



Course: Wellness and Health Promotion

Course Number: NURS 3309

Fall 2022

Scheduled Class Days and Time: Tyler Monday 11 AM – 1:45 PM

Instructor's Name: Belinda Deal, PhD, RN, CNE

Office: BRB 2085

Phone: 903-565-7120

Email: bdeal@uttyler.edu

Office Hours: Mondays 2 PM – 5 PM -

*Best way to contact me: email, conference call, and/or Zoom.

Instructor's Name: Rose Guidry, APRN, RD, LD, FNP-C

Office: BRB 2135

Phone: 903-565-5717

Email: rguidry@uttyler.edu

Office Hours: Mondays 2 PM – 5 PM email, conference call, and/or Zoom.

*Best way to contact me: *email through canvas*

Instructor's Name: Autumn Ladd, MSN, RN

Office: BRB 2155

Phone: 903 565-5956

Email: aladd@uttyler.edu

Office Hours: Wednesday 9-11 AM & 2PM - 4PM

*Best way to connect with me:

Instructor's Name: Dixie Rose, PhD, RN, ACUE

Office: PMH 124

Phone: 903-727-2309

Email: drose@uttyler.edu

Office Hours: Monday 12-1 p.m., Tuesday 11 a.m.-1 p.m., and by appointment.

*Best way to contact me.

Instructor's Name: Katherine Strout PhD, RN

Office: LUC 230

Phone: 903-409-6000 (mobile)

Email: kstrout@uttyler.edu

Office Hours: Thursdays 9:30 AM – 12:30 PM

*Best way to contact me: Canvas email

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](#).

Student Learning Objectives:

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.

Corequisites:

Required Textbooks and Readings:

ATI books and applications

Special Course Notes: *(The listed items are required if applicable to your course. Please feel free to add other special notes as needed.)*

1) Proctoring Notice: *(If you use a proctoring service in your course, you are REQUIRED to include information about this to students that includes the content needed. In addition, students are NOT to incur any additional expenses for proctoring.)*

2) Alternate Locations of Class:

This class will interact with other UT Tyler students on Patriot Plaza on X date.

3) This course requires you to use X, an external website/resource, to complete homework or assessments (e.g., Pearson Lab, homework website, etc.). Provide any additional instructions students need for this.

Assignments and Weights/Percentage/Point Values

Criteria for Evaluation:	Percentage of Grade:	Additional information
		<i>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. Students should email faculty if an assignment will be late prior to the assignment deadline.</i>
Professionalism: attendance and participation	25%	Included in this grade is the completion of the Nursing Student Forms. Syllabus Quiz ATI Nurses' Touch Wellness and Self-care Practice Assessment
ATI Engage Fundamentals Modules	24 %	Posttest for each module (14 modules)
Reflection Journals	10 %	12 Weekly reflections See rubric in canvas
3 Quizzes	21 %	Three multiple choice quizzes Quizzes can only be made up for preapproved reasons.
Quality Improvement Project	20 %	Part I, II, and III. Completed templates and presentations submitted in Canvas Assignment link. See rubric.

Grading Scale:

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.

The simple average of all exam grades, including a final, must first be at or above 75% in order to pass the course. Once the student has achieved a simple exam average of 75% or higher, course grades will be determined based on the weighted calculation of exams and other required course work.

Exam and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.

- These materials may not be distributed without permission.
- Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
- Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.
- Sanctions for uploading or otherwise divulging the contents of these materials can include:
 - a reduced or failing grade on an assignment
 - a reduced or failing grade for the course
 - removal from the Nursing program
 - removal from UT Tyler

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.

Repeating a Course: Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

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

Covid-19 Statement:

"It is important to take the necessary precautions to ensure a healthy and successful year. UT Tyler continues to urge you to protect yourselves against the flu, COVID and any new threats that may be developing. Be diligent about preventive measures such as washing hands, covering sneezes/coughs, social distancing and vaccinations, which have proven to be successful in slowing the spread of viruses. Encourage those who don't feel well to stay home, and if they show symptoms, ask them to get tested

for the flu or COVID. Self-isolation is important to reduce exposure ([CDC quarantine/isolation guidelines](#)). Please work with your faculty members to maintain coursework and please consult [existing campus resources](#) for support”.

Calendar of Topics, Readings, and Due Dates:

Week	Module	Resources	Assignments/Quizzes In Class Activities	ATI Fundamentals Engage Modules and Reflections are Due 9 PM on Saturdays
Week 1 8-29	Module 1 Health and Wellness		HPC guest speaker Thrive APP MySSP App Syllabus Quiz	Health Care Delivery and Health Policy (covered first week) due 9-3
Week 2 9-5	<i>Labor Day Holiday</i> Census Date 9-9	<i>All offices closed; no classes held</i>		Client Education and Communication due 9-10
Week 3 9-12	Module 2 Client Education And Communication		Introducing QIP Project, Wheel of life, Readiness to Change, Aim, PDSA	Collaboration and Teamwork due 9-17
Week 4 9-19	Module 3 Collaboration and Teamwork		PRE-TEST ATI Nurses' Touch Wellness and Self-care Practice Assessment in the classroom	Inclusion, Equity, and Diversity due 9-24
Week 5 9-26	Module 4 Cultural Care		International Office guest speakers Quiz 1 in Class Modules 1-3	Health Promotion, Wellness, and Disease Prevention (and nutrition for wellness) due 10-01
Week 6 10-3	Module 5 Nutrition for Wellness, Health Promotion, and Disease Prevention		Nutrition Activities	Stress and coping due 10-08

