

# Minnesota State University Moorhead

## **NURS 270: Health Promotion & the Role of the Professional Nurse**

### **A. COURSE DESCRIPTION**

Credits: 9

Lecture Hours/Week: 4

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course introduces the student to the role of the professional nurse. The emphasis on health promotion across the lifespan includes learning about self-health, as well as holistic client health practices. Students learn to access and apply research evidence to guide safe preventative care. The student will incorporate communication and growth and development theory in a caring and culturally sensitive manner. The student will work as an ethical member of multi-disciplinary teams giving and receiving feedback about performance and use reflective thinking about their practice. Within the context of the nursing process, populations studied will include children, adults, older adults and the family experiencing a normal pregnancy.

### **B. COURSE EFFECTIVE DATES: 01/08/2020 - Present**

## **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Attributes and Roles of a Nurse
  - i. Professionalism
  - ii. Clinical Decision-Making & Judgment
  - iii. Ethics
  - iv. Leadership
  - v. Self-care
  - vi. Life-long learning
  - vii. Social Justice
2. Care Competencies
  - i. Holistic Nursing Process
  - ii. Therapeutic & Professional Communication
  - iii. Collaboration
  - iv. Quality & Safety
  - v. Technology & Informatics
  - vi. Teaching & Learning
3. Healthcare Delivery
  - i. Evidence-based Practice
  - ii. Health Care Infrastructure
4. Physiological Homeostasis & Regulation
  - i. Fluid & Electrolyte Balance
  - ii. Acid-Base Balance
  - iii. Thermoregulation
  - iv. Cellular Regulation
  - v. Intracranial Regulation
  - vi. Metabolism
  - vii. Elimination
  - viii. Sexuality & Reproduction
  - ix. Oxygenation
  - x. Perfusion
5. Protection and Movement
  - i. Immunity
  - ii. Inflammation
  - iii. Infection
  - iv. Tissue Integrity
  - v. Sensory Perception
  - vi. Comfort
  - vii. Mobility
  - viii. Rest
6. Psychosocial Homeostasis & Regulation
  - i. Family Dynamics
  - ii. Spirituality
  - iii. Motivation
  - iv. Adherence
  - v. Cognitive Function
7. Behavioral Resilience
  - i. Coping, Stress, and Adaptation
8. Determinants of Health
  - i. Functional Ability
  - ii. Genetics
  - iii. Environment
  - iv. Culture
  - v. Individual Behavior
  - vi. Social & Economic Factors

**D. LEARNING OUTCOMES (General)**

1. Apply theories and concepts of social and cultural factors to provide prevention-based nursing care.
2. Demonstrate an awareness of the role of the professional nurse within organizational systems.
3. Apply credible, evidence-based sources of information to guide safe, preventative care.
4. Describe how health promotion initiatives are organized and financed.
5. Utilize effective inter-professional communication techniques within a multidisciplinary healthcare team.
6. Conduct a health history and wellness assessment to identify risks and/or determinants of health.
7. Describe behavioral change techniques to promote health and manage illness.
8. Reflect on personal and professional actions based on a set of shared core nursing values.
9. Provide safe, holistic client-centered nursing care in promoting health across the lifespan.

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted