UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE SYLLABUS

SUMMER 2015

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| COURSE NUMBER | NUR 3138 |
| COURSE TITLE | Systems of Care 1: Wellness Promotion and Illness Prevention |
| CREDITS | 2 |
| PLACEMENT | BSN Program: 1st Semester Upper Division |
| PREREQUISITES | Admission to Upper Division BSN Program |
| COREQUISITES | NUR 3069C Health Assessment and Communication  NUR 3138C Clinical Practice 1: Wellness Promotion and Illness Prevention |
| FACULTY Jane Gannon, DNP, CNM, CNL  [jmgannon@ufl.edu](mailto:jmgannon@ufl.edu) Jacksonville, LRC (904) 244-5166  Office hours: Monday, 10:00–12:00 pm | |
| COURSE DESCRIPTION The purpose of this course is to examine models of health in wellness promotion and illness prevention across the lifespan. Emphasis is on the individual in the context of family and environment. Focus is on appraisal of risk and evidence-based reduction of risk. | |
| COURSE OBJECTIVES Upon completion of this course, the student will be able to:   1. Integrate beginning concepts of wellness promotion and disease, injury, and disability prevention with individuals across the lifespan in a variety of settings. 2. Describe primary, secondary, and tertiary prevention strategies used in a variety of healthcare settings. 3. Identify environmental factors that influence the healthcare needs and preferences of individuals as members of families. 4. Compare and contrast methodologies used in health teaching and health counseling. 5. Discuss from a nursing perspective contributions to the work of interprofessional healthcare teams in facilitation of positive healthcare outcomes for clients. | |
| COURSE SCHEDULE  Day Time Location  Thursdays 9:30 – 12:15 G101  COURSE SCHEDULE (CONTINUED)  E-Learning in Canvas is the course management system that will be used for delivery of course materials and communication outside the classroom meeting time. E-Learning in Canvas is accessed by using your Gatorlink account name and password at <https://lss.at.ufl.edu/> There are several tutorials and student help links on the E-Learning login site. If you have technical questions call the UF Computer Help Desk at 352-392-HELP or send email to [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).  It is important that you regularly check your Gatorlink account email for College and University wide information and the course E-Learning site for announcements and notifications.  Course websites are generally made available on the Friday before the first day of classes. | |

TOPICAL OUTLINE

1. General Approach

Use of the problem solving process to develop plans of care aimed at wellness promotion and illness prevention.

1. Application of concepts to exemplars across the lifespan
2. Nursing interventions that are developed based on identified nursing problems and utilize evidence based guidelines and standards of care

1. Concepts

a. Wellness

b. Illness

2. Models of health

3. Levels of prevention

4. Levels of care

5. Healthy People Initiatives

6. US Preventive Task Force Recommendations

7. Epidemiologic principles

8. Nursing assessment and analysis

a. Individual

b. Environmental

9. Nursing issues/problems

a. Wellness promotion

b. Illness prevention

10. Nursing intervention

a. Health education

1. Literacy

2. Adult learners

b. Health counseling

11. Required exemplar(s)-Prenatal, post-natal, and newborn care

12. Recommended exemplar(s)

a. Immunization across life span

b. Life style modification related to risk appraisal

TEACHING METHODS

Lecture, discussion, and case presentations

LEARNING ACTIVITIES

Class participation, case analysis, written assignments.

A team based learning approach will be utilized in the course in which students will be organized into groups. A 10 question quiz will be administered to assess understanding of the readings during 7 class meetings via student laptop (required). \*Quizzes are done individually but scores will be averaged for a team score. A learning activity designed to apply concepts learned in the readings and lecture will then follow which may encompass additional readings per team. Teams will report out prior to the end of class and will assess each other’s participation in the activity.

REQUIRED RESOURCE

Exam soft will be utilized in this course for the administration of examinations. Students will be instructed by faculty on how to access and pay for this required resource.

EVALUATION METHODS/COURSE GRADE CALCULATION

Quizzes (9) 15% (Lowest 2 quiz scores will be dropped)\*

Participation 30%

Exams 40%

Written assignments 15%

MAKE UP POLICY

Alternative or make-up activities will only be available for notification of an excused absence that is provided prior to the missed class. Excused absences are personal illness, or death in the family. Work or vacation related activities that cause a missed assignment, quiz, exam, or attendance are not excused absences.

