

## **PN Course Outlines**

### **PNUR 137: HEALTH PROMOTION 3 (40 HOURS)**

#### **COURSE DESCRIPTION**

This course is focused on health promotion as it relates to the continuum of care across the lifespan. Health promotion in the context of mental illness, physical and developmental disabilities, and Maternal /Child health is highlighted. Normal growth and development from conception to middle adulthood is addressed.

**PRE-REQUISITES:** Successful completion of all Level 2 courses and Consolidated Practice Experience 2.

**CO REQUISITES:** Professional Communication 3; Integrated Nursing Practice 3; Professional Practice 3; Variations in Health 3.

#### **LEARNING OUTCOMES**

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

1. Identify normal patterns of growth and development from conception to middle adulthood.
2. Provide examples of public health services available to pregnant women in the community.
3. Describe health promoting strategies for the postpartum client and newborn.
4. Provide examples of mental health/illness services available to clients in the community.
5. Describe how culture may impact utilization of mental health resources.
6. Compare the level of mental health services from urban to rural areas.
7. Explore examples of harm reduction activities.
8. Discuss disparities in the delivery of community health services in BC.
9. Identify and describe health promotion activities for clients living with mental illness and those living with disabilities.
10. Give examples of teaching and learning strategies for care in the community.
11. Discuss the impact of immunization in health promotion.

#### **EVALUATION CRITERIA**

- Community Resource Assignment: (35%)
- Midterm (30%)
- Comprehensive exam (35%)

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<u>CLASS #</u>	<u>TOPICS</u>
1 & 2	Introduction to Health Promotion 3 Normal Growth and Development (Conception to Newborn)
3 & 4	Normal Growth and Development (Infant to School age child)
5 & 6	Normal Growth and Development (Adolescent)
7 & 8	Normal Growth and Development (Young to Middle Adult)
9	Self-directed Community Field Experience
10	Midterm Exam
11 & 12	Health Promotion for Children with Physical or Developmental Disabilities
13 & 14	Health Promotion for Children to Adolescents Living with Chronic Illness
15 & 16	Health Promotion for Children to Young Adults Living with Mental Illness
17	Substance Misuse and Health Promotion
18	Families Experiencing Violence
19	Review of Course Content
20	Final Exam