Health Promotion for the BSN
NUR336
Online
4 Credit Hours
Summer Semester 2013

Catalog Course Description: Health promotion and risk reduction of individuals across the lifespan in the context of their families and environments including those from diverse and vulnerable populations.

Course Objectives:
1. Competently engage in interpersonal relationships with persons and families to facilitate their achievement of health promotion and risk reduction goals.
2. Skillfully facilitate adoption of values and behaviors of persons and families that will achieve and/or maintain an optimal level of health and wellness.
3. Apply research evidence, clinical expertise, and patient/family preferences and values in planning care that promotes health and wellness.
4. Investigate the relevance of global, cultural and socioeconomic factors on health and wellness.

Prerequisites: Prior NUR major required courses

Co-requisites: NUR 355

Standards Documents: The curriculum is guided by the following documents:


Course Faculty:

Karen Foren Lake, PhD, RNC, CNP
Assistant Professor
Office: W124 Owen Graduate Hall
Email: Karen.lake@ht.msu.edu
Office Hours: By appointment
Note: Times can be arranged to accommodate Student schedules.

E-mail Communication: Email communication for this course is preferred when possible. Instructors will be using student msu.edu email addresses. Our goal will be to respond to your questions within 72 hours between 8am and 5pm, as a general rule.
Instruction:

a. Methodology:
Students will do assigned readings, analyze case studies, take quizzes, practice and analyze interviewing skills, and write short papers. They will also teach an educational presentation to their colleagues and evaluate another student’s presentation in a virtual environment.

Writing Requirements: All written assignments are to be submitted in APA format with proper citations of the literature unless exceptions are specified by the faculty.

b. Required Texts:


American Nurses Association Electronic Books (E-books)

Link: [http://catalog.lib.msu.edu/record=b9046874%7ES39a](http://catalog.lib.msu.edu/record=b9046874%7ES39a)


Link: [http://catalog.lib.msu.edu/record=b8270966%7ES39a%20](http://catalog.lib.msu.edu/record=b8270966%7ES39a%20)


Link: [http://catalog.lib.msu.edu/record=b8270964%7ES39a](http://catalog.lib.msu.edu/record=b8270964%7ES39a)

(*Note to Students: Access these e-books through the MSU Libraries Catalog or the Nursing E-book page: [http://libguides.lib.msu.edu/nursingebooks](http://libguides.lib.msu.edu/nursingebooks). These e-books allow unlimited concurrent users.)*

Second Life download is required.

ANGEL Help Line
1.800.500.1554 (24 hrs, 7 days/week)
517.355.2345 (24 hrs, 7 days/week)
www.angel.msu.edu (ANGEL Help link in upper right corner)
Always check with the ANGEL Help Line first!
c. **Frequently Called Telephone Numbers**  
Media Lab (Andy Greger) Life Sciences, 353-9020  
College of Nursing Student Support Services A117 Life Sciences 353-4827.

**Evaluation:**

a. **Learning Assessments and Grading:**

<table>
<thead>
<tr>
<th>Graded assignments</th>
<th>Weight (% of grade)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes (4)</td>
<td>20</td>
</tr>
<tr>
<td>Discussion Forums (4)</td>
<td>20</td>
</tr>
<tr>
<td>Health Ed DF</td>
<td>10</td>
</tr>
<tr>
<td>MI analyses (4)</td>
<td>20</td>
</tr>
<tr>
<td>Family assessment</td>
<td>10</td>
</tr>
<tr>
<td>Synthesis project</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

b. **Course Grading Scale:** The standard College of Nursing grading scale will be utilized.

<table>
<thead>
<tr>
<th>%</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>100-94%</td>
<td>4.0</td>
</tr>
<tr>
<td>93.99-89%</td>
<td>3.5</td>
</tr>
<tr>
<td>88.99-84%</td>
<td>3.0</td>
</tr>
<tr>
<td>83.99-79%</td>
<td>2.5</td>
</tr>
<tr>
<td>78.99-75%</td>
<td>2.0</td>
</tr>
<tr>
<td>(Minimum passing grade)</td>
<td></td>
</tr>
<tr>
<td>74.99-70%</td>
<td>1.5</td>
</tr>
<tr>
<td>69.99-65%</td>
<td>1.0</td>
</tr>
<tr>
<td>&lt;65%</td>
<td>0.0</td>
</tr>
</tbody>
</table>

*For specific information regarding grading related to student progression through the curriculum, please reference the “Progression through the Major Policies” section of the Baccalaureate Student Handbook. Grades are not rounded.*
**Professionalism:** Students are expected to apply professional standards to all behavior related to the course, including communications with faculty, peers, and community members. Respect for faculty and other students includes turning in assignments on time. A 5% penalty for each 24 hours of late submissions will be taken.

**University & College Policies:**

The College of Nursing expects that students will demonstrate professional behavior in all situations. Specific expectations for clinical and other professional venues can be found in the appropriate handbook. You are responsible for reviewing and acting in accordance with the policies and procedures found in the following sources, including the following topics: Professionalism, Academic Integrity, Accommodations for Students with Disabilities, Disruptive Behavior, Attendance, Compliance, and Progression.

