MICHIGAN STATE UNIVERSITY | College of Nursing

# Health Promotion for the BSN

**NUR 336 Section 734**
**Online**
**4 Credit Hours**
**Spring 2017**

I. **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.

II. **Course Objectives:**

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

III. **Additional Course Detail:** This 4-credit course focuses on health promotion, disease prevention, risk reduction and behavior change for an individual across the lifespan. Ten (10) content areas will be presented and applied to a specific health risk factor/topic for an individual within a population of interest, identified by the student. Interventions and implications for nursing, related to the identified health risk factor, individual and population of interest will be threaded throughout the semester. A synthesis project, completed in stages, will integrate the course content areas and motivational interviewing concepts for the population of interest selected.

IV. **Prerequisites:** Prior NUR major required courses

V. **Co-requisites:** NUR 355

VI. **Standards Documents:** The curriculum is guided by the following documents.

American Association of Colleges of Nursing (2008). *The essentials of baccalaureate education for professional nursing practice.* Washington, DC. http://www.aacn.nche.edu/education-resources/BaccEssentials08.pdf

American Nurses Association (2015). *Guide to the code of ethics for nurses with interpretive statements.* Washington, DC http://tinyurl.com/codeofethics2015

American Nurses Association (2015). *Nursing: Scope and standards of practice* (2nd ed.). Washington, DC http://tinyurl.com/scopeandstandards2015

American Nurses Association (2015). *Nursing's social policy statement: The essence of the profession (*3rd ed.). Washington, DC http://tinyurl.com/socialpolicy2015

## VII. Course Faculty:

Kathy Forrest, MSN, MA, RN
1355 Bogue St; A103 Life Science
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 or as mutually arranged by phone or ZOOM to meet a student's need.

**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.

## VIII. 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 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:**

Clark, C.C., & Paraska, K.K. (2014). *Health promotion for nurses: A practical guide* (1st ed.). Burlington, MA: Jones & Bartlett. ISBN-13: 9781449686673

Dart, M. A. (2011). *Motivational interviewing in nursing practice: Empowering the patient*. Sudbury, MA: Jones and Bartlett. ISBN-13: 9780763773854

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC. Author.

d. **Optional Texts:** None

## IX. American Nurses Association Electronic Books (E-books):

*American Nurses Association (2015). ***Guide to the Code of Ethics for Nurses: Interpretation and Application:** http://tinyurl.com/codeofethics2015

*American Nurses Association (2015). ***Nursing Scope and Standards of Practice:** http://tinyurl.com/scopeandstandards2015

*American Nurses Association (2015).***Nursing's Social Policy Statement: The Essence of the Profession** http://tinyurl.com/socialpolicy2015

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

## X. Other Required Resources, References, Supplies:

a. **Desire2Learn Helpline**
1.800.500.1554 (24 hrs, 7 days/week)
517.355.2345 (24 hrs, 7 days/week)
www.d2l.msu.edu (D2L Help link in upper right corner)
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**
Simulation Lab, Life Science; 355-5765 (with answering machine)
Media Lab (Andy Greger) Life Science, 353-9020
College of Nursing Office of Student Support Services C120 Bott Building 353-4827.
DMC- College of Osteopathic Medicine, 4707 St. Antoine St, Detroit, MI 48201; 517-884-9674

## XI. Evaluations:

a. **Learning Assessments and Grading:**

b. Rubrics for all assignments and discussion forums can be found in D2L. **All assignments must be completed to pass the course.**

| GRADED ASSIGNMENTS | | WEIGHT (% of grade) |
|---|---|---|
| **Introduction in ZOOM** Discussion Forum | | **5** |
| **Quiz/Test (2)** | | **30** |
| Quiz 1 (mid-semester) | 15% | |
| Quiz 2 (end-semester) | 15% | |
| **Discussion Forum (DF) (8)** | | **35** |
| Determinants of Health/Disparities | 4.375% | |
| Global & Cultural Competence | 4.375% | |
| Integrative therapies | 4.375% | |
| Motivational Interviewing | 4.375% | |
| Synthesis Project Share | 4.375% | |
| Synthesis Project (SP) Peer Review 1 | 4.375% | |

| | | |
|---|---|---|
| Synthesis Project (SP) Peer Review 2 | 4.375% | |
| Synthesis Project (SP) Peer Review 3 | 4.375% | |
| **Drop Box (DB) (3)** | | **30** |
| Motivational Interviewing Worksheet & Analysis Table/Rubric | 5% | |
| Final Synthesis Project (SP) | 20% | |
| Reflection Assignment | 5% | |
| **TOTAL** | | **100%** |

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

| % | GRADE |
|---|---|
| 94-100 % | 4.0 |
| 89-93.99% | 3.5 |
| 84-88.99% | 3.0 |
| 79-83.99% | 2.5 |
| 75%-78.99% | 2.0 (Minimum passing grade) |
| 70%-74.99 | 1.5 |
| 65%-69.99% | 1.0 |
| <65% | 0.0 |

CON does not round Course Grades. (eg.93.9%=93% =3.5)

*For specific information regarding grading related to student progression through the curriculum, please refer to the "Progression through the Major Policies" section of the Baccalaureate Student Handbook.

## XII. Examinations:

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

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

c. Excused Absence: 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). Excused 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.

d. Unexcused Absence: No make-up exam will be scheduled. Student will receive a zero grade.

e. Make-up Exam (for excused absence only):

1. Students must contact the faculty member to schedule the make-up examination. The exam must be made-up <u>within 1 week</u> 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.

