

## NUR 39401 Health Promotion and Education

### Course Information & Objectives

#### [College of Nursing \(CON\) Contact Information](#)

#### Course Description:

The role of the nurse as a health educator is implemented. Nursing and non-nursing theories related to health promotion and teaching-learning processes are examined. Principles of health literacy related to patient education are emphasized. Evidence-based nursing projects related to health education within a community environment are implemented.

Designated as Experiential Learning Class

#### Course Pattern:

Lecture 02 Lab 00 Credit 02

#### Prerequisites/Co-requisites:

NUR 18200

#### Course Objectives (Student Learning Outcomes):

1. Examine theoretical frameworks and scientific evidence for teaching-learning and health promotion. (Aligns with Program outcome #6)
2. Examine the role of the nurse as health educator within a culturally diverse and dynamic environment. (Aligns with Program outcome #1, #7)
3. Implement a health teaching project based on a Healthy People goal to a select community group. (Aligns with Program outcome #2, #6, #7)
4. Conduct a self-evaluation of performance in the role of health educator. (Aligns with Program outcome #2, #6)
5. Integrate evidence-based teaching/learning strategies in the implementation of a health promotion project to a selected community group. (Aligns with Program outcome #4)
6. Apply principles of health literacy when designing printed and oral health information for a selected community group. (Aligns with Program outcome #1, #6)
7. Identify community resources that support selected health promotion behaviors. (Aligns with Program outcome #2, #3)

#### Student Learning Outcomes of Undergraduate Degree Nursing Program Options

1. Utilize the nursing process to implement principles of person centered care within the framework of basic human needs and life span development.
2. Demonstrate effective communication while collaborating therapeutically and effectively with healthcare system stakeholders.

3. Demonstrate professional leadership in the coordination of healthcare that minimizes risk, promotes safety, and manages resources by creating a culture of continuous quality improvement.
4. Implement the principles of evidence based nursing practice in policy development and the provision of person centered care in an evolving healthcare environment.
5. Utilize information technology to coordinate and support decision-making in the provision of person centered care.
6. Implement critical thinking strategies in the context of health promotion, health maintenance, health restoration and palliation to maximize optimal person centered health outcomes.
7. Exemplify professional values to include accountability for practice, and principles of altruism, autonomy, human dignity, integrity, social justice and ethics.

### **Assignments & Determination of Course Grade:**

#### **Discussions Prompts – Due in Weeks 1, 3, and 5**

##### **Week 1 Health Literacy Training Post-Test**

Complete the Centers for Disease Control and Prevention (CDC) Health Literacy Training this training takes about one hour.

**Health Promotion Project** - The major project for NUR 39401 Health Promotion and Education is to present primary or secondary health education in your community. The topic must be based on one of the Healthy People 2020 objectives.

- **Week 1 Part A: Project Intent and Learning Objectives**
- **Week 2 Part B: Evidence-Based Literature Search**
- **Week 3 Part C: Needs Assessment**
- **Week 3 Part D: Teaching Assessment**
- **Week 4 Part E: PowerPoint Presentation**
- **Week 4 Part F: Critiquing Instructional Material**
- **Week 4 Part G: Evaluation Tools**

##### **Week 4/5 Presentation**

Week 4 upload your narrated presentation within Assignments, open the document below or follow the link below. You may use any software you choose for creating your digital story.

Between Week 4 and Week 5, present your health promotion project to your target group.

##### **Week 5 Reflection Paper**

Write a scholarly paper that reflects upon your new knowledge, 5 pages including title and reference page and include three scholarly references.

### Course Schedule:

Refer to the course calendar for specific meeting dates and times. Activity and assignment details will be explained in detail within each week's corresponding learning module. The dates and learning topics are subject to change. If you have any questions, please contact your instructor.

