



CAMOSUN COLLEGE

School of Health and Human Services (HHS)

Department: Continuing Care

PNUR 127 Health Promotion 2

Winter 2019

COURSE OUTLINE

The course description is available on the web:
<http://camosun.ca/learn/calendar/current/web/pnur.html#pnur127>

Ω 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.

1. Instructor Information

- (a) **Instructor** Mercedes Schmidt
- (b) **Office hours** By appointment
- (c) **Location** WT 210
- (d) **Phone** 250-370-3112 **Alternative:**
- (e) **E-mail** schmidtm@camosun.ca
- (f) **Website**

2. Course Description & Intended Learning Outcomes

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

Upon successful completion of this course a student will be able to:

- a) describe various theories of aging and the demographics of aging.
- b) discuss the role of culture in the aging process.
- c) discuss family care giving, caregiver burnout, caregiver benefits, and self care.
- d) explain the connection between the determinants of health and healthy living for older adults.
- e) state the importance of social supports in the health of older adults.
- f) discuss risk management for care in the older adult.
- g) identify local community resources that support and promote health in older adults.
- h) discuss appropriate teaching and learning strategies for health promotion activities with older adults.
- i) describe risk factors for and examples of abuse with older adults.
- j) discuss health promotion strategies for older adults living with chronic illness.
- k) discuss end of life issues for older adults.
- l) explain differences in cultural approaches to dying.

3. Required Materials

- **Gerontological Nursing**. 9th Edition (2018) by Eliopoulos. Lippincott Williams & Wilkins
- **Canadian Fundamentals of Nursing**, 6th Edition (2019) by Potter & Perry. Elsevier Canada

4. Course Content and Schedule

<u>CLASS #</u>	<u>TOPIC</u>
1	Introduction 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	Midterm Exam
7	Risk management & Promotion of Safety
8	Family Caregiving
9	Elder Abuse
10	Living with Chronic Disease: Self Management; Restorative Care
11	Course Content Review
12	Final Exam

5. Basis of Student Assessment (Weighting)

Written Assignment: Assessment of an Older Adult	35%
Midterm exam	30%
Final exam	35%

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

6. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

8. College Supports, Services and Policies

Immediate, Urgent, or Emergency Support



If you or someone you know requires immediate, urgent, or emergency support (e.g., illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts:

<http://camosun.ca/about/mental-health/emergency.html> or
<http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services/>

College Policies

Policies are available on the College website at <http://camosun.ca/about/policies/>

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Student Appeals](#), Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

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 website.

A. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf#page=2>

The following two grading systems are used at Camosun College:

1. 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

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes.

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf#page=4> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

WRITTEN ASSIGNMENTS Assignments are due before 2400 hours (midnight) on the assigned day unless otherwise specified. Assignments about patients, residents or clients must be completed using the individual's initials only. Unless otherwise directed by individual course outlines, assignments must be: word processed, double spaced, 12 font, Times New Roman font, with a title page and a reference list. Students requiring an extension for the due date of an assignment must negotiate with the instructor, at least 48 hours before the due date. Assignments submitted late without an approved extension will result in a 5% deduction in mark for each day late.