



## Health Promotion 2 – PPNP 114 Practical Nursing Program

### Course Outline

COURSE IMPLEMENTATION DATE: January 2013  
OUTLINE EFFECTIVE DATE: September 2018  
COURSE OUTLINE REVIEW DATE: March 2023

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#### GENERAL COURSE DESCRIPTION:

This course focuses on health promotion as it relates to the aging process including exploration of health promotion activities aimed at supporting clients to maintain their health. The concepts of health promotion, physical and mental wellness, normal aging changes and continued independence are examined.

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**Program Information:** This course is one of seven courses required in Level 2 of the Practical Nursing program. Satisfactory completion of this course is required to progress to the next level.

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**Delivery:** This course is delivered face to face.

**COTR Credits:** 2

**Hours for this course:** 30 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	30
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	<b>30</b>

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	<b>N/A</b>

**Course Outline Author or Contact:**

Natasha Fontaine, RN, BN, PIDP

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Signature

**APPROVAL SIGNATURES:**

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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2018 – March 2023

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Successful completion of all Level 1 courses and PPNP 108.

**Corequisites:** PPNP 111, PPNP 112, PPNP 113, PPNP 115, PPNP 116.

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA

Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** PNUR 204 ⇔ ⇔ PPNP 114

**Date changed:** September 2012

## Textbooks and Recommended Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Eliopoulos, C. (2014). *Gerontological nursing* (8<sup>th</sup> ed.) Philadelphia, PA: Lippincott Williams & Wilkins.

Potter, P. A. & Perry, A. (2014). *Canadian fundamentals of nursing* (5<sup>th</sup> ed.) Elsevier Canada.

Stamler, L. L. & Yiu, L. (2012). *Community health nursing – A Canadian perspective* (3<sup>rd</sup> ed). Toronto: Pearson Canada.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

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

- describe various theories of aging and the demographics of aging;
  - discuss the role of culture in the aging process;
  - discuss family caregiving, caregiver burnout, caregiver benefits and self-care;
  - explain the connection between the determinants of health and healthy living for older adults;
  - state the importance of social supports in the health of older adults;
  - discuss current risk management tools for care in the older adult;
  - identify local community resources that support and promote health in older adults;
  - discuss appropriate teaching and learning strategies for health promotion activities with older adults;
  - describe risk factors for and examples of abuse with older adults;
  - discuss health promotion strategies for older adults living with chronic illness;
  - discuss end of life issues for older adults;
  - explain differences in cultural approaches to dying;
  - discuss the importance of cultural competence for supporting care of older adults;
  - discuss trauma-informed care in older populations; and
  - discuss LGBTQ2 care in older populations.
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## COURSE TOPICS:

- Theories of aging
- Normal process of aging
- Demographics of aging
- Family caregiving
- Risk management/promoting safety with the older adult
- Rehabilitation
- Immunization (in the older adult)
- Living with chronic disease: self-management
- Regular health screening

- Trauma-informed practice with older adults
- Community resources
- Elder abuse
- Teaching and learning in health promotion: older adult
- End of life planning
- Harm reduction
- Cultural diversity and cultural competency in health and healing, including end of life practices

*See instructor syllabus for the detailed outline of weekly readings, activities and assignments.*

**EVALUATION AND ASSESSMENT Face-to-Face Delivery:**

Assignments	% Of Total Grade
Assessment of the Older Adult Assignment	35%
Midterm Exam	30%
Final Comprehensive Exam	<u>35%</u>
Total	100%

*No rewrites will be granted for any assignments or exams within this course.*

*Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.*

**Student Attendance/Absence:**

- As adult learners, students are expected to attend all classes. Attendance is taken as a means of monitoring student success. In the event of illness or other unavoidable cause of absence, the student should notify the appropriate instructor as soon as possible.
- Students must attend all clinical/preceptorship experiences. If illness or other unavoidable absence occurs the student must notify the appropriate instructor prior to the time s/he is expected.
- Unexcused/excessive absences from clinical/preceptorship may mean students must withdraw from the program.

**Written Assignments:**

- Assignments about clients must be written using the clients' INITIALS ONLY.
- Late assignment: a 15% penalty will be applied for each day past due date for late submissions. If any assignment is more than three (3) days late it will be assigned a grade of "0".

**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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**COURSE GRADE:**

Course grades are assigned as follows:

<b>Grade</b>	A+	A	A-	B+	B	B-	C+	F
<b>Mark (Percent)</b>	≥ 95	94-90	89-85	84-80	79-75	74-70	69-65	< 65

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.

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