PPNP-114 – Health Promotion 2

Health and Human Services

Effective Term & Year: Fall 2027
Course Outline Review Date: 2032-03-01

Program Area: Health

Description:

Learners focus on health promotion as it relates to the aging process, and study health promotion activities aimed at supporting older adults in maintaining their physical and mental health. The concepts of health promotion, typical changes associated with aging, and continued independence are examined. Learners explore chronic disease management, end-of-life care, abuse of older adults, and community resources as well as trauma-informed practice, cultural safety, and cultural humility in health promotion for older adults.

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

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)

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR) or 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 Columba 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:

Astle, B. J., & Duggleby, W. (2024). *Potter and Perry's Canadian fundamentals of nursing* (7th ed.). Elsevier.

Eliopoulos, C. (2025). *Gerontological nursing* (11th ed.). Wolters Kluwer.

Please see the instructor's syllabus or check COTR's online text calculator https://textbook.cotr.bc.ca/ *for a complete list of the currently required textbooks.*

Learning Outcomes:

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

1. Explore health promotion and health strategies for the care of older adults in complex care settings, including those with mental health conditions.

- 1.1 Describe various theories of aging and the demographics of aging.
- 1.2 Discuss appropriate teaching and learning strategies for health promotion activities with older adults.
- 1.3 Explain the principles of chronic disease management.
- 1.4 Discuss health promotion strategies for older adults living with mental and/or physical chronic illness.
- 1.5 Discuss risk management in the care of older adults.

2. Explain the connection between the determinants of health and healthy living for older adults, including mental health and wellness.

- 2.1 Discuss the importance of cultural safety and the harmful effects of Indigenous-specific racism on Indigenous people accessing the health care system and its disproportionate impact on Indigenous women, girls, and 2SLGBTQIA+ individuals.
- 2.2. Explore the prevalence of chronic diseases among Indigenous Peoples and examine the connection to determinants of health.
- 2.3 Discuss 2SLGBTQIA+ care for older adults.

3. Explore the different types of advocacy a nurse may engage in when providing care for older adults, including those with chronic illnesses and/or mental health conditions.

- 3.1 Discuss, using specific examples, what it means to be a client navigator, particularly when assisting older adults, including those with chronic illnesses and/or mental health conditions.
- 3.2 Identify local community resources that support and promote mental and physical health in older adults, their families, and caregivers.
- 3.3 Discuss the importance of these community resources in promoting health.

4. Describe risk factors for and examples of abuse with older adults.

- 4.1 Discuss assessment strategies used to identify abuse in the older adult.
- 4.2 Identify strategies and interventions to reduce the risk of abuse.
- 4.3 Discuss how culture might impact perceptions of abuse.

5. Discuss end-of-life issues for older adults.

- 5.1 Explore cultural differences in approaches to dying.
- 5.2 Discuss common reactions and experiences as people approach death.
- 5.3 Analyze the impact and implications of the Medical Order for Scope of Treatment (MOST) document on nursing practice.

6. Explore the concepts and principles of harm reduction and recovery-oriented care as they relate to older adults.

- 6.1 Discuss informed consent and the right to live at risk as it relates to health promotion in older adults.
- 6.2 Describe the principles of recovery-oriented care.

Course Topics:

Course outcomes will be met through examination and exploration of the following:

- Theories of aging
- Typical process of aging
- Demographics of aging
- Family caregiving, caregiver burnout, caregiver benefits, and self-care
- Risk management and promoting safety with older adults
- Rehabilitation
- Principles of chronic disease management
- Living with chronic disease (physical and/or mental): self-management
- Regular health screening
- Community resources and social supports
- Client advocacy and navigation
- Teaching and learning in health promotion for older adults
- End-of-life planning
- Harm reduction and recovery-oriented care
- Trauma-informed practice with older adults
- Abuse of older adults
- Cultural safety and cultural humility in health and healing, including end-of-life practices
- Indigenous-specific racism and access to care
- 2SLGBTQIA+ care for older adults

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
Assignment	35%
Exam 1	30%
Exam 2	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:

An overall average of C (60%) or higher is required to pass this course.

Additional Evaluation Information:

No rewrites will be granted for any assignments or exams within this course.

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

Student Attendance/Absence

- As adult learners, students are expected to attend all classes. Attendance is taken as a means of monitoring student success. In the event of illness or other unavoidable cause of absence, the student should notify the appropriate instructor as soon as possible.
- Students must attend all clinical/preceptorship experiences. If illness or other unavoidable absence occurs, the student must notify the appropriate instructor prior to the time s/he is expected.
- Unexcused/excessive absences from clinical/preceptorship may mean students must withdraw from the program.

Written Assignments

- Assignments about clients must be written using the clients' INITIALS ONLY.
- A 15% penalty will be applied for each day past due date for late assignment submissions. If any assignment is more than three 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 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

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.