

## **PN Course Outlines**

### **PNUR 117: HEALTH PROMOTION 1 (30 hrs)**

#### **COURSE DESCRIPTION**

This introductory course will increase the learners understanding of health promotion within the Canadian context. This includes health enhancement, health protection, disease prevention, health restoration/recovery, care and support. Knowledge of growth and development, health inequities and determinants of health will support the Practical Nurse to provide culturally appropriate and holistic care.

**PRE-REQUISITES:** Admission to the Practical Nursing Program

**CO REQUISITES:** Professional Communication 1; Integrated Nursing Practice 1; Professional Practice 1, Variations in Health 1, Pharmacology 1.

#### **LEARNING OUTCOMES**

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

1. Explain definitions and concepts related to health promotion.
2. Identify and explain epidemiology related to health promotion.
3. Explain the difference between primary, secondary, and tertiary prevention.
4. Provide examples that explain the difference between health promotion and disease prevention.
5. Discuss the major components of Canada's health care system.
6. Explain how the determinants of health impact individual health and wellness.
7. Identify health disparities between Aboriginal people and non-Aboriginal people in Canada.
8. Identify the determinants of health of Aboriginal populations.
9. Define cultural competence in health promotion.
10. Explain the principles of chronic disease management.
11. Describe teaching and learning principles for health promotion across the lifespan.
12. Describe the steps of communicable disease reporting.
13. Describe common normal growth and development theories across the lifespan.
14. Explain the concept of harm reduction.

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### **EVALUATION CRITERIA**

- Determinants of Health Assignment (35%)
- Midterm exam (30%)
- Final exam (35%)

### **COURSE OUTLINE**

<u><b>CLASS #</b></u>	<u><b>TOPICS</b></u>
1	Holistic Health and Health Promotion
2	Determinants of Health Introduction to Health Statistics
3	Nutrition and Exercise
4	Growth and Development Theories
5	Health Disparities Diversity in Health Beliefs
6	Midterm Exam
7	Epidemiology: Communicable Diseases Harm Reduction
8	Chronic Disease and wellness
9	Teaching and Learning in Health Promotion
10	Health Care within Canada's Health Care System
11	Course Content Presentations and Course Content Review
12	Final Comprehensive Exam