Health Promotion for the BSN
NUR336 section 734
Online
4 Credit Hours
Spring 2015

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:

Kathy Forrest, MSN, MA, RN
1355 Bogue St; A103 Life Sciences
Michigan State University
East Lansing MI 48825
517-432-0393
kathy.forrest@hc.msu.edu
Office hours: Monday – Friday – 8:00 am – 5:00 pm by appointment.
E-mail Communication: Email communication for this course is preferred when possible. Instructors will use the D2L class list to email specific students throughout the course as needed. Students may email the instructor using the address in the syllabus or by using the D2L class list email function. Faculty response to your questions will be within 24 hours between 8am and 5pm, as a general rule.

Instruction:

a. Methodology: Theoretical content is offered using a variety of methods, including but not limited to on-line learning modules, assigned readings from text, journal articles, and selected websites. A variety of writing assignments, asynchronous discussion forums facilitated by course faculty members, and quizzes will be utilized to evaluate student learning of content in this course.

b. Writing Requirements: The quality of work submitted is expected to be consistent with an upper division college student (i.e. more scholarly and rigorous than a freshman or sophomore level paper). All papers, unless otherwise noted in the lesson, are expected to follow APA format including the use of a title page, running head and page numbers, formatting of the body of the paper and reference citation, and a reference page. Assignments will be graded using the rubrics provided. It is also expected that students shall submit content and work that is their own and not that of someone else. Please see University policies on academic integrity.

Written assignments include a variety of short papers, a summative reflective journal and discussion forums related to course objectives. All assignments including participation in discussion forums must be submitted in order to complete the course. All indicator assignments must be completed with a passing score in order to pass the course. Rubrics for all assignments and discussion forums can be found in D2L.

c. Required Texts:


American Nurses Association Electronic Books (E-books)


Optional Texts: none

a. Required Resources, References, Supplies

Desire to Learn / Distance Learning and Technology Help Line
1.800.500.1554 (24 hrs, 7 days/week)
517.355.2345 (24 hrs, 7 days/week)
http://help.d2l.msu.edu/
Always check with the Help Line first!
http://help.d2l.msu.edu/students/quick-start-guide

b. Frequently Called Telephone Numbers

Media Lab (Andy Greger) Life Sciences, 353-9020
College of Nursing Student Support Services Bott Building 353-4827.

c. Outcome, Competencies and Indicators

a) Rubrics for all assignments and discussion forums can be found in D2L. The course indicator (Synthesis Project) must be passed at 75% to pass the course. All assignments must be completed to pass the course.

<table>
<thead>
<tr>
<th>GRADED ASSIGNMENTS</th>
<th>WEIGHT (% of grade)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiz/Test (2)</td>
<td>30</td>
</tr>
<tr>
<td>Quiz 1 (mid-semester)</td>
<td>15%</td>
</tr>
<tr>
<td>Quiz 2 (end-semester)</td>
<td>15%</td>
</tr>
<tr>
<td>Discussion Forum (DF) (8)</td>
<td>40</td>
</tr>
<tr>
<td>Introduction</td>
<td>5%</td>
</tr>
<tr>
<td>Determinants of Health/Disparities</td>
<td>5%</td>
</tr>
<tr>
<td>Integrative therapies interview</td>
<td>5%</td>
</tr>
<tr>
<td>Motivational Interviewing</td>
<td>5%</td>
</tr>
<tr>
<td>Synthesis Project Share</td>
<td>5%</td>
</tr>
<tr>
<td>Synthesis Project (SP) Peer Review 1</td>
<td>5%</td>
</tr>
<tr>
<td>Synthesis Project (SP) Peer Review 2</td>
<td>5%</td>
</tr>
<tr>
<td>Synthesis Project (SP) Peer Review 3</td>
<td>5%</td>
</tr>
<tr>
<td>Drop Box (DB) (3)</td>
<td>30</td>
</tr>
<tr>
<td>Motivational Interviewing Worksheet &amp;</td>
<td></td>
</tr>
<tr>
<td>Analysis Table/Rubric</td>
<td>5%</td>
</tr>
<tr>
<td>Final Synthesis Project (SP) [Indicator]</td>
<td>20%</td>
</tr>
<tr>
<td>Reflection Assignment</td>
<td>5%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</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>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>

(Minimum passing grade)

*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.

Examinations

Tardiness

If a student is late, he/she will only be allowed the allotted time remaining to complete the exam.

Absences

Students must notify course faculty of any absence prior to the start of the exam.

Excused Absence

1. Absence from an exam may be excused for such reasons as a family death, serious family illness, court mandated appearance, and personal illness (requiring HCP documentation).
2. Any absence must have appropriate documentation in order to be excused. Course faculty will make the determination of whether an absence is excused if it meets the above criteria.

Unexcused Absence

1. No make-up exam will be scheduled. Student will receive a zero grade.

Make-Up Exams (for excused absences only)

1. Students must contact the faculty member to schedule the make-up examination. The exam must be made-up within 1 week of the original examination date; any extension beyond 1 week is at the discretion of faculty and would only occur in the event of extraordinary circumstances. Faculty will determine the date and time of the make-up exam.
2. Make-up exams may differ from the original exam and include, for example, essay, short answer, matching, and true/false type questions.
Professionalism: Students are expected to apply professional standards to all behavior related to the course, including communications with faculty, peers and community members. On Line discussions and exercises are confidential and should not be discussed with others who are not enrolled in the class. It is important for each course participant to express his or her ideas freely. 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.

