

	<p><b>School of Health &amp; Human Services</b></p> <p><b>Continuing Care Department</b> Practical Nursing Program</p> <p>Winter 2017</p> <p><b>PNUR 127 Health Promotion 2</b></p>
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## COURSE OUTLINE

Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

### 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.

### INSTRUCTOR INFORMATION:

(a)	<b>Instructor(s):</b>	Christina Chakanyuka
(b)	<b>Office Hours:</b>	Mondays and Wednesdays
(c)	<b>Location:</b>	WT 210
(d)	<b>Phone:</b>	1-250-370-3241
(e)	<b>Email:</b>	chakanyukac@camosun.ca

## LEARNING OUTCOMES

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

1. Describe various theories of ageing 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.

## REQUIRED RESOURCES

- **Gerontological Nursing**. 8<sup>th</sup> Edition (2014) by Eliopoulos. Lippincott Williams & Wilkins
- **Canadian Fundamentals of Nursing**, 5<sup>th</sup> Edition (2014) by Potter & Perry. Elsevier Canada

**COURSE CONTENT AND SCHEDULE:**  
(\*See PN Term 2 Schedule for specific dates and times)

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

**EVALUATION CRITERIA**

<b>Outline of Evaluations</b>	<b>Grade</b>	<b>Completion Date</b>
Written Assignment: Assessment of an Older Adult	35%	March 18, 2017
Mid Term Exam	30%	February 22, 2017
Comprehensive Final Exam	35%	April 11, 2017

**Students must achieve a minimum of 65% to pass Health Promotion 2.**

## Grading System

Additional information regarding grading policies at Camosun College can be found at the <http://www.camosun.bc.ca/policies/policies.php>

### Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

### LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

### STUDENT CONDUCT POLICY

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.  
<http://camosun.ca/learn/calendar/current/procedures.html#academic>