UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE SYLLABUS

Summer 2014

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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 | Sheri H. Mangueira, MSN, RN, APHN-BC, ACNPCP-BE  (Course Coordinator)  [shmng@ufl.edu](mailto:shmng@ufl.edu) (352) 273-6344 HPNP 4208  Office hours: Monday 8:30 am to 10:30 am |
| DEPARTMENT CHAIR (INTERIM) | Andrea Gregg, DSN, RN [greggac@ufl.edu](mailto:greggac@ufl.edu) HPNP 4221 (904) 244-5172 Office hours: By appointment only |
| 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. | |

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| COURSE SCHEDULE  Section Day Time Room  7B61 Wednesday 2:00-4:45pm G103  E-Learning in Sakai is the course management system that you will use for this course. E-Learning in Sakai is accessed by using your Gatorlink account name and password at <http://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. |

ATTENDANCE

Students are expected to be present for all scheduled classes, other learning experiences, and examinations. Students who have extraordinary circumstances preventing attendance should explain these circumstances to the course instructor **prior** to the scheduled class or as soon as possible thereafter. Instructors will then make an effort to accommodate **reasonable** requests. A grade penalty may be assigned for late assignments, including tests.

ACCOMMODATIONS DUE TO DISABILITY

Each semester, students are responsible for requesting a memorandum from the Disability Resource Center (<http://www.dso.ufl.edu/index.php/drc/>) to notify faculty of their requested individual accommodations. This should be done at the start of the semester.

COUNSELING AND MENTAL HEALTH SERVICES

Students may occasionally have personal issues that arise on the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling and Wellness Center, 352-392-1575, visit their web site for more information: <http://www.counseling.ufl.edu/cwc/>.

STUDENT HANDBOOK

Students are to refer to the College of Nursing Student Handbook for information about College of Nursing policies, honor code, class demeanor and professional behavior. <http://nursing.ufl.edu/students/student-policies-and-handbooks/>.

ACADEMIC HONESTY

The University of Florida Student Conduct and Honor Code may be found at http://www.dso.ufl.edu/index.php/sccr/process/student-conduct-honor-code/

TOPICAL OUTLINE

1. General Approach

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

TOPICAL OUTLINE (continued)

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, written assignments and examinations, quizzes, and reading assignments

EVALUATION METHODS/COURSE GRADE CALCULATION

In-class Participation 10% Must be present to participate; no make-up points available

Exam 1 30% June 11, 2014

Case Study 1 15% June 18, 2014

Exam 2 30% July 30, 2014

Case Study 2 15% August 6, 2014

­ 100%

*Feedback on all graded assignments routinely given within ten [10] business days of the due date. Individual review of a case study or an exam is available by appointment only and must be scheduled within twenty [20] business days following posted feedback.*

MAKE UP POLICY

Make-up exams will be given only under extenuating circumstances that could not have been predicted ahead of time and the format determined by faculty.

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>

FACULTY EVALUATION

Students are expected to provide feedback on the quality of instruction in this course based on ten criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu>.

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.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO:

Mosby/Elsevier.

WEEKLY CLASS SCHEDULE

May 14, 2014 Lake Wauburg – Health Promotion Retreat

May 21, 2014 Orientation

Concepts of *wellness promotion and illness prevention* across the lifespan Wellness (e.g., Healthy People 2020, Definition of Health, Models of Health)

Reading:

Centers for Disease Control (CDC). Retrieved [www.cdc.gov](http://www.cdc.gov)

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 65-68.

May 28, 2014 Concepts of *wellness promotion and illness prevention* across the lifespan

Variables (e.g., risk factors, promotion strategies, cultural responsiveness, complimentary medicine)

Reading:

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 68-73.

June 4, 2014 Concepts of *wellness promotion and illness prevention* across the lifespan

Illness (e.g., USPSTF, prevention strategies, health care delivery systems)

Reading:

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 73-76.

US Preventive Task Force. Retrieved [www.ahrq.gov](http://www.ahrq.gov)

June 11, 2014 **Examination 1 - 1400-1530 Computer Testing Center**

**(Class to follow exam)**

Part I: Effective *health education strategies* in a variety of practice settings Assessing, Identifying Problem, Planning Intervention – (e.g., health literacy)

Reading:

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 328-347.

June 18, 2014 Part II: Effective *health education strategies* in a variety of practice settings Assessing, Identifying Problem, Planning Intervention – (e.g., health literacy)

Reading:

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. p. 328-347..

WEEKLY CLASS SCHEDULE (continued):

July 2, 2014 **Teaching Case Study Due: noon today**

Concepts of *wellness promotion and illness prevention* across the lifespan

Nursing Process (e.g., gold standards, critical thinking, risk appraisal, concept map)

Reading:

Agency for Health Care Research and Quality (AHRQ).

[www.ahrq-gov](http://www.ahrq-gov)

Centers for Disease Control (CDC).

[www.cdc.gov](http://www.cdc.gov)

Occupational Safety and Health Administration (OSHA).

[www.osha.gov](http://www.osha.gov)

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 365-388.

Quality and Safety Education for Nurses (QSEN).

[www.qsen.org](http://www.qsen.org)

July 9, 2014 Individual and family *wellness promotion and illness prevention*

Conception through Infancy (e.g., normal pregnancy and fetal care)

Reading:

Perry, S.E., Hockenberry, M.J., Lowdermilk, D.L., & Wilson, D. (2010). *Maternal child nursing care* (5th ed.). Maryland heights, MO: Mosby/Elsevier.

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 139-156.

July 16, 2014 Individual and family *wellness promotion and illness prevention* Childhood through Adolescence (e.g. prevention of accidents, immunizations, obesity)

Reading:

Perry, S.E., Hockenberry, M.J., Lowdermilk, D.L., & Wilson, D. (2010). *Maternal child nursing care* (5th ed.). Maryland heights, MO: Mosby/Elsevier.

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 139-156.

July 23, 2014 Individual and family *wellness promotion and illness prevention* Adult (e.g. monitoring, menopause, lifestyle modification)

Reading:

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier, p. 157-191.

WEEKLY CLASS SCHEDULE (continued):

July 30 **Exam 2 -** **Computer Testing Center**

**(Class to follow exam)**

Family *wellness promotion and illness prevention*

Reading:

Potter, P.R., Perry, A.G. (2013). *Fundamentals of nursing.* (8th ed.). St. Louis, MO: Mosby/Elsevier.

August 6, 2014 **Final Exam – Case Study – Due: Noon**

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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 |