### Due Dates

#### Weeks 1-4:

- Discussion initial post: **Due – Thursday at 10:00 p.m. CT.**
- Discussion responses: **Due – Sunday at 10:00 p.m. CT.**
- Assignments (unless indicated differently in the course): **Due – Sunday at 10:00 p.m. CT.**
- Quizzes and exams: **Due – Sunday at 10:00 p.m. CT.**

#### Week 5:

- Discussion initial post: **Due – Tuesday at 10:00 p.m. CT.**
- Discussion responses: **Due – Friday at 10:00 p.m. CT.**
- Assignments (unless indicated differently in the course): **Due – Friday at 10:00 p.m. CT.**
- Quizzes and exams: **Due – Sunday at 10:00 p.m. CT.**

### Course Calendar:

Week	Topic	Activities/Assignments/Due Dates
1	Introduction to Health Promotion	<ul style="list-style-type: none"><li>• Discussions 1 &amp; 2 initial post: <b>Due – Thursday</b></li><li>• Complete Week 1 Assignment 1: Health Literacy Online Training</li><li>• Submit Week 1 Assignment 2: Health Promotion Project, Part A Intent/ Learning Outcomes: <b>Due – Sunday</b></li><li>• Discussions 1 &amp; 2 responses to two classmates: <b>Due – Sunday</b></li><li>• Complete Health Literacy Post-Test Quiz: <b>Due – Sunday</b></li></ul>
2	Finding the Best-Available Evidence	<ul style="list-style-type: none"><li>• Submit Week 2 Assignment Health Promotion Project, Part B Literature Search <b>Due – Sunday</b></li></ul>
3	Developing Health Education Materials	<ul style="list-style-type: none"><li>• Discussions 1 initial post: <b>Due – Thursday</b></li><li>• Submit Week 3 Assignment 1 Health Promotion Project, Part C Needs Assessment <b>Due – Sunday</b></li><li>• Submit Week 3 Assignment 2 Health Promotion Project, Part D Teaching Plan <b>Due – Sunday</b></li><li>• Begin Week 4 Assignment 3 Health Promotion Project Part E Presentation Development: <b>Due Week 4 – Sunday</b></li><li>• Discussions 1 responses to two classmates: <b>Due – Sunday</b></li></ul>

<b>Week</b>	<b>Topic</b>	<b>Activities/Assignments/Due Dates</b>
4	Evaluating Instructional Materials/Preparing to Teach	<ul style="list-style-type: none"> <li>• Submit Week 4 Assignment 1 Health Promotion Project, Part F Critiquing Instructional Material <b>Due – Sunday</b></li> <li>• Submit Week 4 Assignment 2 Health Promotion Project, Part G Evaluation Surveys <b>Due – Sunday</b></li> <li>• Submit Week 4 Assignment 3 Health Promotion Project Part E: Narrated PowerPoint Presentation <b>Due – Sunday</b></li> <li>• Health Promotion Project Presentation in the Community due week 4 or week 5</li> </ul>
5	Reflection of Health Education	<ul style="list-style-type: none"> <li>• Discussions initial post: <b>Due – Tuesday</b></li> <li>• Submit Week 5 Assignment 1 Reflection of Knowledge Gained <b>Due – Sunday</b></li> <li>• Discussions responses to two classmates: <b>Due – Thursday</b></li> </ul>

**Graded Course Activities:**

<b>Points</b>	<b>Descriptions</b>
40	Discussions (Weeks 1, 3, 5)
10	Week 1 – Health Literacy Training Post–Test
	Health Promotion Project
20	Week 1 – Part A: Project Intent and Learning
20	Week 2 – Part B: Evidence-Based Literature Search
20	Week 3 – Part C: Needs Assessment
20	Week 3 – Part D: Teaching Plan
20	Week 4 – Part E: PowerPoint Presentation
20	Week 4 – Part F: Critiquing Instructional Material
10	Week 4 – Part G: Evaluation Tools
20	Week 5 – Reflection Paper
200	Total Points Possible

**Minimum Passing Standard**

Upon completion of all required methods of evaluation, the student must have achieved an average score of 78% in the course.