



**I. COURSE DESCRIPTION:**

Using a case study approach, this course will focus on health promotion disease prevention and health protection strategies for selected individuals throughout the lifespan. These concepts will be studied as they apply to individuals, families, groups and communities.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

1. Using the nursing process and a case study approach, discuss health promotion, health protection strategies and safety strategies for each stage from infancy to late adulthood.

Potential Elements of the Performance:

- 1.1 Discuss the impact of lifestyle choices on health promotion and health protection (including nutrition, activity/exercise, and wellness).
  - 1.2 Discuss the importance of culture as a factor in health promotion and health protection.
  - 1.3 Discuss normal physical changes associated with aging throughout the life span
  - 1.4 Discuss age-appropriate health promotion and health screening.
  - 1.5 Discuss age-related safety issues and safety strategies.
  - 1.6 Identify health promotion/maintenance strategies for the infancy to late adulthood periods.
  - 1.7 Discuss the role of the practical nurse in holistic health promotion from infancy to late adulthood.
  - 1.8 Consider the determinants of health when planning health promotion and health protection strategies
  - 1.9 Develop a concept map and teaching plan for a common health concern for a specific age group.
2. Using the nursing process and a case study approach, identify health protection and safety strategies for at –risk individuals and their families from infancy to late adulthood.

Potential Elements of the Performance:

- 2.1 Discuss strategies to address age related health challenges throughout the life span from infancy to elderly client. Exemplars related to each stage of life will support discussions.

3. Describe the experience of the woman during the transition from prenatal to postpartum.

Potential Elements of the Performance:

- 3.1 Describe normal physiological changes in the pregnant woman.
  - 3.2 Discuss the normal psychosocial concerns of the pregnant woman.
  - 3.3 Explain the purpose for prenatal screening and diagnostic tests.
  - 3.4 Discuss the impact of teratogens on prenatal development.
  - 3.5 Describe normal physiological changes in the postpartum woman.
  - 3.6 Discuss the psychosocial adaptation of the childbearing family.
  - 3.7 Explore the scope of the role of the practical nurse during the perinatal period.
  - 3.8 Discuss health teaching needs for the childbearing family during the antepartum, intra-partum and post –partum periods.
4. Describe the use of a functional health pattern framework in assessing families throughout the lifespan.

Potential Elements of the Performance:

- 4.1 Define family.
  - 4.2 Describe traditional family types/changing family types.
  - 4.3 Identify the stages of family development.
  - 4.4 Discuss the impact of culture on the family.
  - 4.5 Discuss frameworks utilized in family assessment.
  - 4.6 Apply a framework to assess a family.
  - 4.7 Discuss health promotion and health protection strategies for families.
  - 4.8 Discuss the role of the practical nurse in assisting individuals to be responsible in achieving/maintaining family health.
  - 4.9 Develop a health promotion/health protection plan for a family.
5. Examine adaptations to care for hospitalized pediatric patients.

Potential Elements of the Performance:

- 5.1 Describe the child's experience of hospitalization.
  - 5.2 Discuss health care adaptations for the hospitalized child and family.
6. Discuss the concepts of grieving and loss, as a natural process in the development of an individual.

Potential Elements of the Performance:

- 6.1 Define grief.
- 6.2 Define loss.
- 6.3 Explore the variety of life situations in which individuals experience grief and loss.
- 6.4 Identify culturally sensitive approaches when caring for terminally ill patients and patients experiencing grief and loss.

- 6.5 Discuss principles of palliative care.
- 6.6 Describe the role of the nurse in promoting comfort for terminally ill clients.
- 6.7 Explore the role of the practical nurse in supporting clients experiencing grief and loss.
- 6.8 Describe care of the family after death.

### III. TOPICS:

The content will be studied under the following concepts:

1. Health Promotion Strategies
2. Health Protection and Safety Strategies
3. Childbearing Women
4. Pediatric patients
5. Functional Health Pattern Framework for Assessing Families
6. Grief and Loss
7. Palliative Care

**Note:** For more detailed information regarding the course content, please refer to the course syllabus and D2L; the Learning Management System (LMS).

### IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

White,L., Duncan, G., & Baumle, W. (2011). *Foundations of Maternal & Pediatric Nursing (3<sup>rd</sup> ed.)*. Clifton Park. NY; Delmar Cengage Learning.

White,L., Duncan, G., & Baumle, W. (2011). *Study Guide to accompany Foundations of Maternal & Pediatric Nursing (3<sup>rd</sup> ed.)*. Clifton Park. NY; Delmar Cengage Learning.

#### REQUIRED TEXTS from semesters 1:

Hales, D. & Lauzon, L. (2013). *An invitation to health (4<sup>th</sup> ed)*. Toronto, ON: Nelson Canada.

Kozier, B.J., Erb, G. et. al. (2014). *Fundamentals of Canadian nursing (3rd Canadian ed.)*. Toronto, ON: Pearson Canada.

#### RESOURCES

RNAO BPG'S available at <http://rnao.ca>

## V. EVALUATION PROCESS/GRADING SYSTEM:

The pass mark for this course is 60%. There will be no supplemental testing or rewrites available. **Students must complete all of the evaluative strategies be eligible for a final grade in this course.**

1. In Class Presentation	20%
2. Test #1- in class	30%
3. Test # 2 – in class	30%
4. Test #3- in class	20%
Total	100%

The following semester grades will be assigned to students:

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

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

**VI. SPECIAL NOTES:**Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

**This course's Learning Management site (D2L), its features, and its contents are for the exclusive use of nursing students registered in this section of this course. The information contained herein is privileged and confidential. Any unauthorized use, dissemination, or copying is strictly prohibited.**

**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal/LMS form part of this course outline.