

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**COURSE OUTLINE**

**COURSE TITLE:** Health Across the Lifespan II  
**CODE NO. :** PNG1240 **SEMESTER:** 2  
**PROGRAM:** Practical Nursing  
**AUTHOR:** Consortium, Gwen DiAngelo  
**DATE:** Jan/03 **PREVIOUS OUTLINE DATED:** N/A  
**APPROVED:**

	_____ DEAN	_____ DATE
<b>TOTAL CREDITS:</b>	3	
<b>PREREQUISITE(S):</b>	PNG1140	
<b>HOURS/WEEK:</b>	3	

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**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

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

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

**III. TOPICS:**

1. Older Adult
2. Family Health
3. Prenatal Care
4. Postnatal Care
5. Young Adult
6. Middle Adult
7. Community Health

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

Edelman, C.L., & Mandle, C.L. *Health promotion throughout the lifespan*. (5<sup>th</sup> ed.). St. Louis, Missouri: Mosby

Wold, G. *Basic geriatric nursing*. (2<sup>nd</sup> ed.). St. Louis, Missouri: Mosby.

A maternity textbook may be required later in the course.

**V. EVALUATION PROCESS/GRADING SYSTEM:**

## a. Course Evaluation

Test #1	20%
Test #2	20%
Class Presentation	10%
Family Assessment	20%
Final Exam	30%
Total	100%

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

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

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual – Deferred Grades and Make-up</i> ).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.	

**VI. SPECIAL NOTES:**

Special Needs:

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 instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

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

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. 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.

Course outline amendments:

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.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.