

SUMMER 2021

Summer 2021

NURS 3309

Wellness and Health Promotion



Faculty

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Contents

Course Description.....	3
Prerequisite.....	3
Course Learning Objectives.....	3
Grading Policy and Criteria	3
Important Course Dates:.....	5
Attendance and Make-up Policy	6
School of Nursing Policies and Additional Information	6
University Policies and Additional Information (updated 1/2018).....	6
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.	6
Students Rights and Responsibilities	6
Campus Carry	6
UT Tyler a Tobacco-Free University	6
Grade Replacement/Forgiveness and Census Date Policies.....	7
State-Mandated Course Drop Policy.....	8
Disability/Accessibility Services	8
Student Absence due to Religious Observance	8
Student Absence for University-Sponsored Events and Activities.....	8
Social Security and FERPA Statement	8
Emergency Exits and Evacuation	8
Student Standards of Academic Conduct	9
UT Tyler Resources for Students.....	9

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

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.

Students should email faculty if an assignment will be late.

SUMMER 2021

Week	Module	Resources	Assignments/Quizzes	ATI Assignments
1 5-10	Module 1 Health and Wellness	Chapter 6 (65-77) Cultural Pre-Survey	Reflections every week due Sunday @midnight	Wellness, Health Promotion, and Disease Prevention Post-Module Ten-item Test Due 5.16 @midnight
2 5-17	Module 2 Cultural, Communication, and Patient Education	Chapter 9 (101-115) Chapter 25 (336-354) Chapter 24 (316-334)	QIP Part 1 Due 5.23 @midnight	ATI Nurses Touch: Professional Communication: Therapeutic Communication Module Due 5.23 @midnight
3 5-24	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 5.30 @midnight
5-24	<i>Census Date</i>			
4 5-31	Memorial Day: no synchronous classes			
5 6-7	Module 3 Nutrition and Elimination	Application exercises	Quiz 1 due 6.13 @midnight (opens 6.11)	Nutrition Practice Test A Due 6.13 @ midnight (opens 2 weeks prior)
6 6-14	Module 4 Coping and Stress	Chapter 38 (771-786)		Stress Post-Module Ten-item Test Due 6.20 @midnight
7 6-21	Module 5 Activity and Exercise Cultural Discussion	Chapter 39 (787-804)	Deadline to start QIP for 4-week cycle	Physical Activity Post-Module Ten-item Test Due 6.27 @ midnight
8 6-28	Module 6 Sleep and Rest	Chapter 43 (992-1012)		Rest and Sleep Post-Module Ten-item Test Due 7.5 @midnight CHANGE DUE TO HOLIDAY
9 7-5	Module 7 Ethics and Values-Beliefs	Chapter 22 (292-301) Chapter 36 (733-748)	Quiz 2 due 7.11 @ midnight (opens 7.9)	
7-13	Last Day to Withdraw			
10 7-12	Module 8 Complementary Therapies	Chapter 33 (688-700)		Nutrition Practice Test B Due 7.18 @midnight (opens 2 weeks prior)
11 7-19	Module 9 Roles and Relationships and Sexuality and Reproductive	Chapter (716-731)	QIP Part 2 Due 8.1 midnight	
12 7-26	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 8.1 @midnight (opens 2 weeks prior)
13 8-2	Module 11 Health Promotion and Caring for Patients in Young Adult, Middle Adult, and Older Adult	Chapter 13 and 14 (p. 159-193)	Quiz 3 due 8.8 @ midnight (opens 8.6)	
14 8-9	QIP Presentations online No zoom meeting this date	Course Evaluations	QIP Part 3 Presentation Due 8.9 Monday @midnight	

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	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 be visible when taking the second time.
ATI Nurse's Touch: 5 Wellness and Self-Care Module Tests Due week after lecture	20	Wellness, Health Promotion and Disease Prevention Self-Care: Eating Healthy and Maintaining a Healthy Weight Self-Care Physical Activity Stress Self-Care: Rest and Sleep ATI Nurses Touch: Professional Communication: Therapeutic Communication 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. Institution name: UT Tyler should be visible on uploaded File with results.
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. Rationales will be visible when taking the second time.
Reflection Journals	15	12 Weekly reflections See rubric in canvas
3 Quizzes	20	Three 25 question multiple choice quizzes Quizzes will open on Friday at 8 am and close on Sunday at 2359. Time: 40 minutes Quizzes can only be made up for preapproved reasons.
Quality Improvement Project	30	Part I, II, and III. Completed templates and presentations submitted in Canvas Assignment link. See rubric. Professional dress if student is on screen.

Important Course Dates:

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

Census Date: May 24, 2021

Last Date to Withdraw: July 13, 2021

<https://www.uttyler.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.

Supplemental Textbooks/Materials (Note: online resources are provided within the course)

Potter, P.A., Perry, A.G., Stockert, P.A., Hall, A.M. (2017). Fundamentals of nursing (10thEd.). 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.uttyler.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.uttyler.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.uttyler.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.uttyler.edu/about/campus-carry/index.php>

UT Tyler a Tobacco-Free University

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. 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 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.

Important Covid-19 Information for Classrooms and Laboratories

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

PHOTO/VIDEO/AUDIO/CHAT RELEASE STATEMENT

I agree to participate in the photo opportunities available at The University of Texas at Tyler and give U.T. Tyler permission to use those photos in any advertising or marketing promotions (print/electronic/outdoor advertising, faculty presentations, and publications). Students are responsible to notify the School of Nursing Administrative Assistant if they do not consent to this policy. (This statement will be signed in a course form)

Class sessions may be recorded by the instructor for use by students enrolled in this course. Most course recordings are not shared outside of the course however occasionally videos are shared with other students/faculty outside the course but within the university. This includes video, audio and chat discussions within the recorded session. Students are responsible to notify the course faculty if they do not consent to this policy.

All prints, slides, video, audio, chats and digital images belong to U.T. Tyler solely and completely.

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 application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with MK Kahrhoff (mkahroff@uttyler.edu), Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.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](https://www.uttyler.edu/writingcenter) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](https://www.uttyler.edu/tutoring) (903.565.5964), tutoring@uttyler.edu
- [The Mathematics Learning Center](https://www.uttyler.edu/math), 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](https://www.uttyler.edu/counseling) (903.566.7254)
- [UT Tyler Muntz Library](https://www.uttyler.edu/library) (903 566-7343), Library Liaison for Nursing, Suzanne Abbey (903.566.7165) email: sabbey@uttyler.edu