GRADING SCALE/QUALITY POINTS

A 95-100 (4.0) C 74-79\* (2.0)

A- 93-94 (3.67) C- 72-73 (1.67)

B+ 91- 92 (3.33) D+ 70-71 (1.33)

B 84-90 (3.0) D 64-69 (1.0)

B- 82-83 (2.67) D- 62-63 (0.67)

C+ 80-81 (2.33) E 61 or below (0.0)

\* 74 is the minimal passing grade

For more information on grades and grading policies, please refer to University’s grading policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

REQUIRED TEXTBOOKS

Perry, S.E., Hockenberry, M.J., Lowdermilk, D.L., & Wilson, D. (2014). *Maternal child nursing care* (5th ed.). Maryland Heights, MO: Mosby/ Elsevier.

Potter, P., Griffin, A., Stockert, P. & Hall, Amy. (2013). *Fundamentals of Nursing* (8th ed.). St. Louis, MO: Elsevier Mosby.

WEEKLY CLASS SCHEDULE

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| **DATE** | **TOPIC** | **ASSIGNMENTS/ READINGS** | **EVALUATION** |
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| MODULE 1: SYSTEMS OF CARE STRUCTURES | | | |
| 5/14 | Introduction to the course, Team based learning processes Unit 1: Systems of Care   * Care delivery systems and subsystems | Potter Chap 1, 2, 24 | Practice Quiz |
| 5/21 | Unit 2: Models of Health & Wellness   * Cultural competence | Potter Chap 6, 7, 9  Team Case Studies (Culture and wellness/ health promotion) | Teamwork/ Quiz |
| 5/28 | Unit 3: Levels of prevention   * Healthy People Initiatives * US Preventive Task Force | Potter Chap 5, 6  Team Case Studies (Immunization) | Teamwork/ Quiz |
| 6/4 | Unit 4: Levels of care   * Evidence Based Care Elements   + Guidelines | Potter Chap 1, 4  “Find the Evidence” Team Exercises | Teamwork/ Quiz |
| 6/11 | **Exam 1: 9:30-11:00 CG-28**  Unit 5: Environmental, Community and Family Structures   * Community assessment * Home assessment | Potter Chap 3, 10 |  |
| MODULE 2: SYSTEMS OF CARE PROCESSES | | | |
| 6/18 | Unit 1: The Problem Solving Process   * Lifespan wellness and health promotion | Potter Chap 11, 15 | Teamwork/ Quiz |
| 6/22-28 | SUMMER BREAK |  |  |
| 7/2 | Unit 2: The Data Collection Process   * Epidemiology * Risk appraisal | Potter Chap 27, 28 | Teamwork/ Quiz |
| 7/9 | Unit 3 The Nursing Process- Topic 1: Identifying Issues and Problems, eg.:   * Nutrition * Exercise * Risk assessment | Potter Chap 12,15  Team Case studies  (Pregnancy /postpartum illness prevention, health promotion) | Teamwork/ Quiz |
| 7/16 | Unit 3: The Nursing Process- Topic 2: Assessment & Analysis, eg.   * Cord care * Travel * Nutrition | Potter Chap 16, 17  Team Case Studies  (Newborn wellness/ health promotion needs) | Teamwork/ Quiz |

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| **DATE** | **TOPIC** | **ASSIGNMENTS/ READINGS** | **EVALUATION** |
| 7/23 | Unit 3: The Nursing Process- Topic 3: Guidelines: Health Education Interventions & Lifestyle Modifications   * Adolescent illness prevention/ health promotion needs | Potter Chap 18, 19  Team Case Studies  (Child/ adolescent nutrition, safety, physical activity) | Teamwork/ Quiz |
| 7/30 | Unit 3 The Nursing Process- Topic 4: Health Counseling   * Adult and Aging illness prevention/ health promotion needs | Potter Chap 13, 14, 20, 21  Team Case Studies  (Self-concept, sexuality, loss, stress, literacy) | Teamwork/ Quiz |
| 8/5 | **Exam 2: 9:30-11:00 CG-23** |  |  |

University and College of Nursing Policies:

Please see the College of Nursing website for a full explanation of each of the following policies - <http://nursing.ufl.edu/students/student-policies-and-handbooks/course-policies/>.

Attendance

Academic Honesty

UF Grading Policy

Accommodations due to Disability

Religious Holidays

Counseling and Mental Health Services

Student Handbook

Faculty Evaluations

Student Use of Social Media

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| Approved: | Academic Affairs Committee:  General Faculty:  UF Curriculum Committee: | 09/09; 02/12  09/09; 03/12  10/09; 04/12 |