



Wellness and Health Promotion

Course Number: NURS 3309

Spring 2024

Online

Instructor's Name: Autumn Ladd, MSN, RN

Office: BRB 2350 – Tyler Campus

Phone: 903-565-5956

Email: aladd@uttyler.edu

Office Hours: Mondays 11-1400 and by appointment, email, and/or Zoom

**Best way to contact me: Canvas inbox/email*

Instructor's Name: Rose Guidry, RN, RD, LD, DNP

Office: TBA – Tyler Campus

Phone: 903-565-7120

Email: rguidry@uttyler.edu

Office Hours: Mondays 2p – 5p and available via appointment, email, and/or Zoom.

**Best way to contact me: Canvas inbox/email*

Instructor's Name: Hilary Greene, MSN, RN

Office: LUC 228 – Longview Campus

Phone: 903-736-1046

Email: hgreene@uttyler.edu

Office Hours: Tuesdays 1300-1600, Wednesdays 1400-1600 and available via appointment, email

**Best way to contact me: Canvas inbox/email Canvas email*

Instructor's Name: J. Michelle Nelson, Ph.D., RN, CNE

Office: BRB 2350 – Tyler Campus

Phone: 281-433-0382

Email: jenelson@uttyler.edu

Office Hours: Wednesday, Thursday, Friday, 2-3pm; Tuesdays by appointment, email, and/or Zoom

**Best way to contact me: Canvas inbox/email*

Course Description:

This course will explore factors that impact a healthy society, including vulnerable populations across the lifespan, and how these factors contribute to optimal health or premature illness. This course will

introduce the concepts of chronic care, risk reduction, vaccinations, health promotion, and patient teaching.

Prerequisite

Admission to the Bachelor of Science in Nursing Program and [NURS 3303](#).

Student Learning Outcomes:

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

1. **Professionalism:** Describe concepts, models, and theories of health promotion as they relate to the role of the nurse. Discuss the legal, ethical, and economic implications of health promotion.
2. **Patient-Centered Care:** Identify assessment strategies and skills to facilitate health promotion in individuals, families, and populations.
3. **EBP:** Examine evidence-based literature for interventions to promote health and enhance wellness throughout the lifespan.
4. **Informatics & Technology:** Discuss the use of technology and informatics to promote health and wellness.
5. **Quality Improvement:** Discuss the use of scholarly evidence and data as part of the quality improvement process to continually improve outcomes.
6. **Teamwork and Collaboration:** Explain the process of effective communication among healthcare professionals with promotion and wellness of individuals, families, and communities.
7. **Wellness and Prevention:** Describe wellness and prevention initiatives to promote healthy outcomes across the lifespan in a variety of communities and populations. Identify five areas to improve health for nurses including: physical activity, nutrition, rest, quality of life and safety.
8. **Leadership:** Explain the role of the nurse as a leader and advocate to promote health and wellness in individuals, families, and communities across the lifespan.
9. **Safety:** Explain the importance of promoting quality and safe environments and their impact on the health and wellness of individuals, families, and communities.
10. **Strengths: Determine** how Strengths (signature talent themes) influence the role of the student nurse and clinical decision-making.

Required Textbooks and Readings:

ATI Nurse's Touch: Wellness and Self-Care, an external website/resource, to complete homework or assessments <https://www.atitesting.com>. There is no required textbook. All other resources will be provided in Canvas.

Technical resources:

Laptops/electronic devices are required for testing with ATI. Notebooks and tablets are not compatible for ATI Products.

Artificial Intelligence in course work: Refer to the UT Website for more details @ uttyler.edu - digital learning AI.

Assignments and Weights/Percentage/Point Values

Criteria for Evaluation:	Percentage of Grade:	Additional information
		<i>Late policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply. Students should email faculty if an assignment will be late prior to the assignment deadline.</i>
Professionalism: attendance and participation	5%	Included in this grade is the completion of the Nursing Student Forms, Syllabus Quiz, attendance and participation in the course
ATI Modules	35 %	Posttest for each module (14 modules)
Reflection Journals	10 %	6 reflection journals See rubric in canvas
3 Quizzes	30 %	Three multiple choice quizzes Quizzes can only be made up for preapproved reasons.
Quality Improvement Project	20 %	Part I, II, and III. Completed templates and presentations submitted in Canvas Assignment link. See rubric.

