



PPNP-114 – Health Promotion 2

Health and Human Services

Effective Term & Year: Fall 2023

Course Outline Review Date: 2028-03-01

Program Area: Health

Description:

This course focuses on health promotion as it relates to the aging process including exploration of health promotion activities aimed at supporting clients to maintain their health. The concepts of health promotion, physical and mental wellness, normal aging changes and continued independence are examined.

Program Information:

This course is one of seven courses required in Level 2 of the Practical Nursing program. Satisfactory completion of this course is required to progress to the next level.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	30
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	30
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Course Requisites:

- Complete all of the following
 - Successful completion of all Level 1 courses.
 - Completed the following:
 - **PPNP108** – Consolidated Practice Experience 1 (2)
 - Completed or concurrently enrolled in:
 - **PPNP111** – Professional Practice 2 (1)
 - **PPNP112** – Professional Communication 2 (2)
 - **PPNP113** – Variations in Health 2 (3)
 - **PPNP115** – Pharmacology 2 (2)
 - **PPNP116** – Integrated Nursing Practice 2 (5)

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Eliopoulos, C. (2020). *Gerontological nursing* (10th ed Wolters Kluwer

Astle, B. J & Duggleby, W. (2019). *Canadian Fundamentals of Nursing*. (6th ed.). Elsevier Canada.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- describe various theories of aging and the demographics of aging;
 - discuss the role of culture in the aging process;
 - discuss family caregiving, caregiver burnout, caregiver benefits and self-care;
 - explain the connection between the determinants of health and healthy living for older adults;
 - state the importance of social supports in the health of older adults;
 - discuss current risk management tools for care in the older adult;
 - identify local community resources that support and promote health in older adults;
 - discuss appropriate teaching and learning strategies for health promotion activities with older adults;
 - describe risk factors for and examples of abuse with older adults;
 - discuss health promotion strategies for older adults living with chronic illness;
 - discuss end of life issues for older adults;
 - explain differences in cultural approaches to dying;
 - discuss the importance of cultural competence for supporting care of older adults;
 - discuss trauma-informed care in older populations; and
 - discuss LGBTQ2 care in older populations.
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Course Topics:

- Theories of aging
- Normal process of aging
- Demographics of aging
- Family caregiving
- Risk management/promoting safety with the older adult
- Rehabilitation
- Immunization (in the older adult)
- Living with chronic disease: self-management
- Regular health screening
- Trauma-informed practice with older adults
- Community resources
- Elder abuse
- Teaching and learning in health promotion: older adult

- End of life planning
- Harm reduction
- Cultural diversity and cultural competency in health and healing, including end of life practices

See instructor syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assessment of the Older Adult Assignment	35%
Midterm Exam	30%
Final Comprehensive Exam	35%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=95	94-90	89-85	84-80	79-75	74-70	69-65				<65

Pass requirements: None

Evaluation Notes Comments:

When a client/patient is referenced in an assignment, students must only use the term client or patient. No identifying markers (e.g. names, initials, room number, etc.) are to be used. A 15% penalty will be applied for each day past due date for late assignment submissions. If any assignment is more than three (3) days late it will be assigned a grade of "0".

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
 - Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Equivalent Course(s) and Course Code Changes

Prior Course Code: PNUR 204

Date changed: September 2012

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.