Week 7 10-10	Module 6 Stress, coping, and Self-Concept		Stress Reduction Activities	Self-Concept due 10-15
Week 8 10-17	Module 7 Physical Activity		Active day Guest speaker QIP PART 1 Due 10-22	Comfort, Rest and Sleep due 10-22
Week 9 10-24	Module 8 Sleep and Rest		Guest Speaker	Patient-Centered Care due 10-29
Week 10 10-31	Module 9 Values and Beliefs		Quiz 2 in class Modules 4-8 Spiritual Care Panel	Complementary and Integrative Health Due 11-05
Week 11 11-7	Module 10 Complementary and Integrative Health	11-07 The last day to withdraw from one or more courses	Mini Fair QIP Part 2 due 11-12	Growth and Development Due 11-12
Week 12 11-14	Module 11 Growth and Development		POST-TEST ATI Nurses' Touch Wellness and Self-care Practice Assessment in the classroom	Grief due 11-19
11-21	THANKSGIVING HOLIDAY			
Week 13 11-28	Module 12 Grief Older Adult		Quiz 3 in class Modules 9-12	
Week 14 12-05	QIP Part 3 Presentation online	Course Evaluations	QIP Part 3 Presentation online 12-05	

School of Nursing Policies and Additional Information:

https://www.utt Tyler.edu/nursing/college/student_guide_and_policies.php

Student Resources to assist you in this course:

[UT Tyler Student Accessibility and Resource \(SAR\) Office](#) (provides needed accommodations to students with document needs related to access and learning)

[UT Tyler Writing Center](#)

[The Mathematics Learning Center](#)

[UT Tyler PASS Tutoring Center](#)

[UT Tyler Supplemental Instruction](#)

[Upswing \(24/7 online tutoring\) - covers nearly all undergraduate course areas](#)

[Robert Muntz Library \(Links to an external site.\)](#) and [Library Liaison](#)

[Canvas 101](#) (learn to use Canvas, proctoring, Unicheck, and other software)

Digital Support Toolkit (for supported courses only. Students are automatically enrolled in the toolkit for supported courses)

LIB 422 - Computer Lab where students can take a proctored exam

[The Career Success Center](#)

[UT Tyler Testing Center](#)

[Office of Research & Scholarship Design and Data Analysis Lab](#)

Resources available to UT Tyler Students

[UT Tyler Counseling Center](#) (available to all students)

[TAO Online Support Center](#) (online self-help modules related to mental & emotional health)

[Military and Veterans Success Center](#) (support for all of our military-affiliated students)

[UT Tyler Patriot Food Pantry](#)

[UT Tyler Financial Aid and Scholarships](#)

[UT Tyler Registrar's Office](#)

[Office of International Programs](#)

[Title IX Reporting](#)

[Patriots Engage](#) (available to all students. Get engaged at UT Tyler.)

University Policies and Information

Withdrawing from Class: Students are allowed to [withdraw](#) (drop) this course through the University's withdrawal portal. Texas law prohibits students 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 other 2-year or 4-year Texas public colleges and universities. Make sure to consider the impact withdrawing from this class has on your academic progress as well as the financial implications. We encourage you to consult your advisor(s) and financial aid for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the [Tuition and Fee Refund Schedule](#). CAUTION #2: All international students must check with the [Office of International Programs](#) before withdrawing. All international students are required to enroll full-time for fall and spring terms.

Final Exam Policy: Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members are required to maintain student final examination papers for a minimum of three months following the examination date.

Incomplete Grade Policy: If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in lieu of a grade only when all of the following conditions are met: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all course work or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons prior to the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average for a student.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to complete all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has not been assigned within one year, then the Incomplete will be changed to an F or NC if the course was originally taken under the CR/NC grading basis.

Grade Appeal Policy: UT Tyler's Grade Appeal policy requires the completion of a Grade Appeal form for this action to take place. The grade appeal begins with the instructor of your course. If you do not agree with the decision of the instructor, you may then move your appeal to the department chair/school director for that course. If you are still dissatisfied with the decision of

the chair/director, you may move the appeal to the dean of the college offering that course, who has the final decision. Grade appeals must be initiated within sixty (60) days from the date of receiving the final course grade. The grade Appeal form is found on the [Registrar's Form Library](#).

Disability/Accessibility Services: The University of Texas at Tyler has a continuing commitment to providing reasonable accommodations for students with documented disabilities. Students with disabilities who may need accommodation(s) in order to fully participate in this class are urged to contact the Student Accessibility and Resources Office (SAR) as soon as possible to explore what arrangements need to be made to ensure access. If you have a disability, you are encouraged to visit the SAR Portal (<https://hood.accessiblelearning.com/UTTyler/>) and complete the New Student Application. For more information, please visit the [SAR webpage](#) or call 903.566.7079.

Military Affiliated Students: UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with me if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make me aware of any complications as far in advance as possible. I am willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. Campus resources for military-affiliated students are in the [Military and Veterans Success Center \(MVSC\)](#). The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

Academic Honesty and Academic Misconduct: The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the [Student Conduct and Discipline policy](#) in the Student Manual Of Operating Procedures (Section 8).

FERPA: UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in [University Policy 5.2.3](#). The course instructor will follow all requirements in protecting your confidential information.

COVID Guidance: The UT Tyler community of Patriots respects the rights of others to wear a mask if they desire to do so. COVID guidelines may change as the situation warrants, and students should follow the instructions warranted by the situation.

Absence for Official University Events or Activities: This course follows the practices related to approved absences as noted by the Student Manual of Operating Procedures ([Sec. 1 -501](#)).

Absence for Religious Holidays: Students who anticipate being absent from class due to a religious holiday are requested to inform the instructor by the second class meeting of the semester.

Campus Carry: We respect the right and privacy of students 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.uttyler.edu/about/campus-carry/index.php>.