



CAMOSUN COLLEGE
School of Health & Human Services
Department: Continuing Care
– Practical Nursing



PNUR 127 Health Promotion 2
Winter 2021

COURSE OUTLINE

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

Camosun College will continue to follow the guidance of the Provincial Health Officer, the B.C. Government and WorkSafeBC, and as such may revise the delivery of courses. Courses with an approved face-to-face component may need to move to online or remote delivery if necessary.

The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government to ensure the health and wellbeing of students and employees Camosun College is providing you with every possible protection to keep you safe including COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. Please refer to: <http://camosun.ca/covid19/faq/covid-faq-students.html>
However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor and if needed, alternatives will be discussed.

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

1. Instructor Information

- (a) **Instructor** Julia Liska
(b) **Office hours** By appointment
(c) **Location** Online
(d) **Phone** 250-370-4753 **Alternative:** [Click or tap here to enter text.](#)
(e) **E-mail** LiskaJ@camosun.bc.ca
(f) **Website** <http://camosun.ca/learn/programs/practical-nursing/>

2. 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:

- describe various theories of aging and the demographics of aging.
- discuss the role of culture in the aging process.
- discuss family care giving, caregiver burnout, caregiver benefits, and self care.
- explain the connection between the determinants of health and healthy living for older adults.
- 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) discuss the importance of cultural competence for supporting care of older adults.
- m) discuss trauma-informed care in older populations.
- n) discuss LGBTQ2 care in older populations.
- o) explain differences in cultural approaches to dying.

3. Required Materials

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

4. Course Content and Schedule

Week	Topic
1	Introduction Normal Process of Aging
2	Theories of Aging
3	Transitions of Aging/Aging & Culture
4	Health Promotion in the Older Adult
5	Teaching & Learning
6	Midterm Exam
7	Reading Break
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

5. Basis of Student Assessment (Weighting)

Evaluation	% of Grade	Completion Date
Written Assignment: Assessment of an Older Adult	35%	March 27, 2021
Midterm Exam	30%	Feb. 26, 2021
Comprehensive Final Exam	35%	April 13, 2021

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

See D2L for further information about the assignment.

Test and Examination Procedures

There are policies regarding written test and examination procedures including late arrivals and missed tests. Please see the Health and Human Services Student Handbook item 5.4 for Test and Examination Procedures at <http://camosun.ca/learn/school/health-human-services/student-info/index.html>

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, font meeting APA 7th edition guidelines, 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.

6. Grading System

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

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

Review the School of Health and Human Services [Student Handbook](#).

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 college policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Grading](#), [Involuntary Health and Safety Leave of Absence](#), [Prior Learning Assessment](#), [Medical/Compassionate Withdrawals](#), [Sexual Violence and Misconduct](#), [Standards for Awarding Credentials](#), [Student Ancillary Fees](#), [Student Appeals](#), and [Student Penalties and Fines](#).

Student Conduct Policy

The [Student Conduct Policy](#) provides clear expectations of appropriate academic and non-academic student conduct and establishes processes for resolution of conduct issues or the imposition of sanctions for inappropriate conduct. It is the student's responsibility to become familiar with the content of this policy.

A. GRADING SYSTEMS

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

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		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> 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.