related to the screening process.
4. Discuss how collaborative community and national partnerships and policies assist in the development and implementation of a screening program.
5. Describe elements of the nursing role in the screening process.

Learning Content:

- I. Advantages and Disadvantages of Screening
 - A. Advantages
 - B. Disadvantages
- II. Selection of a Screened Disease
 - A. Significance of the Disease for Screening
 - B. Detection
 - C. Should Screening for Disease be Done?
- III. Ethical Consideration
 - A. Economic Costs and Ethics
- IV. Selection of Screenable Populations
 - A. Person-Dependent Factors
 - B. Environment-Dependent Factors
 - C. National Guidelines and Healthcare Reform
- V. The Nurse's Role
- VI. Racial and Ethnic Approaches to Community Health
- VII. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 9

Discussion Board

Unit 10: Health Education

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Analyze the goals of health education.
2. Discuss learning principles that affect health education.
3. Apply teaching and learning concepts to teaching.
4. Describe selected theoretical models used in health education to influence the behavior change process.
5. Explain the steps in preparing a health teaching plan.
6. Propose learning strategies appropriate to each learning domain.
7. Discuss the importance of evaluating the educational process.

Learning Content:

I. Nursing and Health Education

- A. Definition
- B. Goals
- C. Learning Assumptions
- D. Family Health Teaching
- E. Health Behavior Change
- F. Ethics
- G. Genomics and Health Education
- H. Diversity and Health Teaching

II. Community and Group Health Education

III. Teaching Plan

- A. Assessment
- B. Determining Expected Learning Outcomes
- C. Selecting Content
- D. Designing Learning Strategies
- E. Evaluating the Teaching-Learning Process
- F. Referring Individuals to Other Resources

IV. Teaching and Organizing Skills

V. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 10

Discussion Board

Unit 11: Nutrition Counseling for Health Promotion

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Evaluate the objectives outlined in Healthy People 2020 nutrition and food safety issues.
2. Analyze the leading diet-related causes of illness and death in the United States and the corresponding nutrients specific to each.
3. Summarize and evaluate the rationale behind the recommendations contained in the Dietary 4. Guidelines for Americans 2015–2020.
4. Compare the number of servings and serving sizes recommended in MyPlate with serving sizes featured currently in the marketplace.
5. Analyze US food aid programs for marginalized groups and older adults in the United States.
6. Evaluate personal diet intakes over a 24-hour to 48-hour period using SuperTracker (<https://www.supertracker.usda.gov>) to learn how to plan diets for any stage in the life cycle.

Learning Content:

- I. Nutrition in the United States: Looking Forward from the Past
 - A. Classic Vitamin-Deficiency Diseases
 - B. Dietary Inadequacy
 - C. Dietary Excesses
- II. Healthy People 2020: Nutrition Objectives
 - A. Nutrition-Related Health Status
 - B. Nutrition Objectives for the United States
- III. Food and Nutrition Recommendations
 - A. Dietary Reference Intakes
 - B. Dietary Guidelines for Americans 2015-2020
- IV. Dietary Supplements and Herbal Medicines
 - A. Circumstances when Nutrition Supplementation is Indicated
- V. Food Safety
 - A. Cause of Food-Borne Illness
 - B. Examples of Common Food-Borne Pathogens
 - C. Food Safety Practices
- VI. Food, Nutrition, and Poverty
 - A. Poverty and Income Distribution
 - B. Food Assistance for Low-Income Individuals
- VII. Nutrition Screening
- VIII. Nutrition Risk Factors
 - A. Cardiovascular Diseases
 - B. Heart Disease
 - C. Hypertension
 - D. Cancer
 - E. Osteoporosis
 - F. Obesity
 - G. Diabetes
 - H. Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome
- IX. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 11
Discussion Board

Unit 12: Exercise

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Explain the physical activity and fitness goals of Healthy People 2020, and the progress made toward these goals.
2. Describe how physical activity positively influences physical and psychological health.
3. Identify the benefits of physical activity throughout the aging process.
4. Evaluate the prescriptions for and benefits of daily physical activity, aerobic exercise, and resistance training.
5. Explain the interventions to promote exercise adherence and compliance.

