

FALL 2020

FALL 2020

NURS 3309

Wellness and Health Promotion

Faculty



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Course Description

This course will explore factors that impact a healthy society, including vulnerable populations across the lifespan, and how these factors contribute to optimal health or premature illness. This course will introduce the concepts of chronic care, risk reduction, vaccinations, health promotion, and patient teaching.

Prerequisite

Admission to the Bachelor of Science in Nursing Program and NURS 3303.

Course Learning Objectives

FALL 2020

Upon successful completion of this course, the student will be able to:

1. **Professionalism:** Describe concepts, models, and theories of health promotion as they relate to the role of the nurse. Discuss the legal, ethical, and economic implications of health promotion.
2. **Patient-Centered Care:** Identify assessment strategies and skills to facilitate health promotion in individuals, families, and populations.
3. **EBP:** Examine evidence-based literature for interventions to promote health and enhance wellness throughout the lifespan.
4. **Informatics & Technology:** Discuss the use of technology and informatics to promote health and wellness.
5. **Quality Improvement:** Discuss the use of scholarly evidence and data as part of the quality improvement process to continually improve outcomes.
6. **Teamwork and Collaboration:** Explain the process of effective communication among healthcare professionals with promotion and wellness of individuals, families, and communities.
7. **Wellness and Prevention:** Describe wellness and prevention initiatives to promote healthy outcomes across the lifespan in a variety of communities and populations. Identify five areas to improve health for nurses including: physical activity, nutrition, rest, quality of life and safety.
8. **Leadership:** Explain the role of the nurse as a leader and advocate to promote health and wellness in individuals, families, and communities across the lifespan.
9. **Safety:** Explain the importance of promoting quality and safe environments and their impact on the health and wellness of individuals, families, and communities.
10. **Strengths:** Determine how Strengths (signature talent themes) influence the role of the student nurse and clinical decision-making.

Grading Policy and Criteria

Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based upon the following point assignments:

- A - 90-100
- B - 80-89
- C - 75-79
- D - 60-74
- F - Below 60

Final course grades less than 75 are not rounded up.

Late policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply. **Late assignments will not be accepted after one week and will receive a 0. A late penalty of 5 points per day will be assessed up to 7 days after the due date.**

Week	Module	Resources	Assignments/Quizzes	ATI Assignments Nurses Touch Wellness and Self-Care Module Tutorials Nutrition Practice Test A and B Wellness and Self-Care Practice Test (55 questions)
8-31	Module 1 Health and Wellness	Chapter 6 (65-77)	Reflections every week	Wellness, Health Promotion, and Disease Prevention Post-Module Ten-item Test Due 9-6 midnight
9-7 Labor Day Holiday	No zoom meeting this week			
9-11	Census Date			
9-14	Module 2 Cultural, Communication, and Patient Education	Chapter 9 (101-115) Chapter 25 (336-354) Chapter 24 (316-334)		
9-21	Module 3 Nutrition and Elimination	Chapter 45 (1053-1099) ATI Nutrition Book Chapters 4, 5, 6, & 7		Eating Healthy and Maintaining a Healthy Weight Post-Module Ten-item Test Due 9-27 midnight
9-28	Module 3 Nutrition and Elimination	Application exercises	Quiz 1 Mods 1-3 due 10-4 midnight	Nutrition Practice Test A Due 10-4 midnight
10-5	Module 4 Coping and Stress	Chapter 38 (771-786)		Stress Post-Module Ten-item Test Due 10-11 midnight
10-12	Module 5 Activity and Exercise	Chapter 39 (787-804)	Deadline to start QIP for 4-week cycle	Physical Activity Post-Module Ten-item Test Due 10-18 midnight
10-19	Module 6 Sleep and Rest	Chapter 43 (992-1012)		Rest and Sleep Post-Module Ten-item Test Due 10-25 midnight
10-26	Module 7 Ethics and Values-Beliefs	Chapter 22 (292-301) Chapter 36 (733-748)	Quiz 2 Mods 4-7 due 11-1 midnight	
11-2	Module 8 Complementary Therapies	Chapter 33 (688-700)		Nutrition Practice Test B Due 11-8 midnight
11-2	Last Day to Withdraw			
11-9	Module 9 Roles and Relationships and Sexuality and Reproductive	Chapter 716-731)	QIP Template Due 11-15 midnight	
11-16	Module 10 Health Promotion and Caring for Families, Development Theories, and Patients in Conception through Adolescence & Self Concept	Chapter 10, 11, 12 (p. 117-158) Chapter 34 (701-715)		Wellness and Self-Care Practice Test Due 11-22 midnight
11-23 to 28	Thanksgiving			
11-30	Module 10 Health Promotion and Caring for Patients in Young Adult, Middle Adult, and Older Adult	Chapter 13 and 14 (p. 159-193)	Quiz 3 Mods 8-10 due 12-6 midnight	
12-7	QIP Presentations online No zoom meeting this date	Course Evaluations		