## XIII. 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
    - Includes Professional Development Guidelines
    - Students are responsible for the information found in the CON BSN Student Handbook.
- MSU Spartan Life Online: http://www.vps.msu.edu/SpLife.
- 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

**Professionalism**

It is expected that a professional, courteous, and positive demeanor will be exhibited to peers, faculty and College of Nursing staff with each encounter. It is expected that you will be on time to theory, lab and clinical. If for some reason you have to be late or leave early, the course coordinator or your lab instructor should be notified and plans will be made so you will not disturb the entire class. Talking, utilizing Wi-Fi enabled devices to surf the web and sleeping are considered unacceptable during lecture. Asking questions and requesting clarification of information is highly encouraged as student input is valued and worthwhile. Timeliness, honesty and integrity, a positive attitude, assertive communication skills and motivation are some of the personal skills that one should be developing, or refining, during nursing school. These positive skills will be utilized in your time at the College of Nursing and in your chosen profession.

Respect for faculty and other students includes turning in assignments on time. **A 10% 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 and are expected to complete the quiz individually, **not as a group.**

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.

**Clinical Course Compliance Requirements**

All Michigan State University College of Nursing (CON) Undergraduate Nursing Students are **required to be in compliance** with all health/immunization requirements, criminal background checks, BLS certification, blood borne pathogen training, HIPAA training, and any other agency specific requirement while in the nursing program (Refer to BSN Handbook for detailed policy and procedures).

Students will be considered **out of compliance** if a designated immunization or other item required to be submitted to the University Physician's Office, Office of Student Support Services, ACEMAPP, or other agency is not updated by the designated deadline.

Students enrolled in clinical nursing courses who are **out of compliance will receive a 1% reduction** to the overall course grade which will be applied at the end of the semester for each item out of compliance during the course. If an item is not brought into compliance within 1 week an additional 1% reduction will be taken for each week the student is out of compliance.

Additionally, students enrolled in clinical courses who are identified as out of compliance will not be permitted to attend clinical until documentation has been submitted to the correct compliance monitoring office. Clinical absences that result from out of compliance status may affect the ability of the student to successfully meet clinical course objectives, which may result in course failure.

**Guidelines to Enhance Personal Safety**

The following are recommendation to enhance personal safety when traveling to and from clinical experiences.

**Travel Using Public Transportation**

- Follow the recommended route when traveling by bus or subway.
- Know the directions to the clinical site prior to leaving home.
- Travel in groups, never alone.
- Have your clinical faculty member's telephone number in your cell phone in case you become lost.
- Never carry a purse. Keep your money and keys in a small wallet that fits in your pocket.
- Always walk with one arm free.
- Walk with confidence. Use eye contact when looking at others.
- Do not openly Do not talk on your phone or text while walking.
- Do not have earbuds in use.
- Be aware of your surroundings; do not engage in excessive conversation.
- Avoid isolated areas.
- Trust your instincts. If you feel unsafe, leave the area. Call your instructor when it is safe to do so.
- Communicate any safety concerns to your clinical instructor or any faculty member immediately.

**Travel Using Personal Vehicle**

- Obtain directions to site prior to the first clinical day.
- Test drive your vehicle to the clinical site and calculate estimated travel time.
- Check with your clinical instructor about the availability for parking prior to deciding to drive.
- If street parking is the only option, park in view of the clinic site.
- Residents often save a parking spot by placing lawn chairs in front of their homes. Do not remove.
- Keep your doors locked at all times while in vehicle.
- Do not text or talk on your cell phone while driving, parking, and exiting your vehicle.
- Lock your car upon exiting. Lock valuables in your trunk prior to traveling to the clinical site. Never have valuables visible in your car.
- Do not carry a purse; keep money and valuables in a pocket.
- Do not exit the car if you feel unsafe. Find a different parking spot or call your instructor.
- When returning to your car, have keys in hand when leaving the clinical site.
- Do not drive down dead-end streets which makes turning around difficult.
- Do not drive down alleys with debris or glass which may cause flat tires.
- Do not drive down narrow streets which could restrict movement if you need to exit the vehicle.

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

## XIV. 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 on Protection of Scholarship and Grades, the all-University Policy on Integrity of Scholarship and Grades, and Ordinance 17.00 on 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 the www.allmsu.com web site or other similar sites to complete any course work for this course. Students who violate course, College, or University policy 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. Students who use RCPD accommodations must adhere to the RCPD policies and procedures.

### 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.

### 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 that "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.

**Grief Policy**

The faculty and staff should be sensitive to and accommodate the bereavement process of a student who has lost a family member or who is experiencing emotional distress from a similar tragedy so that the student is not academically disadvantaged in his/her classes. It is the responsibility of the student to: **a)** notify the Associate Dean by completing the grief absence request form *https://reg.msu.edu/StuForms/Stuinfo/GriefAbsenceForm.aspx*. b**)** complete all missed work as determined by the instructor. It is the responsibility of the Associate Dean or designee to: **a)** determine with the student the expected period of absence – it is expected that some bereavement processes may be more extensive than others depending on individual circumstances, **b)** notify the faculty that the student will be absent, and **c)** receive verification of the authenticity of a grief absence request upon the student's return. It is the responsibility of the instructor to work with the student to: **a)** make reasonable accommodations and **b)** to include appropriate language describing such accommodations in their course syllabus, so that the student is not penalized due to a verified grief absence. Students who believe their rights under this policy have been violated should contact the University Ombudsperson.

**Spartan Honor Code**

"As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing to endeavor to build personal integrity in all that I do."

## XV. Course Calendar:

Please refer to separate Course Calendar document.

**Student Tips for Success in NUR 336:**

- Follow the instructions and keep up with course material
- Stay on top of assignments and readings each week
- Answer the learning objectives weekly to help when studying and taking exams
- Plan ahead and set aside time to do coursework each week
- Plot deadlines for assignments carefully as not to get behind or lose points