Learning Content:

- I. Defining Physical Activity in Health
- II. Healthy People 2020 Objectives
 - A. Physical Activity Objectives: Making Progress
 - B. Aging
 - C. Effects of Exercise on the Aging Process
- III. Cardiac Risk Factors
 - A. High-Density Lipoprotein and Serum Triglyceride Levels
 - B. Hypertension
 - C. Hyperinsulinemia and Glucose Intolerance
- IV. Obesity
- V. Osteoporosis
- VI. Arthritis
- VII. Low Back Pain
- VIII. Immune Function
- IX. Mental Health
- X. Exercise Prescription
 - A. Aerobic Exercise
 - B. Warm-Up and Cool-Down Periods
 - C. Flexibility
 - D. Resistance Training
- XI. Exercise the Spirit: Relaxation Response
- XII. Monitoring the Inner and the Outer Environment
 - A. Fluid
- XIII. Special Considerations
 - A. Coronary Heart Disease
 - B. Diabetes
- XIV. Building a Rhythm of Physical Activity
 - A. Adherence and Compliance
 - B. Creating a Climate That Supports Exercise
- XV. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 12
Discussion Board

Unit 13: Stress Management

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Analyze concepts of stress, stressor, eustress, and distress.
2. Evaluate physical, psychological, social, spiritual, and behavioral stressors that are potential contributors to physical and mental health disorders.
3. Analyze the pathophysiology of the stress response and effects on health and illness.
4. Examine primary and secondary cognitive appraisals of stress.
5. Develop evidence-based stress-management interventions that can be used in clinical practice.
6. Explain the nurse's role in stress management and crisis intervention.

Learning Content:

I. Sources of Stress

II. Physical, Psychological, Sociobehavioral, and Spiritual/Homeodynamic Consequences of Stress

- A. Physiological Effects of Stress
- B. Psychological Effects of Stress
- C. Sociobehavioral Effects of Stress
- D. Spiritual Effects of Stress

III. Home Benefits of Stress

IV. Assessment of Stress

V. Stress-Management Interventions

- A. Developing Self-Awareness
- B. Nutrition: Healthy Diet
- C. Physical Activity
- D. Sleep Hygiene
- E. Cognitive-Behavioral Restructuring
- F. Affirmations
- G. Social Support
- H. Empathy
- I. Hygiene
- J. Spiritual Practice
- K. Setting Realistic Goals
- L. Engaging in Pleasurable Activities

VI. Effective Coping

VII. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 13

Discussion Board

Unit 14: Complementary and Alternative Strategies

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Compare holistic, allopathic, and complementary and alternative health modalities.
2. Describe the nursing role in complementary health therapies.
3. Explain the origin and practice of selected holistic health strategies.
4. Identify complementary and alternative medicine resources and guidelines.
5. Discuss complementary and alternative medicine safety and effectiveness.

Learning Content:

I. Background

- A. Some Known Facts

II. What is the Difference Between Holism and Allopathy?

- A. Patient-Centered Care
- B. Health and Wellness
- C. Health Policy

III. Interventions

- A. Whole Medical Systems
- B. Biologically Based Practices/Natural Products
- C. Manipulative and Body-Based Practices
- D. Mind-Body Medicine
- E. Energy Therapies

IV. Nursing Presence

- A. Safety and Effectiveness

V. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 14

Discussion Board

Unit 16: The Childbearing Period

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Define the terms growth, development, and maturation.
2. List factors that influence growth in an individual.
3. Explain the importance of growth and development theory as a framework for assessing and promoting health.
4. Outline Erikson's theory of psychosocial development.
5. Differentiate Piaget's and Vygotsky's theories of cognitive development.
6. Compare Kohlberg's and Gilligan's theories of cognitive moral development.
7. Analyze individual growth and development, distinguishing normal and abnormal processes.

Learning Content:

I. Biology and Genetics

- A. Duration of Pregnancy
- B. Fertilization
- C. Implantation
- D. Fetal Growth and Development
- E. Placental Development and Function
- F. Maternal Changes

II. Changes During Transition from Fetus to Newborn

- A. Nursing Interventions
- B. Apgar Score
- C. Sex
- D. Race and Culture
- E. Genetics

III. Gordon's Functional Health Patterns

- A. Health-Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Belief Pattern

IV. Environmental Processes

- A. Physical Agents
- B. Biological Agents
- C. Chemical Agents
- D. Mechanical Forces
- E. Radiation

V. Determinants of Health

- A. Social Factors and Environment

VI. Levels of Policy Making and Health

VII. Health Services/Delivery System

VIII. Nursing Application

IX. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 16
Discussion Board

Unit 17: Infant

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Evaluate the infant's health status and give examples of basic growth and developmental principles.
2. Analyze the developmental tasks for the infant and the behavior indicating that these tasks are being accomplished.
3. Explain the immunization schedule and other safety and health-promotion measures to a parent.
4. Detect common parental concerns about infants and describe a model for parent education to allay these concerns.
5. Examine accidents that occur during infancy and recommend appropriate counseling for accident prevention and safety.
6. Differentiate ways in which nurses can be active in promoting major policies and influencing legislation concerning health.
7. Outline governmental strategies to meet the goals of improving infant health.