- CON MSN Student Handbook: [http://nursing.msu.edu/MSN%20Programs/Handbooks/default.htm](http://nursing.msu.edu/MSN%20Programs/Handbooks/default.htm)
- Information for MSU Students: [http://www.msu.edu/current/index.html](http://www.msu.edu/current/index.html)
- Academic Programs: [http://www.reg.msu.edu/AcademicPrograms](http://www.reg.msu.edu/AcademicPrograms)
- Code of Teaching Responsibility and Student Assessments and Final Grades: [http://www.reg.msu.edu/AcademicPrograms/Print.asp?Section=514](http://www.reg.msu.edu/AcademicPrograms/Print.asp?Section=514)
- Integrity of Scholarship and Grades: [http://www.reg.msu.edu/AcademicPrograms/Print.asp?Section=534](http://www.reg.msu.edu/AcademicPrograms/Print.asp?Section=534)

**University Policies:**

**Academic integrity:** Article 2.3.3 of the Academic Freedom Report states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." In addition, the College adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See Spartan Life: Student Handbook and Resource Guide [http://splife.studentlife.msu.edu/](http://splife.studentlife.msu.edu/) and/or the MSU Web site: [www.msu.edu](http://www.msu.edu)). Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests, and exams, without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the [www.allmsu.com](http://www.allmsu.com) Web site to complete any course work in NUR 370. Students who violate MSU rules may receive a penalty grade, including--but not limited to--a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work.

(See also [https://www.msu.edu/unit/ombud/academic-integrity/index.html#regulations](https://www.msu.edu/unit/ombud/academic-integrity/index.html#regulations)

**Accommodations for students with disabilities:** Students with disabilities should contact the Resource Center for Persons with Disabilities to establish reasonable accommodations. For an appointment with a disability specialist, call 353-9642 (voice), 355-1293 (TTY), or visit MyProfile.rcpd.msu.edu.
Disruptive behavior: Article 2.3.5 of the Academic Freedom Report (AFR) for students at Michigan State University states: "The student's behavior in the classroom shall be conducive to the teaching and learning process for all concerned." Article 2.3.10 of the AFR states that "The student has a right to scholarly relationships with faculty based on mutual trust and civility." General Student Regulation 5.02 states: "No student shall . . . interfere with the functions and services of the University (for example, but not limited to, classes . . .) such that the function or service is obstructed or disrupted. Students whose conduct adversely affects the learning environment in this classroom may be subject to disciplinary action through the Student Faculty Judiciary process.

Attendance: Students whose names do not appear on the official class list for this course may not attend this class. Students who fail to attend the first four class sessions or class by the fifth day of the semester, whichever occurs first, may be dropped from the course. See the Ombudsman’s web site for a discussion of student observance of major religious holidays, student-athlete participation in athletic competition, student participation in university-approved field trips, medical excuses and a dean's drop for students who fail to attend class sessions at the beginning of the semester.

College of Nursing Policies: Professional Development Guidelines found in CON Student Handbooks at CON website http://nursing.msu.edu/BSN%20Programs/Handbooks/default.htm. Students are responsible for the information found in the CON BSN Student Handbook.

Course Calendar:

<table>
<thead>
<tr>
<th>WEEK</th>
<th>Topic Content</th>
<th>Reading Assignment*</th>
<th>Topic Assignments</th>
<th>Motivational Interviewing Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction to the Course and Motivational Interviewing</td>
<td>Chapters 1-5, pp. 1-85 (M,R, &amp;B)</td>
<td>Post analysis of objective #5 of Ecological Model in DF</td>
<td>Quiz on MI Reading Conduct Interview #1 with focus on Core Skills</td>
</tr>
<tr>
<td>2</td>
<td>The Ecological Model of Health</td>
<td>HP2020 web site Centers for Population Health and Health Disparities Report (on line)</td>
<td>Quiz on Glanz &amp; Bishop article and NUR 340 review</td>
<td>Conduct Interview #2 with focus on Listening Submit analysis of interview #1</td>
</tr>
<tr>
<td>3</td>
<td>Behavior Change Strategies</td>
<td>Chapters 7-9, pp. 111-156 (M,R &amp;B) Glanz &amp; Bishop article Review PowerPoint from NUR340</td>
<td>Quiz on Chapter 20 (S &amp; L) Prepare for 2nd Life</td>
<td>Conduct Interview #3 with focus on Integrating Skills Submit analysis of interview #2</td>
</tr>
<tr>
<td>4</td>
<td>Disease Prevention and Risk Reduction</td>
<td>Chapter 20, pp. 350-383 (S &amp; L)</td>
<td>Quiz on Chapter 11 (S &amp; L)</td>
<td>Submit analysis of interview #3</td>
</tr>
<tr>
<td>5 and 6</td>
<td>Health Literacy and Health Promotion</td>
<td>Chapter 11, pp. 188-214 (S &amp; L) HP2020 web site On-line resources for health literacy</td>
<td>Quiz on Chapter 11 (S &amp; L) Teach a topic in 2nd Life classroom; attend another student's</td>
<td>Submit analysis of interview #3</td>
</tr>
</tbody>
</table>
| 7 and 8 | Health Promotion for Families | Chapters 18 & 19, pp. 311-349 (S & L) | Family Assessment Interview and Paper
Make appt for CAM interview for week 9
Conduct final interview with focus on evaluating growth with MI
Submit final interview analysis |
| 9 | Complementary and Alternative Medicine | Pan & Gao article | Interview a CAM practitioner and post the interview responses in the DF |
| 10 | Global and Cultural Competence | Campinha-Bacote, J. (2011). Care in the midst of a cultural conflict: The role of cultural competence. *Online Journal of Issues in Nursing*, 16 (2). | DF with Case Study |
| 11 & 12 | MI and Behavior Change | | Synthesis Project Paper due last day of Week 12 |

*Key to text assignments: S & L = Stanhope and Lancaster; R, M, & B = Rollnick, Miller and Butler
See Topic Study Guides for other reading references*