CATALOG YEAR 2013-14
(Please use separate form for each add/change)

COLLEGE/SCHOOL/SECTION: College of Nursing and Health Sciences
Course: Add: X Delete: ___
(check all that apply)
Change: Number ___ Title ___ SCH ___ Description ___ X Prerequisite ___
New course will be part of major X minor ___ as a required ___
or elective ___ course
New course will introduce ___, reinforce ___, or apply ___ concepts

If new, provide Course Prefix, Number, Title, Measurable Student Learning Outcomes, SCH Value,
Description, prerequisite, and lecture/lab hours if applicable. If in current online catalog, provide change and
attach text with changes in red and provide a brief justification.

Program: Delete: ___ Add: ___ Change: ___ Attach new/changed Program of Study description and 4-
year plan. If in current online catalog, provide change and attach text with changes in red.

Minor: Add: ___ Delete: ___ Change: ___ Attach new/changed minor. If in current online
catalog, provide change and attach text with changes in red.

Faculty: Add: ___ Delete: ___ Change: ___ Attach new/changed faculty entry. If in current online
catalog, provide change and attach text with changes in red.

College Introductory Pages: Add information: ___ Change information: ___
Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Other: Add information: ___ Change information: X ___ Attach new/changed information. If in current online
catalog, provide change and attach text with changes in red.

NFNP 5407 Wellness and Health Promotion: Change in course description and learning outcomes; course
objectives. All course prefixes changed to be specific to family nurse practitioner program. Course names,
descriptions, and outcomes in alignment with new “essential of masters education in nursing”

Approvals: Signature Date

Chair
Department Curriculum Committee

Chair
Department

Chair
College Curriculum Committee

Dean
NFNP 5407  Wellness and Health Promotion
Four semester hours, two theory, six clinical.
This course is designed to develop theoretical and clinical competencies of the FNP in health promotion of
individuals and families in diverse populations in a variety of settings. The course focuses on concepts and skills
of health promotion, disease prevention, and health maintenance. The emphasis is on: 1) developing advanced
practice skills in comprehensive assessment and management strategies that reflect current nursing and medical
knowledge to improve patient outcomes; and 2) evidence-based practice and theory in the promotion of health
and prevention of disease across the life span, in the context of healthy communities. Prerequisites: NFNP 5303,
NFNP 5305, NFNP 5406.

COURSE OBJECTIVES:
Upon successful completion of the course, the student will be able to:
1. Perform a health risk assessment of the patient including the assessment of lifestyle and other risk factors. (2)
2. Incorporate theories and research in generating teaching and counseling strategies to promote and preserve
health and healthy lifestyle in client populations. (1, 3, 4, 6)
3. Provide anticipatory guidance and counseling to improve or maintain health in individuals and families who
are at risk or have acute and chronic conditions, based on age, developmental stage, family history, and
ethnicity. (2, 4)
4. Provide care related to men’s and women’s reproductive health, including sexual health, and prenatal and
postpartum care. (2)
5. Demonstrate knowledge and skill in addressing sensitive topics with family members such as sexuality,
finances, mental health, terminal illness, and substance abuse. (2, 5)
6. Implement a follow-up method within a practice to ensure that patients obtain recommended services. (1, 2)
7. Provide appropriate information and opportunity for patients and families to discuss their wishes for end-of-
life decision-making and care. (5)
8. Monitor the individual’s behaviors and specific outcomes as a useful guide to evaluating the effectiveness and
need to change or maintain teaching strategies, such as weight-loss, smoking cessation, and, alcohol
consumption. (2)