



Wellness and Health Promotion

RNBS 4309

Fall 2023

Scheduled Class Days and Times: Web based

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Course Description: This course will explore factors that impact a healthy society and how these factors contribute to optimal health or premature illness. This course will discuss the concepts of personal wellness, risk reduction, and health promotion across the lifespan.

Prerequisites: Admission to the RN-BSN Track. Special permission required from the School of Nursing to take out of sequence. Successful completion of RNBS 3303 and RNBS 3312 and RNBS 3315 and RNBS 3333, and RNBS 4313, and RNBS 4631.

Student Learning Outcomes:

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

- 1. Professionalism:** Apply concepts, models, and theories of health promotion as they relate to the role of the nurse, individuals, families, populations, and communities. 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, populations, and communities.
- 3. EBP:** Analyze evidence-based literature and research-based interventions to promote health and enhance wellness throughout the lifespan.
- 4. Informatics & Technology:** Interpret data collected through technology and information systems to promote health and wellness in individuals, families, populations, and communities.
- 5. Quality Improvement:** Use a data-guided and theory-based approach to continuously improve nurse and patient outcomes within the healthcare system.
- 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 individuals, families, populations, and communities. Propose a plan to improve health and wellness for nurses in one of the following domains: physical activity, nutrition, rest, quality of life and safety.
8. **Leadership:** Recommend the practice of professional nursing to lead and advocate for health-promoting behaviors.
9. **Safety:** Explain the importance of promoting quality and safe environments and their impact on the health and wellness of individuals, families, populations, and communities.
10. **Strengths:** Conclude how strengths (signature talent themes) influence the role of the nurse and clinical decision-making.

Required Textbooks and Readings:

RNBS 4309 Course Syllabus.

American Psychological Association. (2019). *Publication manual of the American Psychological Association*. (7th ed.). Washington, D.C.: Author. ISBN 978-1-4338-3216-1

Assignments and Weights/Percentage/Point Values

- | | |
|---|-----|
| 1. Annotated Bibliography | 20% |
| 2. Reflection Journals | 20% |
| 3. Quizzes | 30% |
| 4. Quality Improvement Project/Presentation | 30% |

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 combined weighted calculation of all course assignments, activities, and quizzes must be at least 75% in order to pass the course.

Grade Appeals: Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

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. Make-up for quizzes, assignments, and activities is at the instructor's discretion.

Graded Course Requirements Information:

Annotated Bibliography: An annotated bibliography is a list of citations to books, articles, and websites. The annotation is a brief paragraph which describes and critically evaluates the source. Typically, the purpose of the annotation is to describe the relevance, accuracy, and quality of the source cited. An annotation is a brief paragraph (usually about 150 words) that may include the following information: Summary of the source, assessment of the source, and/or reflection of the source. For this assignment, you will select two evidence-based articles and provide an annotation on each. Then, you will write a single reflection linking the two articles to self-care for nurses and the Healthy Nurse, Healthy Nation Initiative.

Reflection Journals: Students will provide a weekly reflective journal entry (5 sentence minimum) over the content covered within the module.

Quizzes: Students will have 3 quizzes (25 questions each, open notes) throughout the semester that covers content covered within the modules.

Quality Improvement Project and Presentation: There are three major parts to the Quality Improvement Project (QIP) that will be due throughout the course, including: QIP Part 1, QIP Part 2, and QIP Part 3. This project is built on the idea that we must care for our own health and wellness, so we can better care for the health and wellness of others.

QIP Part 1: QIP Part 1 lays the foundation of your quality improvement project, based on your individualized Wheel of Life Wellness assessment, readiness for change score, and published research (which you will locate) that supports your SMART self-care goal. More thorough instructions will be available in *Canvas*.

QIP Part 2: For QIP Part 2, you will implement and track your progress of achieving your selected short term SMART goal over 4 weeks, and identify how your individual strengths and motivations influenced your progress. More thorough instructions will be made available in *Canvas*.

QIP Part 3: For QIP Part 3, you will create a presentation going over your reflective journey of the behavior change process (SMART goal implementation) and discuss how well you achieved your goal. More instructions will be made available in *Canvas*.

Calendar of Topics, Readings, and Due Dates:

Course Schedule				
<i>Week #</i>	<i>Date</i>	<i>Class Topic</i>	<i>Readings</i>	<i>Assignments Due</i>
Week 1	M 10/16	Module 1: Health and Wellness Welcome to the Course	OER Resources within <i>Canvas</i> , Module 1 Powerpoint; Syllabus	<i>Course Orientation Zoom Meeting</i>
	R 10/19			Student Information, Student Forms
	F 10/20	<i>Course Census Deadline</i>		
	S 10/22			Annotated Bibliography, Module 1 Reflection Journal
Week 2	M 10/23	Module 2: Culture, Communication, Patient Education, Ethics and Values-Beliefs	OER Resources within <i>Canvas</i> , Module 2 Powerpoint	
	S 10/29			QIP Part 1, Module 2 Reflection Journal, <i>Quiz 1 opens</i>
Week 3	M 10/30	Module 3: Nutrition and Elimination, Complementary Therapies	OER Resources within <i>Canvas</i> , Module 3 Powerpoint	<i>Deadline to Start QIP-Cycle</i>
	S 11/5			Quiz 1 Closes,

				Module 3 Reflection Journal, <i>Midterm Feedback Quiz Opens</i>
Week 4	M 11/6	Module 4: Coping and Stress, Activity and Exercise	OER Resources within <i>Canvas</i> , Module 4 Powerpoint	<i>Midterm Check-in Zoom Meeting</i>
	S 11/12			Module 4, Reflection Journal, <i>Quiz 2 Opens</i>
Week 5	M 11/13	Module 5: Sleep and Rest	OER Resources within <i>Canvas</i> , Module 5 Powerpoint	
	S 11/19			Quiz 2 Closes , Module 5 Reflection Journal, Midterm Feedback Quiz Closes, <i>Quiz 3 Opens</i>
Holiday Break 11/20-11/26 <i>November 20: Last day to withdraw</i>				
Week 6	M 11/27	Module 6: Roles and Relationships, Sexual and Reproductive Health, Health Promotion Across the Lifespan	OER Resources within <i>Canvas</i> , Module 6 Powerpoint	
	S 12/3			Quiz 3 Closes , Module 6 Reflection Journal, QIP Part 2
Week 7	M 12/4	Module 7: End of Course Final Projects	No assigned readings	
	W 12/6			QIP Part 3, Module 7 Reflection Journal, <i>University</i>

				<i>Instructor Evaluations</i>
	F 12/9	<i>End of 7-week Course</i>		

Computer Requirements: Access to a current, working computer or laptop with internet access using Firefox or Chrome browser is required for this internet-based course. The Canvas learning system works best using Firefox or Chrome browsers. It is essential to have access to a reliable PC/laptop and internet access for this course.

Internet Instructions: Course modules are online in Canvas (see course calendar). UT Tyler online canvas courses use Java, JavaScript, browser plug-ins, helper application and cookies. Canvas works best using Chrome or Firefox browser. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course content. Lecture videos are optimally viewed in high definition.

- Adobe Reader allows you to view, save, and print Portable Document Format (PDF) files.
<http://get.adobe.com/reader/>
- Java Runtime Environment (JRE) allows you to use interactive tools on the web.
<http://www.java.com/en/download/>
- QuickTime allows users to play back audio and video files.
<http://www.apple.com/quicktime/download/>

School of Nursing Policies and Additional Information:

https://www.uttyler.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>.