Learning Content:

I. Biology and Genetics

- A. Developmental Tasks
- B. Concepts of Infant Development
- C. Sex
- D. Race
- E. Genetics

II. Gordon's Functional Health Patterns

- A. Health Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Beliefs Pattern

III. Environmental Process

- A. Physical Agents
- B. Biologic Agents
- C. Chemical Agents
- D. Motor Vehicles
- E. Radiation

IV. Determinants of Health

- A. Social Factors and Environment
- B. Levels of Policy Making and Health
- C. Health Services/Delivery System

V. Nursing Application

VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 17

Discussion Board

Unit 18: Toddler

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Describe the physical growth, developmental, and maturational changes that occur during the toddler period.
2. Examine the recommended health-promotion and disease-prevention visits for the toddler with the appropriate topics for anticipatory guidance for the parents.
3. Compare and contrast developmentally appropriate approaches to toddlers at different ages.
4. Analyze the factors that contribute to the heightened vulnerability of toddlers to injury and abuse.
5. Develop a plan to reach the Healthy People 2020 target objectives specific for toddler.

Learning Content:

I. Biology and Genetics

II. Gordon's Functional Health Patterns

- A. Health Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Beliefs Pattern

III. Environmental Process

- A. Physical Agents
- B. Biologic Agents
- C. Chemical Agents

IV. Determinants of Health

- A. Social Factors and Environment
- B. Levels of Policy Making and Health
- C. Health Services/Delivery System

V. Nursing Application

VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 18

Discussion Board

Unit 19: Preschool Child

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Explain the physical and psychosocial changes occurring during the preschool years that influence child and family health needs.
2. Discuss the concepts of cognitive development of preschoolers using Piaget's theory.
3. Review the Healthy People 2020 concepts that pertain to preschool children and their families.
4. Describe family teaching and nursing support for the typical sleep disturbances of the preschool years.
5. Differentiate the nursing roles regarding vision and hearing screening for preschoolers. Compare coping skills of preschoolers with those of younger children.
6. Outline the primary prevention immunization requirements for preschoolers.
7. Identify warning signs of cancer in preschoolers.
8. Recognize signs, symptoms, and clinical features of and risk factors for asthma in preschoolers.
9. Identify the major causes of injuries during the preschool year.

Learning Content:

I. Biology and Genetics

- A. Gender
- B. Race
- C. Genetics

II. Gordon's Functional Health Patterns

- A. Health Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Beliefs Pattern

III. Environmental Process

- A. Physical Agents
- B. Biologic Agents
- C. Chemical Agents
- D. Cancer
- E. Asthma

IV. Determinants of Health

- A. Social Factors and Environment
- B. Levels of Policy Making and Health
- C. Health Services/Delivery System

V. Nursing Application

VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 19

Discussion Board

Unit 20: School-Age Child

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Identify expected physical and developmental changes occurring in the school-age child.
2. Explore stages of cognitive development of the school-age child, particularly its relation to academic skills and performance.
3. Appraise relevant health-promotion needs and common health risk factors found in the school-age child.
4. Analyze cultural, societal, peer influence, and stress on development in the school-age child.
5. Describe common developmental problems that occur in the school-age child including ways to assist parents in the management of these common problems.
6. Determine strategies for family (parents) to improve child's self-concept, socialization abilities, and stress reduction in the school-age child.

Learning Content:

I. Biology and Genetics

- A. Elevated Blood Pressure
- B. Physical Growth
- C. Genetics

II. Gordon's Functional Health Patterns

- A. Health Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Beliefs Pattern

III. Environmental Process

- A. Physical Agents
- B. Accidents
- C. Biologic Agents
- D. Chemical Agents
- E. Cancer

IV. Determinants of Health

- A. Social Factors and Environment
- B. Levels of Policy Making and Health
- C. Health Services/Delivery System

V. Nursing Application

VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 20

Discussion Board

Unit 21: Adolescent

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Summarize the physical growth, developmental, and maturational changes that occur during adolescence.
2. Discuss the recommended schedule of health-promotion and preventive health visits for adolescents and the appropriate topics for inclusion during each visit.
3. Analyze factors that contribute to risk-taking behaviors and situations during adolescence.
4. Develop a health teaching plan addressing some of the physical, emotional, social, and spiritual challenges facing adolescent.

