



Document # 142
Date Received _____

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 | <u>B. G. S.</u> | <u>02-05-13</u> |
| Chair Department | <u>[Signature]</u> | <u>2/5/13</u> |
| Chair College Curriculum Committee | <u>B. G. S.</u> | <u>02-05-13</u> |
| Dean | <u>[Signature]</u> | <u>2/5/13</u> |

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)