



**Wellness and Health Promotion**

**Course Number: NURS 3309**

**Fall 2022**

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

**Instructor's Name:** Rose Guidry MSN, RN RD, LD

**Office:** BRB 2135

**Phone:** 903-565-7120

**Email:** [rguidry@uttyler.edu](mailto: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:** 903-565-7120

**Email:** [aladd@uttyler.edu](mailto:aladd@uttyler.edu)

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

\*Best way to connect with me:

**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 Outcomes:**

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.

### Required Textbooks and Readings:

ATI Fundamental Engage Learning Modules

### Recommended Textbooks and Readings:

ATI Fundamental Content Mastery Series Review Module

ATI Nutrition Content Mastery Series Review Module

### Special Course Notes

This course requires you to use ATI Fundamental Engage Modules, an external website/resource, to complete homework or assessments <https://www.atitesting.com>.

### 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>
<b>Professionalism: attendance and participation</b>	5%	Included in this grade is the completion of the Nursing Student Forms. Syllabus Quiz ATI Nurses' Touch Wellness and Self-care Practice Assessment
<b>ATI Engage Fundamentals Modules</b>	35 %	<b>Posttest for each module (14 modules)</b>

Reflection Journals	10 %	12 Weekly reflections See rubric in canvas
3 Quizzes	30 %	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.

**Academic Integrity:** Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (<https://www.uttyler.edu/mopp/>), will not be tolerated. Consequences may include:

- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

**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 exams, quizzes, assignments, and missed clinical time is at the instructor's discretion.

**Grade Replacement:** 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. 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.

#### **Important Course Dates:**

**Classes Begin:** 1/9/23

**Census Date (withdraw without penalty):** 1/20/23

**Last Date to Withdraw:** 3/20/23 Please contact your advisor to discuss withdrawing from the course and notify your course instructor.

**Last day of class:** 4/10/23

#### **Calendar of Topics, Readings, and Due Dates:**

Week	Module and Nutrition Highlights (NH)	Assignments/Quizzes In Class Activities	ATI Fundamentals Engage Modules and Reflections are Due at midnight on Sundays
Week 1 1-9	Module 1 Health and Wellness	Syllabus Quiz Online	Health Care Delivery and Health Policy (covered first week)
Week 2 1-16	<i>Labor Day Holiday</i>  Census Date 1/20/23  <i>All offices closed; no classes held</i>	NO CLASSES	Client Education and Communication
Week 3 1-23  1-20 Census Date Second drop for non-payment	Module 2 Client Education And Communication  NH: Hematology	Introducing QIP Project  Wheel of life, Readiness to Change, Aim, PDSA	Collaboration and Teamwork  Inclusion, Equity, and Diversity
Week 4 1-30	Module 3 Collaboration and Teamwork  Cultural Care  NH: Cardiovascular		PRE-TEST ATI Nurses' Touch Wellness and Self-care Practice Assessment in the classroom
Week 5 2-6	Module 4 Cultural Care  NH: Respiratory	Quiz 1 online  Modules 1-3	Health Promotion, Wellness, and Disease Prevention (and nutrition for wellness)
Week 6 2-13	Module 5 Nutrition for Wellness, Health Promotion, and Disease Prevention		Stress and coping

	NH: Muscle skeletal		
Week 7 2-20	Module 6 Stress, coping, and Self-Concept  NH: GI		Self-Concept
Week 8 2-27	Module 7 Physical Activity  NH: Endocrine	QIP PART 1	Comfort, Rest and Sleep
Week 9 3-6	Module 8 Sleep and Rest  NH: Infection		Patient-Centered Care
3-13	NO CLASSES  SPRING BREAK		
Week 10 3-20	Module 9 Values and Beliefs  NH: Immunology	Quiz 2 online Modules 4-8	Complementary and Integrative Health
Week 11 3-20	Module 10 Complementary and Integrative Health  NH: Reproductive	Mini Fair QIP Part 2  <i>3-19 The last day to withdraw from one or more courses</i>	Growth and Development
Week 12 3-27	Module 11 Growth and Development  NH: GU Urinary	POST-TEST ATI Nurses' Touch Wellness and Self-care Practice	Grief
Week 13 4-3	Module 12 Grief Older Adult  NH: Neuro	Quiz 3 online Modules 9-12	

<b>Week 14</b> 4-10	QIP Part 3 Presentation online	Course Evaluations	
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### **UT Tyler School of Nursing Justice, Equity, Diversity and Inclusion Statement**

The University of Texas at Tyler School of Nursing aspires to create, foster, and sustain a culture of justice, equity, diversity, and inclusion irrespective of one's identity. We value and embrace all backgrounds, experiences, and identities, realizing that no one group, person or perspective has all the answers. We are richer when our individual skills, knowledge, experiences, cultures, backgrounds, and identities are combined in an accepting community. We strive to ensure that every individual gets a fair and equal chance to participate and thrive in a nurturing environment where all feel a sense of belonging. We are committed to intentionally and deliberately creating a diverse community that instills a sense of equitable justice and belonging for everyone affiliated with our school.

**School of Nursing Policies and Additional Information can be found at the website below.**

[https://www.uttyler.edu/nursing/college/student\\_guide\\_and\\_policies.php](https://www.uttyler.edu/nursing/college/student_guide_and_policies.php)

**Student Resources and University Policies and Information are provided in Canvas.**