Learning Content:

- I. Biology and Genetics
 - A. Sex and Puberty
- II. Gordon's Functional Health Patterns
 - A. Health Perception-Health Management Pattern
 - B. Nutritional-Metabolic Pattern
 - C. Elimination Pattern
 - D. Activity-Exercise Pattern
 - E. Sleep-Rest Pattern
 - F. Cognitive-Perceptual Pattern
 - G. Self-Perception-Self-Concept Pattern
 - H. Roles-Relationships Pattern
 - I. Sexuality-Reproductive Pattern
 - J. Coping-Stress Tolerance Pattern
 - K. Values-Beliefs Pattern
- III. Environmental Process
 - A. Physical Agents
 - B. Biologic Agents
 - C. Chemical Agents
- IV. Determinants of Health
 - A. Social Factors and Environment
 - B. Levels of Policy Making and Health
 - C. Health Services/Delivery System
- V. Nursing Application
- VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 21
Discussion Board

Unit 22: Young Adult

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Summarize the physical growth, developmental, and maturational changes that occur during adolescence.
2. Discuss the recommended schedule of health-promotion and preventive health visits for adolescents and the appropriate topics for inclusion during each visit.
3. Analyze factors that contribute to risk-taking behaviors and situations during adolescence.
4. Develop a health teaching plan addressing some of the physical, emotional, social, and spiritual challenges facing adolescent.

Learning Content:

I. Biology and Genetics

II. Gordon's Functional Health Patterns

- A. Health Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Beliefs Pattern

III. Environmental Process

- A. Physical Agents
- B. Biologic Agents
- C. Chemical Agents

IV. Determinants of Health

- A. Social Factors and Environment
- B. Levels of Policy Making and Health
- C. Health Services/Delivery System

V. Nursing Application

VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 22

Discussion Board

Unit 23: Middle-Aged Adult

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Name three psychosocial and spiritual changes that frequently occur during middle age.
2. Explain the normal biological changes that occur as a result of the aging process.
3. Identify the major causes of death in the middle-aged adult.
4. Describe frequently occurring health patterns of middle-aged adults.
5. Discuss the unique health problems related to the occupations of the adult between age 35 years and age 65 years.
6. Analyze the influence of psychosocial stressors on the middle-aged adult and the ways the individual's culture and occupation can affect these stressors.

Learning Content:

I. Biology and Genetics

- A. Life Expectancy and Mortality Rates
- B. Sex and Marital Status
- C. Race, Sex and Ethnicity
- D. Access to Healthcare
- E. Genetics

II. Gordon's Functional Health Patterns

- A. Health Perception-Health Management Pattern
- B. Nutritional-Metabolic Pattern
- C. Elimination Pattern
- D. Activity-Exercise Pattern
- E. Sleep-Rest Pattern
- F. Cognitive-Perceptual Pattern
- G. Self-Perception-Self-Concept Pattern
- H. Roles-Relationships Pattern
- I. Sexuality-Reproductive Pattern
- J. Coping-Stress Tolerance Pattern
- K. Values-Beliefs Pattern

III. Environmental Process

- A. Physical Agents
- B. Biologic Agents
- C. Chemical Agents

IV. Determinants of Health

- A. Social Factors and Environment
- B. Levels of Policy Making and Health
- C. Health Services/Delivery System

V. Nursing Application

VI. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 23

Discussion Board

Unit 25: Emerging Global Health Issues

Unit Student Learning Outcomes:

Upon completion of this unit, the student will be expected to:

1. Identify global trends and directions for health promotion and disease prevention including immunization programs.
2. Discuss recent and emerging infectious disease including Ebola virus disease, Zika virus disease, human papilloma virus and cervical cancer, and methicillin-resistant Staphylococcus aureus infection.
3. Describe problems and implications related to HIV/AIDS.
4. Discuss problems and implications related to violence.
5. Discuss problems and implications related to bioterrorism and terrorism.

