

PN Course Outlines

PNUR 127: HEALTH PROMOTION 2 (35 hours)

COURSE DESCRIPTION

This course focuses on health promotion as it relates to the aging process. Health promotion activities are aimed at supporting clients in maintaining their health. The concepts of health promotion, physical and mental wellness, and continued independence are examined.

PRE-REQUISITES: Successful completion of all Level 1 courses and Consolidated Practice Experience 1.

CO REQUISITES: Professional Communication 2; Integrated Nursing Practice 2; Professional Practice 2; Variations in Health 2; Pharmacology 2.

LEARNING OUTCOMES

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

1. Describe various theories of aging and the demographics of aging.
2. Discuss the role of culture in the aging process.
3. Discuss family care giving, caregiver burnout, caregiver benefits, and self care.
4. Explain the connection between the determinants of health and healthy living for older adults.
5. State the importance of social supports in the health of older adults.
6. Discuss risk management for care in the older adult.
7. Identify local community resources that support and promote health in older adults.
8. Discuss appropriate teaching and learning strategies for health promotion activities with older adults.
9. Describe risk factors for and examples of abuse with older adults.
10. Discuss health promotion strategies for older adults living with chronic illness.
11. Discuss end of life issues for older adults.
12. Explain differences in cultural approaches to dying.

EVALUATION CRITERIA

- Complete an assignment based on an assessment of an older adult within the context of their community relating results to the determinants of health. (35%)
- Midterm exam (30%)
- Final exam (35%)

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<u>CLASS #</u>	<u>TOPIC</u>
1	Introduction Gerontological Nursing
2	Theories of Aging Demographics of Aging
3	Normal Process of Aging
4	Health Promotion Epidemiology: Immunization
5	Role of Culture in the Aging Process Transitions of Aging Teaching & Learning
6.	Statutory holiday
7	Midterm Exam
8	Risk management & Promotion of Safety
9	Family Caregivers
10	Elder Abuse
11	Living with Chronic Disease: Self Management; Restorative Care
12	End of Life Plan
13	Course Content Review
14	Final Exam