

Course Outline for: NURS 1100 Health Promotion**A. Course Description**

1. Number of credits: 2
2. Lecture hours per week: 2
3. Prerequisites: NURS 1000 Role of the Professional Nurse
NURS 1050 Foundations of Health Assessment
NURS 1060 Foundations of Health Assessment Clinical 1 or
NURS 1020 Transition to the Role of the Professional Nurse
BIOL 2042 Human Physiology
BIOL 2044 Introductory Microbiology
4. Corequisites: NURS 1120 Health Promotion Clinical 2
NURS 1150 Parent Child Nursing
NURS 1160 Parent Child Experiential Professional Nursing Clinical 3
5. MnTC Goals: None

This course focuses on holistic health promotion across the lifespan. Emphasis is placed on holistic health care practices, education of self-care management including practicing self-care. This course will assist the student to develop their role as an ethical member of the multi-disciplinary healthcare team. The student will incorporate physiological and psychosocial concepts within the framework of the nursing process and clinical judgment. Students will access research evidence to guide safe preventative care. Populations studied will include adults and older adults.

B. Date last reviewed/updated: November 2023**C. Outline of Major Content Areas**

1. Professional Integrity
 - A. Attributes and Roles of a Nurse
 - i. Professionalism
 - ii. Clinical Judgment
 - iii. Self-care
 - B. Care Competencies
 - i. Holistic Nursing Process/Person-centered Care
 - ii. Communication
 - iii. Collaboration
 - iv. Quality & Safety
 - v. Informatics
 - vi. Evidence-based/Evidence-informed Practice
 - vii. Care Coordination
2. Physiological Integrity
 - A. Regulation
 - i. Fluid & Electrolyte Balance
 - ii. Thermoregulation

- iii. Cellular Regulation/Genetics
- ii. Intracranial Regulation
- iii. Metabolism
- iv. Nutrition
- v. Elimination
- vi. Oxygenation
- vii. Perfusion
- B. Protection and Movement
 - i. Immunity
 - ii. Inflammation
 - iii. Infection
 - iv. Tissue Integrity
 - v. Sensory Perception
 - vi. Comfort
 - vii. Mobility
 - viii. Rest
- 3. Psychosocial Integrity
 - A. Psychosocial Homeostasis
 - i. Cognitive Function
 - ii. Coping/Stress/Adaptation

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Discuss the unique role of the professional nurse within the healthcare systems to foster health promotion and health equity.
2. Integrate knowledge to inform decision-making to guide safe person-centered care.
3. Identify credible, evidence-based sources of information to guide quality preventative care.
4. Describe integrative modalities and incorporate their role in care of the client.
5. Describe behavioral change techniques to promote health.

E. Methods for Assessing Student Learning

Each semester, cognitive learning will be evaluated by written examinations and quizzes, including alternative format, written, and reflection assignments. Rubrics will be used. The student must obtain a 78% or greater in order to pass.

F. Special Information

Refer to nursing student handbook for additional details.