Learning Content:

I. Malnutrition

- A. Protein-Energy Malnutrition
- B. Severe Acute Malnutrition
- C. Addressing Malnutrition at Global Level

II. Emerging Infections

- A. Ebola Virus Disease
- B. Zika Virus Disease
- C. Human Papilloma Virus Infection
- D. Methicillin-Resistant Staphylococcus Aureus Infection
- E. Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome
- F. Nongovernment Organizations

III. Violence

- A. Definition of Violence
- B. Forms and Context of Violence

IV. Terrorism

- A. Bioterrorism

V. Natural Disasters

- A. Effects of natural Disasters on Human Well-Being
- B. Natural Disaster Responses and Preparedness

VI. Implications

VII. Summary

Learning Activities:

Read: Edelman, C. (2022). Chapter 25

Discussion Board

Appendix A

Discussion Board Participation Rubric

Course: Health Promotion Lifespan BSN

Criteria	grid.column3.label	grid.column2.label	grid.column1.label	Criterion Score
Quantity/Timeliness/Participation	30.000002 points Submits initial response and three or more thoughtful peer responses on time. Adhere to the assignment length criteria as outlined in the syllabus	22.5 points Submits at least one initial response early and at least three peer responses closer to the end of the due date. Somewhat short of the assignment length criteria as outlined in the syllabus	15.000001 points Does not submit initial response and/or two peer responses by the end of the due date. Did not adhere to the assignment length criteria as outlined in the syllabus	/30.000002
Demonstrates knowledge and understanding of content and pertinent to professional practice (BSN Essentials, QSEN Competency	40 points Post and responses show evidence of knowledge and understanding of course content and pertinent to professional practice.	30 points Post and responses show minimal evidence of knowledge and understanding of course content and pertinent to professional practice.	20 points Post and responses show little or no evidence of knowledge and understanding of course content and pertinent to professional practice.	/40
Spelling and grammar	10 points No spelling &/or grammar mistakes	7.5 points Minimal spelling &/or grammar mistakes.	5 points Noticeable spelling &/or grammar mistakes.	/10

Criteria	grid.column3.label	grid.column2.label	grid.column1.label	Criterion Score
Sources/Evidence based materials	10 points At least one current source, of which are peer-review journal articles or scholarly books	7.5 points One source cited, but is not a peer- review journal articles or scholarly books.	5 points No peer-reviewed journal articles or scholarly books cited.	/ 10
Citations/ Use of 7th ed. APA	10 points Cites all data obtained from other sources. APA 7th ed. citation style is used. Cover and Ref page included	7.5 points Cites some data obtained from other sources. APA 7th ed. citation style is incorrect. Cover and Ref page included	5 points Does not cite sources. APA 7th ed. citation style not used Cover and Ref page not included	/ 10

Total	/ 100.000002
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Detailed Course Calendar

Week	Unit	Assignment(s)	Due
Week 1	<ul style="list-style-type: none"> Orientation Units 1-5 	<ul style="list-style-type: none"> Begin Reading Begin working on DBs Orientation 	<ul style="list-style-type: none"> Attend or view MS Teams orientation 1/19/23 1700
Week 2	<ul style="list-style-type: none"> Units 6-8 	<ul style="list-style-type: none"> DB post #1 DB Responses to 2 peers 	<ul style="list-style-type: none"> DB #1 due 1/25 2 peer responses due 1/29
Week 3	<ul style="list-style-type: none"> Units 9-14 	<ul style="list-style-type: none"> DB post #1 DB Responses to 2 peers Case Study #2 	<ul style="list-style-type: none"> DB #1 due 02/01 2 peer responses due 02/05 Case Study due 02/05
Week 4	<ul style="list-style-type: none"> Units 15-24 	<ul style="list-style-type: none"> DB post #1 DB Responses to 2 peers Interventions and Application for Health Promo Paper 	<ul style="list-style-type: none"> DB #1 due 02/08 2 peer responses due 02/12 Interventions paper due 02/12
Week 5	<ul style="list-style-type: none"> Unit 25 	<ul style="list-style-type: none"> DB post #1 DB Responses to 2 peers Case Study #3 	<ul style="list-style-type: none"> DB #1 due 02/15 2 peer responses due 02/19 Case Study due 02/19
Week 6	<ul style="list-style-type: none"> Paper 	<ul style="list-style-type: none"> DB post #1 DB Responses to 2 peers 	<ul style="list-style-type: none"> DB #1 due 02/22 2 peer responses due 02/26
Week 7	<ul style="list-style-type: none"> Paper 	<ul style="list-style-type: none"> DB post #1 DB Responses to 2 peers 	<ul style="list-style-type: none"> Disparities paper due 03/01 by 2359 DB #1 due 03/01 2 peer responses due 03/05
Week 8	<ul style="list-style-type: none"> Grades Due 		<ul style="list-style-type: none"> Disparities paper due 03/01 by 2359