Grading Scale: Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based upon the following point assignments:

- A - 90-100
- B - 80-89
- C - 75-79
- D - 60-74
- F - Below 60

Final course grades less than 75 are not rounded up.

The simple average of all exam grades, including a final, must first be at or above 75% in order to pass the course. Once the student has achieved a simple exam average of 75% or higher, course grades will be determined based on the weighted calculation of exams and other required course work.

Grade Appeals: Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

Academic Integrity: Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (<https://www.uttyler.edu/mopp/>), will not be tolerated. Consequences may include:

- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

Exam and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.

- These materials may not be distributed without permission.
- Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
- Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.
- Sanctions for uploading or otherwise divulging the contents of these materials can include:
 - a reduced or failing grade on an assignment
 - a reduced or failing grade for the course
 - removal from the Nursing program
 - removal from UT Tyler

Late Policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply.

Repeating a Course: Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

Attendance and Make-up Policy: Attendance/participation is expected. Make-up for exams, quizzes, assignments, and missed clinical time is at the instructor's discretion.

Grade Replacement: Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler;

graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

Important Course Dates:

Note: The complete course schedule is available on the Course Canvas site.

Course preview days: January 11- January 14, 2024

15-week Classes Begin: January 15, 2024

Martin Luther King, Jr. Holiday: January 15, 2024

Census Date (withdraw without penalty): January 24, 2024

Last Date to Withdraw: March 23, 2024; Please contact your advisor to discuss withdrawing from the course and notify your course instructor.

For forms from the Office of the Registrar: <https://www.utt Tyler.edu/registrar/forms/>

Spring break: March 11-15, 2024

Final Exam Date: n/a in this course

End of 15-week Classes: April 27, 2024

Calendar of Topics, Readings, and Due Dates (*subject to change-compare with syllabus provided first day of semester)

Week	Module	Assignments/Quizzes Due at end of the week (Sundays) at midnight
Preview Days Jan. 11-14	Course will be open for viewing but instructors are not available until week 1	
Week 1 Jan 15-21	Module 1: Health and Wellness	Syllabus Quiz Online and Undergraduate Affirmation Forms
Week 2 Jan 22-28	Module 2: Client Education and Communication	Weekly Assignment
Week 3 Jan 29- Feb 4	Module 3: Collaboration and Teamwork QIP Introduction	Quiz 1: Modules 1-3 Online
Week 4 Feb 5-11	Module 4: Cultural Care	Weekly Assignment
Week 5 Feb 12-18	Module 5: Nutrition for Wellness, Health Promotion, and Disease Prevention	Weekly Assignment QIP PART 1

Week 6 Feb 19-25	Module 6: Stress, coping, and Self-Concept	Weekly Assignment
Week 7 Feb 26- Mar 3	Module 7: Physical Activity	Weekly Assignment
Week 8 Mar 4– Mar 10	Module 8: Sleep and Rest	Quiz 2: Modules 4-8 Online
Spring Break Mar 11– Mar 17	No Class! Enjoy your break!	Weekly Assignment
Week 9 Mar 18– Mar 24	Module 9: Values and Beliefs	Weekly Assignment
Week 10 Mar 25– Mar 31	Module 10: Complementary and Integrative Health Withdraw date: 3/23	Weekly Assignment QIP Part 2
Week 11 Apr 1– Apr 7	Module 11: Growth and Development	Weekly Assignment
Week 12 Apr 8– Apr 14	Module 12: Grief Older Adult	Quiz 3: Modules 9-12 Online
Week 13 Apr 15– Apr 21	Work on QIP Final Presentation	QIP Part 3 – Final Presentation
Week 14 Apr 22- Apr 28	Finals Week	Complete Course Evaluations

School of Nursing Policies and Additional Information can be found at the website below.

https://www.utt Tyler.edu/nursing/college/student_guide_and_policies.php

Student Resources and University Policies and Information are provided in Canvas.