CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS

NEW COURSE PROPOSAL

DATE: DECEMBER 2, 2005
PROGRAM AREA: NURSING

1. Catalog Description of the Course. [Follow accepted catalog format.]

Prefix NRS  Course# 340  Title HEALTH PROMOTION AND PATIENT EDUCATION STRATEGIES  Units (3) 3 hours lecture per week

Prerequisites NRS 222 and 231 (generic students only) or admission to RN-to-BSN nursing major.

Corequisites

Description Application of the concepts regarding health education and health promotion. Examination of the theories, research, and practice essential patient education integration. The course explores the effects of developmental, motivational, and sociocultural factors on patient teaching, health education, and health promotion.

Graded

Categories

Lab Fee Required

Total Completions Allowed 1

2. Mode of Instruction.

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3. Justification and Learning Objectives for the Course. (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) [Use as much space as necessary]

This content is considered essential to professional nursing practice and is recommended as part of any baccalaureate program seeking accreditation through The Commission on Collegiate Nursing Education (CCNE), accrediting agency of the American Association of Colleges of Nursing (AACN).

Students will be able to:
1. Discuss and explain the major theories that explain health beliefs and health seeking behavior.
2. Describe the major nursing strategies implied in the promotion of health and to encourage health behaviors.
3. Recognize the influence of scientific, social, cultural, ethical, political and economic factors on health promotion activities and behavior change.
4. Describe and discuss the major teaching and learning theories used to bring about behavior change and promote health in hypothetical clinical case scenarios.
5. Recognize the influence of social, cultural, ethical, educational and economic factors on selection of appropriate teaching strategies in a variety of patients.
6. Plan appropriate strategies to meet individual and group health promotion and education needs to bring about desired outcome.
7. Develop an education plan that reflects developmental, gender, socioeconomic, cultural and literacy needs of the patient.

4. Is this a General Education Course  YES ☐  NO ☒

If Yes, indicate GE category and attach GE Criteria Form:

A (English Language, Communication, Critical Thinking)

A-1 Oral Communication
A-2 English Writing
A-3 Critical Thinking

B (Mathematics, Sciences & Technology)

B-1 Physical Sciences
B-2 Life Sciences – Biology

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5. Course Content in Outline Form. [Be as brief as possible, but use as much space as necessary]

I. Historical review health promotion and health education
II. Healthcare reform and healthy people 2010.
III. The role of professional nursing in health promotion and patient education
IV. Health promotion and health belief models
V. Nursing Roles in Promoting Health
   1. Patient teaching
   2. Implementing change
   3. Behavior modification
   4. Stress management
VI. Lifestyle Patterns Throughout the Age Span on Health
   1. Coping
   2. Exercise
   3. Sleep-Wake
   4. Biological Rhythms
   5. Sexuality
   6. High Risk Behaviors
   7. Environmental Influences
   8. Religious, Sociocultural, and Economic Influences
VI. Promoting Patient Compliance and Positive Outcomes
VII. Evaluating Effective Health Promotion and Patient Education Strategies

Does this course overlap a course offered in your academic program? YES ☐ NO ☒
If YES, what course(s) and provide a justification of the overlap?

Does this course overlap a course offered in another academic area? YES ☐ NO ☒
If YES, what course(s) and provide a justification of the overlap?
Signature of Academic Chair of the other academic area is required on the consultation sheet below.

6. Cross-listed Courses (Please fill out separate form for each PREFIX)
List Cross-listed Courses

Signature of Academic Chair(s) of the other academic area(s) is required on the consultation sheet below

Department responsible for staffing:

7. References. [Provide 3 - 5 references on which this course is based and/or support it.]


8. List Faculty Qualified to Teach This Course.

Nursing faculty

   a. Projected semesters to be offered: Fall ☑ Spring ☑ Summer ☐

10. New Resources Required. YES ☐ NO ☑
    If YES, list the resources needed and obtain signatures from the appropriate programs/units on the consultation sheet below.
    a. Computer (data processing), audio visual, broadcasting needs, other equipment
    b. Library needs
    c. Facility/space needs

11. Will this new course alter any degree, credential, certificate, or minor in your program? YES ☐ NO ☑
    If, YES attach a program modification form for all programs affected.

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