



PPNP-204 – Health Promotion 3

Health and Human Services

Effective Term & Year: Fall 2023
Course Outline Review Date: 2028-03-01

Program Area: Health

Description:

This course is focused on health promotion as it relates to the continuum of care across the lifespan. Health promotion in the context of mental illness, physical and developmental disabilities and maternal/child health is highlighted. Normal growth and development from conception to middle adulthood is addressed.

Program Information:

This course is one of six courses required in Level 3 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: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	36
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	

Other

Total	36
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Course Requisites:

- Complete all of the following
 - Successful completion of all Level 2 courses.
 - Completed the following:
 - [PPNP117](#) – Consolidated Practice Experience 2 (3)
 - Completed or concurrently enrolled in:
 - [PPNP201](#) – Professional Practice 3 (1)
 - [PPNP202](#) – Professional Communication 3 (1)
 - [PPNP203](#) – Variations in Health 3 (3)
 - [PPNP205](#) – Integrated Nursing Practice 3 (4)

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:

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

Keenan-Lindsay, L. (2020). *Introduction to maternity and pediatric nursing in Canada*. (1st ed.). Elsevier Inc.

Pollard, C. L. & Jakubec, S. L. (2023). *Vancouver's Canadian psychiatric mental health nursing: A clinical approach*. (3rd Canadian ed.). Elsevier Inc.

Scanlon, V.C. & Sanders, T. (2019). *Essentials of anatomy and physiology*. (8th ed.). F.A. Davis Company

Stromberg, H. K. (2021). *Medical-surgical nursing: Concepts and practice*. (4th ed.). Elsevier Inc.

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

- identify normal patterns of growth and development from conception to middle adulthood;
 - provide examples of public health services available to pregnant women in the community;
 - describe health promoting strategies for the postpartum client and newborn;
 - provide examples of mental health/illness services available to clients in the community;
 - describe how culture may impact utilization of mental health resources;
 - compare the level of health services from urban to rural areas;
 - explore examples of harm reduction activities;
 - discuss disparities in the delivery of community health services in BC including LGBTQ2 care;
 - identify and describe health promotion activities for clients living with mental illness and those living with disabilities;
 - give examples of teaching and learning strategies for care in the community;
 - discuss the impact of immunization in health promotion; and
 - analyze the impact of cultural safety and trauma-informed practice to support mental health.
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Course Topics:

- Normal growth and development – conception to middle adulthood
- Continuum of care for maternal/child health client
- Teaching and learning

- Continuum of care for clients experiencing mental illness
- Substance Abuse
- Health promotion strategies for clients with mental illness and physical or developmental disabilities
- Promotion of safety for clients experiencing mental illness
- Families experiencing violence
- Public health services
- Resource allocation/inequities
- Illness prevention: Immunization
- Harm reduction
- Normal physiological changes related to pregnancy
- Principles of trauma in formal practice
- Cultural safety across the continuum of care
- LGBTQ2 care

See instructor's 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(s)	30%
Exam #1	35%
Final 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.
- Late assignment: a 15% penalty will be applied for each day past due date for late 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 304

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.