

PNUR 121: HEALTH (60 hours)

COURSE DESCRIPTION

This course builds on previous learning about the concept of health as a dynamic process. Viewed within the context of Canadian society, health is seen as a holistic process that is directly influenced by an individual's daily choices. Health is viewed as an integration of physical, psychological, social, cognitive, spiritual and environmental dimensions, with choices in one dimension affecting and being affected by all the others. The role of the practical nurse in health promotion for clients of all ages will be examined.

LEARNING OUTCOMES

At the completion of this course, the learner will be able to:

1. Make, or support, lifestyle choices based on valid, current information about health enhancing behavior
2. Plan a variety of health promotion strategies that recognize the needs of individuals at various developmental levels.

CONTENT

Health promotion

- ⇒ discussing the processes of health promotion
- ⇒ examining social, environmental, cultural and economic factors
- ⇒ discussing the role of the practical nurse in health promotion

Healthy lifestyle

- ⇒ exploring strategies that promote health
- ⇒ discussing practices that do not enhance health
- ⇒ examining the interaction of the physical, social, emotional , spiritual and environmental dimensions of health
- ⇒ discussing common communicable diseases, immunity and immunization
- ⇒ discussing common lifestyle related diseases including sexually transmitted diseases

Health promotion throughout the lifespan

- ⇒ exploring each individual's right to make informed choices about own health
- ⇒ examining concepts/processes of normal growth and development from prenatal to late adulthood including physical, cognitive, emotional and moral development
- ⇒ discussing the role of the family in promoting health of its members.
- ⇒ exploring the role of the PN in promoting health during the prenatal period

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- ⇒ exploring the role of the PN in promoting health with infants, toddlers, pre-schoolers, school-aged children and adolescents
- ⇒ exploring the role of the PN in promoting health with young, middle-aged and older adults
- ⇒ examining how the PN can work in partnership with clients and families to promote health

OVERVIEW: HEALTH 1 EVALUATION STRATEGIES

The Health 1 course must be passed with a minimum grade of 65% to progress into the Community Practicum and Semester 2.

<u>Evaluation Criteria</u>	<u>Grade</u>	<u>Completion Date</u>
1. Quiz #1	10%	Class 9
2. Quiz #2	10%	Class 18
3. Growth & Development Assignment	40%	Class 13
4. Final Exam	40%	Class 22

EVALUATION CRITERIA

1. & 2. Quizzes each worth **10%**

1. Each quiz will cover content learned in the Classes preceding it. The quizzes will include multiple choice, matching and fill in the blank format.

Quiz #1 will include content from Classes 1 - 8.

Quiz #2 will include content from Classes 9 - 17.

3. Growth & Development Assignment **40%**

This is a group project. There will be 6 groups assigned randomly. There are two parts to this assignment – a written report and a presentation to the class. Breakdown of each these components is below.

As part of the group assignment, you will be asked to evaluate your group members in the following areas:

- participation in the process of group work
- sharing the workload evenly

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- attending group meetings and being on time
- whether you would want to work with these peers in a group again
- working together in a collaborative/cooperative spirit
- interacting with one another in a respectful manner

In addition, you will be asked to give each group member a mark out of 10. Marks will be individual for group work (6%), with everyone receiving the same grade for the content and presentation (14%). All members of each group will receive the same grade for the written report (15%), other than the individual itineraries (5%). Please see below for complete breakdown of grades.

The written assignment is due by 0830 on the day of the class presentation.

Key concepts for each developmental stage are found following the Class 11 Learning Activity. The individual itineraries are found following the Class 11 Learning Activity.

The presentation portion of the assignment may be in any format (role-play, skit, and panel discussion) **EXCEPT READING THE ITINERARY DIRECTLY**. It should not be longer than 20 minutes. The presentation content should directly reflect the written report criteria. You are encouraged to be creative to capture your peers' interest in the developmental stage you are presenting.

CRITERIA FOR GRADES

Written Report:

20%

The written report is to be handed in to the instructor immediately following the class presentation. It should be typed, double-spaced and have a title page with the group members' names and student number clearly identified.

- 5% Itineraries A, B, & C (Each student fills these out individually and hands in to instructor).
- 9% Group Itinerary – 9 Concepts, each worth 1%
- 1% Organization, clarity, conciseness, spelling, grammar
- 4% Health promotion strategies – describe at least one health promotion strategy used at this stage of development
- 0.5% Conclusion
- 0.5% Reference List

**** NOTE:** Consideration of all the health dimensions is an important part of the content of this assignment and will influence mark given.

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Class Presentation:

20%

- 6% Completeness and clarity of content (must cover majority of concepts from the written paper)
- 4% Creativity of presentation
- 6% Group work (see previous page for breakdown)
- 4% Learning Activity (developed by group and given to classmates & instructor a minimum of 1 day prior to presentation date) and handouts/material

4. Final Exam

40%

Will consist of an exam with a variety of question formats that may include multiple choice, fill in the blank, true/false, matching, short answer and case studies. You will have 3 hours to complete the exam. The entire course content will be tested in this exam.

COURSE OUTLINE

CLASS	OUTLINE
Class 1	Introduction to Course & Evaluation Strategies. Standards of Practice, Code of Ethics and Nurse-Client Relationships Health Promotion and Dimensions of Health
Class 2	Healthy Lifestyles: Achieving Psychological Wellness
Class 3	Healthy Lifestyles: Maslow's Hierarchy of Needs & Psychological Disorders
Class 4	Healthy Lifestyles: Sexuality
Class 5	Healthy Lifestyles: Stress & Stress Management
Class 6	Healthy Lifestyles: Alcohol and Tobacco Use
Class 7	Healthy Lifestyles: Psychoactive Drugs & Substance Abuse, Addiction
Class 8	Health Through the Lifespan: Growth & Development, Erikson's Stages of Human Development
Class 9	Quiz #1 , Health Through the Lifespan: Cognitive and Moral Development
Class 10	Nutrition: Essential Nutrients & Healthy Choices
Class 11	Health Through the Lifespan: Infancy, Pre-School, School Age, Adolescence, Young Adulthood & Middle Adulthood (self-directed)
Class 12	Nutrition: Body Image, Overweight, Underweight & Obesity & Weight Management
Class 13	Growth & Development Presentations
Class 14	Nutrition: Non-traditional Dietary Practices
Class 15	Nutrition: Eating Disorders

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CLASS	OUTLINE
Class 16	Healthy Lifestyles: Physical Fitness
Class 17	Healthy Lifestyles; Communicable Diseases – Transmission and Body Defense
Class 18	Quiz #2 , Communicable Childhood Diseases: Immunity & Immunization
Class 19	Sexually Transmitted Infections
Class 20	Family Structure/Relationships and Issues
Class 21	Healthy Lifestyles: Transcultural Issues
Class 22	Final Exam