SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

Sault College

COURSE OUTLINE

COURSE TITLE: Health Across the Lifespan II

CODE NO. :   PNG124   **SEMESTER:**   2

PROGRAM: Practical Nursing

AUTHOR: Northern Partners in Practical Nursing Education,
Gwen DiAngelo

DATE: Jan/09   **PREVIOUS OUTLINE DATED:**   Jan/08

APPROVED: "Fran Rose"

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                    CHAIR, HEALTH PROGRAMS   **DATE**

TOTAL CREDITS: 3

PREREQUISITE(S):   PNG114

HOURS/WEEK: 3

I.   COURSE DESCRIPTION:

This course is a continuation of Health Across the Lifespan I and will examine the developmental stages of the remaining age groups. The concepts of growth and developmental, health promotion and health protection will expand to include families and groups.

II.   LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1.   Describe the growth and development of individuals from early to late adulthood, including the childbearing woman.

Potential Elements of the Performance:
Young Adult
➢   describe normal physiological changes in the young adult
➢   identify psychosocial tasks of the young adult
➢   identify the impact of culture on the young adult's health
➢   describe normal physiological changes in the pregnant woman
➢   discuss the normal psychosocial concerns of the pregnant women
➢   explain the purpose for prenatal screening and diagnostic tests
➢   discuss the psychosocial adaptation of the childbearing family
➢   explore the scope of the role of a practical nurse during labor and delivery
➢   describe normal physiological changes in the postpartum women

Middle Adulthood
➢   describe normal physiological changes of middle-age
➢   discuss psychosocial tasks particular to middle age adult
➢   explore the impact of social issues on the middle age adult (sandwich generation….)
➢   identify the impact of culture on the middle aged adult

Older Adult
➢   discuss attitudes about aging
➢   explore theories of aging
➢   describe normal physiological changes of the older adult
➢   discuss the psychosocial tasks of the older adult
➢   discuss the impact of culture on the older adult's health (care provided by the family)
➢   discuss significant health concerns/common health conditions of the older adult

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2. Discuss health promotion and health protection strategies during each of these developmental stages.

   Potential Elements of the Performance:
   - discuss the impact of lifestyle choices on health
   - discuss age-appropriate health screening
   - discuss age-related safety issues
   - identify health promotion/maintenance strategies for the middle-age/older adult
   - discuss the role of the practical nurse in holistic health promotion/health protection strategies from early to late adulthood.
   - discuss the role of the practical nurse in the holistic health promotion of the pregnant woman (eg. prenatal care), postpartum woman and her family.
   - develop a health promotion plan for a specific age group

3. Describe the use of a functional health pattern framework in assessing families throughout the lifespan.

   Potential Elements of the Performance:
   - define family
   - describe traditional family types/changing family types
   - identify the stages of family development
   - describe parenting styles
   - discuss a framework utilized in family assessment
   - discuss the impact of culture on the family

4. Discuss health promotion and health protection strategies for families.

   Potential Elements of the Performance:
   - discuss the role of the practical nurse in assisting individuals to be responsible in achieving/maintaining family health
   - develop a health promotion/health protection plan for a family
   - discuss the impact of domestic violence on the holistic health of a family

5. Describe the assessment of health needs of a group within a community.

   Potential Elements of the Performance:
   - define group
   - define community
   - discuss a selected framework used in the health assessment of a group within a community
   - explore factors that affect the health of a group within a community

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6.   Discuss health promotion and health protection strategies for a group within communities.

       Potential Elements of the Performance:
- ➢ identify available community resources that promote health
- ➢ discuss a variety of health concerns that influence nursing practice for a group within a community
- ➢ discuss the role of the practical nurse in promoting and maintaining health
- ➢ develop a health promotion/health protection plan

7.   Discuss the impact of loss and grief on individuals throughout the developmental stages.

       Potential Elements of the Performance:
- ➢ define loss and grief
- ➢ describe the stages of grief with commonly experienced emotional responses
- ➢ discuss factors which influence responses of loss
- ➢ discuss beliefs and attitudes about death from a developmental perspective

III.   TOPICS:

1.   Older Adult

2.   Family Health

3.   Prenatal Care

4.   Postnatal Care

5.   Young Adult

6.   Middle Adult

7.   Community Health

8.   Grief and Loss

IV.   REQUIRED RESOURCES/TEXTS/MATERIALS:

Leifer, G. (2008). *Maternity nursing*. (10th ed.). St. Louis, Missouri: Elsevier Saunders.

Wold, G. (2008). *Basic geriatric nursing*. (4th ed.). St. Louis, Missouri: Mosby.

V. EVALUATION PROCESS/GRADING SYSTEM:

a. Course Evaluation

Test #1	25%
Test #2	25%
Group Presentation	10%
Group Paper	10%
Final Exam	30%
Total	100%

b. There are no rewrites, supplemental assignments, tests or examinations in this course.

c. A pass in this course is 60%.

The following semester grades will be assigned to students in postsecondary courses:

Grade	Definition	Grade Point Equivalent
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00

CR (Credit)	Credit for diploma requirements has been awarded.
S	Satisfactory achievement in field /clinical placement or non-graded subject area.
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty.

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

A minimum of a "C" grade is required to be successful in <u>all</u> PNG coded courses.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

<u>Disability Services</u>:
If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

<u>Retention of course outlines</u>:
It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

<u>Plagiarism</u>:
Students should refer to the definition of "academic dishonesty" in the *Student Code of Conduct*. Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

<u>Course outline amendments</u>:
The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

<u>Communication</u>
The college considers WebCT/LMS as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your to take advantage of LMS communication tool.

VII.   **PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.