Assignments Criteria for Evaluation:	Percentage of Grade:	Additional information
		<p>NOTE on late work: work turned in after one week will receive a 0. A late penalty of 5 points per day will be assessed up to 7 days after the due date.</p> <p>To pass the course, students must complete the ATI modules and assessments even if over a week late.</p>
Professionalism	5	See Professionalism Rubric in Canvas.
ATI Assessments: 2019 Nutrition Practice A and B	5	Two attempts allowed with highest score. Submit screenshot or pdf of grade from ATI assignment link in Canvas. You can test anytime with internet connection. You may pause and return to the tests. Rationales will NOT be visible.
ATI Nurse’s Touch: 5 Wellness and Self-Care Module Tests Due week after lecture	20	<ol style="list-style-type: none"> 1. Wellness, Health Promotion and Disease Prevention 2. Self-Care: Eating Healthy and Maintaining a Healthy Weight 3. Self-Care Physical Activity 4. Stress 5. Self-Care: Rest and Sleep <ul style="list-style-type: none"> • A ten-item test is available at the end of each module • Two attempts allowed with highest score. Submit screen shot or pdf of grade from ATI assignment link in Canvas. You can test anytime with internet connection.
ATI Nurses Touch Wellness and Self-Care Practice Assessment	5	Two attempts allowed with highest score. Submit screen shot or pdf of grade from ATI in assignment link in Canvas. You can test anytime with internet connection.
Reflection Journals	15	Weekly reflections See rubric.
3 Quizzes	20	Three password-protected 25 question multiple choice quizzes Quizzes will open on Friday at 8 am and close on Sunday midnight Time 40 minutes Quizzes can only be made up for preapproved reasons.
Quality Improvement Project	15	Completed template submitted in Canvas Assignment link. See rubric.
Quality Improvement Project Presentation	15	Presented in class. Professional dress is required. See rubric.

FALL 2020

Important Course Dates:

Note: The complete course schedule is available in the Course Canvas site.

Census Date: September 11, 2020

Last Date to Withdraw: November 2, 2020

<https://www.utt Tyler.edu/registrar/registration/withdrawals.php>

Attendance and Make-up Policy

Attendance / participation is expected. A professionalism policy details expectation for attendance. Make-up for exams, quizzes, assignments, clinical time missed is at the discretion of the instructor.

NOTE on late work: work after one week will receive a 0. To pass the course, students must complete required assignments even if past the week deadline.

Required Textbooks/Materials

Potter, P.A., Perry, A.G., Stockert, P.A., Hall, A.M. (2017). Fundamentals of nursing (9thEd.). ISBN 978-0-323-39865-7

School of Nursing Policies and Additional Information

Link to website/ handbook /need to make sure this is the latest version

https://www.utt Tyler.edu/nursing/college/documents/son_student_guide.pdf

University Policies and Additional Information (updated 1/2018)

The following course policies may be found at the website listed below: absence for religious observance, absence for university-supported trips, services to students with disabilities, grade replacement, state-mandated course drop policy, and Social Security and privacy.

<http://www.utt Tyler.edu/academicaffairs/files/syllabuspolicy.pdf>

UT Tyler Honor Code: Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.utt Tyler.edu/wellness/rightsresponsibilities.php>

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.utt Tyler.edu/about/campus-carry/index.php>

UT Tyler a Tobacco-Free University

FALL 2020

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Fall 2019, the Census Date is Monday, September 9, 2019.) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Monday, September 9, 2019) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date).
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment.
- Completing the process for tuition exemptions or waivers through Financial Aid.

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student

FALL 2020

application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.utt Tyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- i. "Cheating" includes, but is not limited to:
 - copying from another student's test paper;
 - using, during a test, materials not authorized by the person giving the test;
 - failure to comply with instructions given by the person administering the test;
 - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
 - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
 - collaborating with or seeking aid from another student during a test or other assignment without authority;
 - discussing the contents of an examination with another student who will take the examination;

- divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
 - substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
 - paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;
 - falsifying research data, laboratory reports, and/or other academic work offered for credit;
 - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
 - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially
- ii. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.
- iii. "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- iv. All written work that is submitted will be subject to review by plagiarism software.

UT Tyler Resources for Students

- [UT Tyler Writing Center](#) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](#) (903.565.5964), tutoring@uttyler.edu
- [The Mathematics Learning Center](#), RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](#) (903.566.7254)
- [UT Tyler Muntz Library](#) (903 566-7343), Library Liaison for Nursing, Suzanne Abbey (903.566.7165) email: sabbey@uttyler.edu