



**Wellness and Health Promotion
NURS 3309.060, Concurrent ADN-BSN Program
Summer 2023**

Scheduled Class Days and Times:

Online; synchronous Zoom sessions are required and will be announced

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Office Hours: Since this is an online course, office hours will be available via appointment, email, conference call, and/or Zoom.

*Best way to contact me is via Canvas email.

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.

Prerequisites: Admission to the Concurrent ADN-BSN Program.

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:

Purchase ATI Products as outlined per course requirements. ATI Nurse's Touch: Wellness and Self-Care will be used in this course. There is no required textbook. All other resources will be provided in Canvas.

Special Course Notes:

1. Proctoring Notice: All Unit Quizzes will be taken via Canvas through ProctorU Live. This service will NOT be an additional cost to you but you **MUST** schedule the exam through ProctorU 72 hours in advance of your exam time. You will be given information about obtaining a ProctorU account through UT Tyler.
****Please note: there are equipment and internet requirements for ProctorU because it is a live proctoring service.*** These requirements cannot be waived. Please plan in advance to ensure you have the required setup for the exam. If your home internet or computer equipment does not meet specifications, you may have to test at your home school.
2. This class will meet for synchronous Zoom sessions on Fridays at 2pm **most weeks**. Please see your course calendar for specifics. You are **required to attend at least ½ of** these sessions. They will be an important part of your learning, and the material discussed in class is testable. Please plan accordingly. Recordings will also be made available but do not take the place of attendance.

Assignments and Weights/Percentage/Point Values

1. Weekly Learning Activities & Reflection Journals	30%
2. Three Unit Quizzes	40%
3. QIP	30%

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 unit quiz grades, including a final, must first be at or above 75% in order to pass the course. Once the student has achieved a simple unit quiz average of 75% or higher, course grades will be determined based on the weighted calculation of unit quizzes and other required course work.

Grade Appeals: Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

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: Because you are given an exam "window," no late exam times will be granted. Please plan accordingly, including allowing plenty of time to schedule with ProctorU.

For weekly assignments and the QIP, you may submit up to one day late with an email to the instructor. A 10% penalty will be deducted from the grade. 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.

Graded Course Requirements Information:

Weekly Learning Activities: You will receive more details of what these assignments may include during orientation and instructions within the weekly module.

Reflection Journals: The reflection journal are personal records of your learning experiences.

Unit Quizzes: There will be three 25 question multiple choice quizzes. Quizzes will open on Friday at 8 am and close on Sunday at 2359. There will be a 40-minute time limit. More information will be given on how to prepare for these quizzes during class.

QIP: The Quality Improvement Plan is a multi-step project that allows the student to select a behavior modification that will promote their own health. This will be a detailed process and explained thoroughly in class.

Important Course Dates:

14-week Classes Begin: May 8, 2023

Census Date (withdraw without penalty): May 22, 2023

Memorial Day holiday: May 29, 2023

Independence Day holiday: July 4, 2023

Last Date to Withdraw: July 12, 2023

For forms from Office of the Registrar: <https://www.uttyler.edu/registrar/forms/>

Final Exam Date: n/a in this course

End of 14-week Classes: August 8, 2023

Calendar of Topics, Readings, and Due Dates:

Week	Class	Meeting	Content	Reading (Please see Canvas Module for Details)	Learning Activities (Please see Canvas Modules for Complete List)	Major Assignments (Please see Canvas Modules for Details)
1	5/12	Zoom Fri 2-3p	Course Orientation Communication and Client Education	Getting Started Module in Canvas	Course Orientation In-class lecture/learning	
2	5/19	No Zoom	Health Promotion, Wellness, and Disease Prevention Nutrition	Canvas Module 2 with online lecture	Canvas Activities	
3	5/26	Zoom Fri 2-3p	Collaboration/Te amwork Health Care Delivery Cultural Care and DEI	Canvas Module 3 with online lecture	In-class and Canvas Activities	*5/22 Census Date
4	6/2	No Zoom	No new content	No new content	Study for Exam 1	Exam 1
5	6/9	Zoom Fri 2-3p	Introduce Quality Improvement Project (QIP) Stress/Coping/Se lf-Care	Canvas Module 5 with online lecture	Introduce Quality Improvement Project (QIP)	Plan QIP Project
6	6/16	No Zoom	Comfort, Rest, and Sleep	Canvas Module 6 with online lecture	In-class and Canvas Activities	QIP Part 1 Due
7	6/23	Zoom Fri 2-3p	Self-Concept Activity and Exercise	Canvas Module 7 with online lecture	In-class and Canvas Activities Start QIP Part 2	Start QIP Part 2 (Intervention Phase)

8	6/30	No Zoom	No new content	No new content	Study for Exam 2 Continue QIP Intervention Phase	Exam 2
9	7/7	Zoom Fri 2-3p	Patient Centered Care	Canvas Module 9 with online lecture	Continue QIP Intervention Phase	
10	7/14	No Zoom	Complementary and Integrative Health Care	Canvas Module 10 with online lecture	In-class and Canvas Activities Continue QIP Intervention Phase	*last day to withdraw 7/12
11	7/21	Last Zoom Fri 2-3p	Values and Beliefs Grief and the Older Adult	Canvas Module 11 with online lecture	Canvas Activities Finish up QIP Part 2	QIP Part 2 Due
12	7/28	No Zoom	No new content	No new content	Study for Exam 3	Exam 3
13	8/4	No Zoom	No new content	No new content	Finish QIP Part 3	QIP Part 3 Due
14	8/11	No Zoom	No Class; Course Evals			Course Evals Due

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

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