



**Wellness and Health Promotion
RNBS 4309
Summer 2024 – 2nd 7 weeks
Scheduled Class Days and Times: Online**

Instructor's Name: Amanda Cartwright, MSN, RN, CNE

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Office Hours: Mondays 9AM – 12PM available via appointment to Zoom or call (email to confirm prior). Other times also available via appointment.

*Best way to contact me is through email

Course Description: This course will explore factors that impact a healthy society and how these factors contribute to optimal health or premature illness. This course will discuss the concepts of personal wellness, risk reduction, and health promotion across the lifespan.

Prerequisites: Admission to the RN-BSN Track. Special permission required from the School of Nursing to take out of sequence. Successful completion of RNBS 3303 and RNBS 3312 and RNBS 3315 and RNBS 3333, and RNBS 4313, and RNBS 4631.

Corequisites: None

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

- 1. Professionalism:** Apply concepts, models, and theories of health promotion as they relate to the role of the nurse, individuals, families, populations, and communities. 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, populations, and communities.
- 3. EBP:** Analyze evidence-based literature and research-based interventions to promote health and enhance wellness throughout the lifespan.
- 4. Informatics & Technology:** Interpret data collected through technology and information systems to promote health and wellness in individuals, families, populations, and communities.
- 5. Quality Improvement:** Use a data-guided and theory-based approach to continuously improve nurse and patient outcomes within the healthcare system.

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 individuals, families, populations, and communities. Propose a plan to improve health and wellness for nurses in one of the following domains: physical activity, nutrition, rest, quality of life and safety.
8. **Leadership:** Recommend the practice of professional nursing to lead and advocate for health-promoting behaviors.
9. **Safety:** Explain the importance of promoting quality and safe environments and their impact on the health and wellness of individuals, families, populations, and communities.
10. **Strengths:** Conclude how strengths (signature talent themes) influence the role of the nurse and clinical decision-making.

Required Textbooks and Readings:

1. Purdue Owl for information regarding American Psychological Association (APA) 7th edition requirements for formatting, grammar, and punctuation.
owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html
2. Articles and Module content posted in Canvas.

Special Course Notes: This is an online course and content is delivered through the Canvas learning management system, including recorded lectures. Access to Canvas by means of a laptop or desktop computer is necessary. Additionally, some assignments and class meetings may require use of video and audio technology, which are built into most smartphones, laptops, and desktop computers. This course utilizes open education resources (OER) and students are not required to purchase a textbook for the course.

Computer Requirements: Access to a current, working computer or laptop with internet access using Firefox or Chrome browser is required for this internet-based course. The Canvas learning system works best using Firefox or Chrome browsers. It is essential to have access to a reliable PC/laptop and internet access for this course.

Internet Instructions: Course modules are online in Canvas (see course calendar). UT Tyler online canvas courses use Java, JavaScript, browser plug-ins, helper application and cookies. Canvas works best using Chrome or Firefox browser. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course content. Lecture videos are optimally viewed in high definition.

- Adobe Reader allows you to view, save, and print Portable Document Format (PDF) files.
<http://get.adobe.com/reader/>
- Java Runtime Environment (JRE) allows you to use interactive tools on the web.
<http://www.java.com/en/download/>

- QuickTime allows users to play back audio and video files.
<http://www.apple.com/quicktime/download/>

Assignments and Weights/Percentage/Point Values

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|---|-----|
| 1. Annotated Bibliography | 20% |
| 2. Reflection Journals | 20% |
| 3. Quizzes | 30% |
| 4. Quality Improvement Project/Presentation | 30% |

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 combined weighted calculation of all course assignments, activities, and quizzes must be at least 75% in order to pass the course.

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 quizzes, assignments, and activities 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.

Graded Course Requirements Information:

1. **Annotated Bibliography:** An annotated bibliography is a list of citations to books, articles, and websites. The annotation is a brief paragraph which describes and critically evaluates the source. Students will select two evidence-based articles and provide an annotation on each. The annotations will be followed by a reflection linking the two

articles to self-care for nurses and the Healthy Nurse, Healthy Nation Initiative. More thorough instructions will be available in Canvas.

2. **Reflection Journals:** Students will submit a weekly reflective journal entry over the content covered within the module. More thorough instructions will be available in Canvas.
3. **Quizzes:** Students will have 3 quizzes that cover module content. More thorough instructions will be available in Canvas.
4. **Quality Improvement Project and Presentation:** There are three major parts to the Quality Improvement Project (QIP) that will be due throughout the course, including: QIP Part 1, QIP Part 2, and QIP Part 3. This project is built on the idea that nurses must care for their own health and wellness, so they can better care for the health and wellness of others. More thorough instructions will be available in Canvas.

Important Course Dates:

Class Begins: July 1, 2024

Census Date (withdraw without penalty): July 8, 2024

Last Date to Withdraw: August 2, 2024, please contact your advisor to discuss withdrawing from the course and notify your instructor.

Last day of class: August 17, 2024

Calendar of Topics, Readings, and Due Dates:

RNBS 4309 Wellness & Health Promotion Course Schedule				
<i>Week</i>	<i>Date</i>	<i>Class Topic</i>	<i>Readings</i>	<i>Assignments Due</i>
Week 1	M 7/1	Module 1: Health & Wellness Welcome to the Course 7/1 Optional Zoom Course Orientation @ 1 PM CST	All information & resources in Canvas Course Intro Module & Module 1	Student Information & UG Affirmation Forms due 7/5 by 2359 CST
	M 7/8	Course Census Deadline		
Week 2	M 7/8	Module 2: Culture, Communication, Patient Education, Ethics & Values-Beliefs	All information & resources in Canvas Module 2	Annotated Bibliography Module 1 Reflection
Week 3	M 7/15	Module 3: Nutrition & Elimination, Complementary Therapies	All information & resources in Canvas Module 3	QIP Part 1 Module 2 Reflection Deadline to Start QIP-Cycle
Week 4	M 7/22	Module 4: Coping and Stress, Activity and Exercise 7/22 Optional Zoom Mid-term check-in @ 12 noon CST	All information & resources in Canvas Module 4	Quiz 1 Module 3 Reflection

Week 5	M 7/29	Module 5: Sleep and Rest	All information & resources in Canvas Module 5	Module 4 Reflection
	F 8/2	Last day to withdraw from the course		
Week 6	M 8/5	Module 6: Roles and Relationships, Sexual and Reproductive Health, Health Promotion Across the Lifespan	All information & resources in Canvas Module 6	Quiz 2 Module 5 Reflection
Week 7	M 8/12	Module 7: End of Course Final Projects	No assigned readings	Quiz 3 QIP Part 2 Module 6 Reflection
	W 8/14			QIP Part 3 Module 7 Reflection Course Evaluation in MyUTTyler
	S 8/17	End of Course Please check that all required activities are completed in Canvas.		

School of Nursing Policies and Additional Information:

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

Student Resources and University Policies are provided in Canvas.