



**Wellness and Health Promotion  
NURS 3309  
Summer 2024**

**Online (optional periodic Zoom sessions will be announced in Canvas)**

**Instructor Name:** Autumn Ladd, MSN, RN

Office Location: Online

Cell Phone: (903) 565-5956

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Best way to contact: Canvas Inbox

- Virtual Office Hours: Mondays 11 AM - 2 PM and by appointment

**Instructor Name:** J. Michelle Nelson, PhD, RN, CNE

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- Office Hours: Virtual, Tuesdays 8:30 - 10:30 AM (email me for link); In-person, Wednesdays 2-3 PM; and by appointment

**Instructor Name:** Christi Hawkins MSN, RNC-OB, CPHQ, ACUE

Office Location: Online

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- Office Hours: Virtual, Wednesdays 8:00 - 11:00 AM (email me for link) and by appointment

**Instructor Name:** Dierdre Leung, MSN, APRN, FNP-BC

Office Location: Online

Phone Number: See Canvas Instructor Info

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- Office Hours: Virtual, Wednesday 2-4pm

**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>
<b>Professionalism: attendance and participation</b>	5%	<b>Included in this grade is the completion of the Nursing Student Forms, Syllabus Quiz, and participation in the course</b>
<b>ATI Modules</b>	25 %	<b>Posttest for each module (5 modules)</b>
<b>Reflection Journals</b>	5 %	<b>7 reflection journals See rubrics in canvas</b>
<b>3 Quizzes</b>	30 %	<b>Three multiple-choice quizzes Quizzes can only be made up for preapproved reasons.</b>
<b>Quality Improvement Project</b>	35 %	<b>Part I, II, and III. Completed templates and presentations submitted in Canvas Assignment link. See rubrics.</b>

**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.

**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.

**14-week Classes Begin:** May 11, 2024

**Juneteenth Holiday:** June 19, 2024

**Census Date (withdraw without penalty):** May 28, 2024

**Last Date to Withdraw:** July 16, 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.uttler.edu/registrar/forms/>

**Final Exam Date:** n/a for this course

**End of 14-week Classes:** August 16, 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
Week 1 May 13-19	Module 1: Health and Wellness	Syllabus Quiz Online and Undergraduate Affirmation Forms ATI Module 1: Wellness, Health Promotion, and Disease Prevention
Week 2 May 20-26	Module 2: Client Education and Communication	Reflection Journal
Week 3 May 28-June 2  <i>*Off for Memorial Day, May 27</i>	Module 3: Collaboration and Teamwork QIP Introduction	Reflection Journal Quiz 1: Modules 1-3 Online
Week 4 June 3-9	Module 4: Cultural Care	Reflection Journal
Week 5 June 10-16	Module 5: Nutrition for Wellness, Health Promotion, and Disease Prevention	ATI Module 3: Self-Care Eating Healthy QIP PART 1
Week 6 June 17-23  <i>*Off for Juneteenth, June 19</i>	Module 6: Stress, coping, and Self-Concept	ATI Module 2: Stress

Week 7 (midterm) June 24-30	Module 7: Physical Activity	ATI Module 4: Self-Care Physical Activity
Week 8 July 1-7  <i>*Off for Independence Day, July 4</i>	Module 8: Sleep and Rest	ATI Module 5: Self-Care Rest and Sleep Quiz 2: Modules 4-8 Online
Week 9 July 8-14	Module 9: Values and Beliefs	Reflection Journal
Week 10 July 15-21	Module 10: Complementary and Integrative Health <i>Withdraw date: July 16</i>	Reflection Journal QIP Part 2
Week 11 July 22-28	Module 11: Growth and Development	Reflection Journal
Week 12 July 29-Aug 4	Module 12: Grief Older Adult	Reflection Journal Quiz 3: Modules 9-12 Online
Week 13 Aug 5-11	Work on QIP Final Presentation	QIP Part 3 – Final Presentation
Week 14 Aug 12- 18	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](https://www.utt Tyler.edu/nursing/college/student_guide_and_policies.php)

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