Since discussion in an asynchronous environment takes place over time it is expected that students will be checking in -- and participating -- several times during the week. This is extremely important for meaningful discussion to continue and our learning community to thrive. See the discussion forum rubric for more information regarding expected participation in course discussion forums.

Quizzes in NUR 336 are considered a formative evaluation tool. Students will have one week to complete the quiz that will be timed according to the number of questions included. Students are allowed to use course material, yet the expectation is that students will be prepared in advance to begin the timed quiz. Students will be allowed one attempt on each quiz.

A course calendar will be posted in the D2L NUR 336 site. Any updates or changes to the calendar or syllabus will be noted in D2L announcement and through email. Students are responsible for adhering to any changes to the calendar or syllabus. It is the student’s responsibility to contact the faculty as soon as possible if difficulty in meeting assignment due date(s) occur. If faculty are not contacted prior to the assignment due date (by phone or email), the faculty reserves the right to assign a penalty late grade of “0”, or deduct a penalty percentage from the total score earned on the assignment. This applies to all course assignments (drop boxes, discussion forums and quizzes).

Technical problems:
Students who experience technical difficulties should notify the D2L help desk immediately in an attempt to resolve the problems. If the difficulty impacts or may impact the timely submission of required course work, the faculty is also to be notified via email or phone to discuss options prior to the submission deadline. If the problem has not been reported to the D2L help desk, no extension will be granted. Students are expected to plan ahead, and have back–up technology plans in place to assure that all assignments are submitted on time.

Lectures, quizzes and examinations must remain the property of the College of Nursing and must not be copied from the Internet for use with others. Any quiz or exam should not be printed or copied. Printing or reproducing an exam or quiz will be considered academic dishonesty. According to university policy, consequences for academic dishonesty may include failure of the course, expulsion from the major, or expulsion from the university. You are advised to complete and submit your own work. Any quizzes or exams in the College of Nursing are NOT group projects and must not be shared with other students in any way.

Honors Option: Refer to the BSN Student Handbook for CON Policy related to Honors Options in Nursing Courses.

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 BSN Student Handbook: http://nursing.msu.edu/BSN%20Programs/Handbooks/default.htm
- Information for MSU Students: http://www.msu.edu/current/index.html
- Academic Programs: 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
- Integrity of Scholarship and Grades: 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/ and/or the MSU Web site: 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 www.allmsu.com. 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

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.
<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>Topic Content NUR 336</th>
<th>Learning Activities</th>
<th>Materials Due</th>
</tr>
</thead>
</table>
| 1    | Jan 12| Introduction/ Concepts, Models, & Theories of Health Promotion | □ Review Course Resources and Requirements for Synthesis Project (SP)  
□ Complete introduction to peers  
□ Explore a specific health risk/topic for the Synthesis Project | □ Post Introduction in DF  
□ Due 1/18/2015 |
| 2    | Jan 19| Nurses Role in Health Promotion | • Identify risk factor/issue and individual in population of interest selected  
• Complete Health Wellness Self-Assessment and Health Wellness Belief Scale | □ Post identified risk factor and population of interest in DF  
□ Due 1/25/2015 |
| 3    | Jan 26| Ecological Model of Health and Determinants of Health/ Health Disparity | • Review PPT  
• Review selected websites in Learning Guide  
• Compare/contrast the determinants of disparities with the HP2020 determinants of Health | □ Post analysis of Determinants of Disparities and HP2020 Determinants of Health comparison in DF  
□ Due 2/1/2015 |
| 4    | Feb 2 | Role of Epidemiology in Disease Prevention and Risk Reduction | • Review learning guide  
• SP Part 1: Peer Review (wks 1-3 content) | □ Discussion Forum: Submit Paper for Peer Review Feedback 1  
□ Due 2/8/2015 |
| 5    | Feb 9 | Behavior Change Strategies | • Review learning guide | □ DF-Feedback Due from Peer on SP Part 1  
□ Due 2/15/2015 |
| 6    | Feb 16| Global & Cultural Competence | • Review learning guide  
• Read case study and prepare answers to study questions | □ Post answers to case study questions in DF  
□ Due 2/22/2015 |
| 7    | Feb 23| Health Literacy & Health Promotion | • Review learning guide  
• Mid-semester Quiz 1 | □ Timed Quiz 1: Due 3/1/2015 |
| 8    | Mar 2 | Health Promotion Across the Lifespan 1 | • Review learning guide  
• SP Part 2: Peer Review (wks 4-7 content) | □ Discussion Forum: Submit Paper for Peer Review Feedback 2  
□ Due 3/6/2015 |
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Notes/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 9-13</td>
<td>SPRING BREAK</td>
<td>Note the due date above!</td>
</tr>
<tr>
<td>9</td>
<td>Mar 16</td>
<td>Health Promotion Across the Lifespan 2</td>
</tr>
<tr>
<td>10</td>
<td>Mar 23</td>
<td>Integrative Therapies (CAM)</td>
</tr>
<tr>
<td>11</td>
<td>Mar 30</td>
<td>Motivational Interviewing Introduction</td>
</tr>
<tr>
<td>12</td>
<td>Apr 6</td>
<td>Motivational Interviewing Application</td>
</tr>
<tr>
<td>13</td>
<td>Apr 13</td>
<td>Synthesis Project</td>
</tr>
<tr>
<td>14</td>
<td>Apr 20</td>
<td>Reflections on Learning</td>
</tr>
<tr>
<td>15</td>
<td>Apr 27</td>
<td>Share Synthesis Project</td>
</tr>
</tbody>
</table>