UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE SYLLABUS

FALL 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 CommunicationNUR 3138C Clinical Practice 1: Wellness Promotion and Illness Prevention |
| FACULTY Jane Gannon, DNP, CNM, CNLjmgannon@ufl.edu Jacksonville, LRC (904) 244-5166Office 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.
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| COURSE SCHEDULE Day Time LocationThursdays 12:50- 2:45 G101COURSE 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.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 study exemplars

LEARNING ACTIVITIES

Class participation, case analysis, written assignments.

A 10 question quiz will be administered to assess understanding of the readings at the start of class during 6 class meetings via student laptop (required).

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

Individual Readiness Assessments (6) 20%

Exams (2) 40%

Written assignments 40%

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. Late assignments will have 1% deducted for each day they are late.

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** |
| MODULE 1: FOUNDATIONS OF WELLNESS PROMOTION AND ILLNESS PREVENTION  |
| 8/27 | Introduction to the course, Practice Readiness Assessment Test (i-RAT) | SyllabusCourse website |  |
| 9/3 | Unit 1: Systems and Levels of care delivery | Potter Chap 1, 2, 3 | I-RAT |
| 9/10 | Unit 2: Levels of preventive care* Healthy People Initiatives
* US Preventive Task Force
* Community based nursing roles
 | Potter Chap 3, 6(p. 65-66, 70-76), 28 p. 398-410 | Immunization assignmentDue 9/23 |
| 9/17 | Unit 3: Models of health & wellness* Health promotion theories
* Culturally congruent care
* Caring theory
 | Potter Chap 6 (p. 66-70), 7, 9Perry Chap 2 | I-RAT |
| 9/24 | Unit 4: Evidence based care | Potter Chap 5 | Evidence based search assignmentDue 10/7 |
| MODULE 2: FOUNDATIONS OF NURSING CARE PROCESSES |
| 10/1 | Unit 1: The Nursing Process* Problem solving
* Constructing nursing diagnoses (PES)
 | Potter Chap 15 | I-RAT |
| 10/8 | Unit 2: Community Based Data Collection and Assessment* Analytical epidemiology
* Descriptive epidemiology
 | Online learning activity Potter Chap 16Perry Chap 3 | Database search assignmentDue 10/21 |
| 10/15 | **Exam 1** |  |  |
| MODULE 3: USING THE NURSING PROCESS TO ADDRESS WELLNESS PROMOTION AND ILLNESS PREVENTION NEEDS |
| 10/22 | Unit 1: Nursing Care Planning  | Potter Chap 17, 18, 19 | I-RAT |
| 10/29 | Unit 2: Health Promotion Care Planning* Constructing health promotion based nursing diagnoses
* Designing health promotion interventions
* Identifying health promotion outcomes
 | Potter Chap 11, 24, 25 |  |
| 11/5 | Unit 3: Applying the nursing process: Topic 1* The pregnant woman
 | Perry Chap 3, 7, 8 | Risk Assessment AssignmentDue 11/11 |

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| **DATE** | **TOPIC** | **ASSIGNMENTS/ READINGS** | **EVALUATION** |
| 11/12 | Unit 3: Applying the nursing process Topic 2* The postpartum woman
* The newborn
 | Perry Chap 18, 19, 23, 24 | i-RAT |
| 11/19 | Unit 3: Applying the nursing processTopic 3* The child and adolescent
 | Potter Chap 12Perry, Chap 34, 35 | Health education planDue 12/2 |
| 11/26 | THANKSGIVING HOLIDAY |  |  |
| 12/3 | Unit 2Th: Applying the nursing processTopic 4* Adult & older adult
 | Potter Chap 13, 14 | i-RAT |
| 12/10 | READING DAY |  |  |
| 12/17 | **Exam 2** |  |  |

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; 02/1209/09; 03/1210/09; 04/12 |