



# Broward Community College

## Course Outline

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**STATUS: ACTIVE**

**COMMON COURSE NUMBER:** NUR1273 (NSP 1643)

**COMMON COURSE TITLE:** Community Health: Health Promotion and Prevention

**PRE\_REQUISITE:** Proof of Florida licensure, Registered Nurse

**CREDIT HOURS:** 3

Lecture: 48

**COURSE DESCRIPTION:** This course is designed to provide the health professional the concepts of community health. focus for this course: risk appraisal and management, strategies in promoting health, techniques for client education, marketing, evaluation, problems of the elderly.

**Term Offered:** On Demand

**UNIT TITLES:**

1. Risk Appraisal
2. Promoting Health
3. Health Risk Reduction
4. Changing Health-Related Behaviors
5. Promoting Client Adherence
6. Client Education
7. Teaching-Learning Theories
8. Epidemiology
9. Health and Illness Behavior
10. Nursing Responsibilities

LAST REVIEW Academic Year 2004-2005 NEXT REVIEW Academic Year 2009-2010  
*Interim Revision Dates:*

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I. Course Overview:

Upon successful completion of this course, the students should be able to demonstrate an understanding of community-based health care relating to health promotion and prevention.

II. Units:

Unit 1. Risk Appraisal Tools

General Outcome:

1.0 The students should be able to identify several risk appraisal tools and analyze them for the adequacy of the appraisal methods.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following risk appraisal tools:

- 1.1 Health Hazard Appraisal
- 1.2 Holmes and Rahe Stress Scale
- 1.3 Lifestyle Assessment Questionnaire

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### Unit 2. Strategies for Promoting Health

General Outcome:

2.0 The students should be able to describe strategies which may be used in promoting health.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following strategies for promoting health:

- 2.1 HMO
- 2.2 Health fair
- 2.3 Self-help groups
- 2.4 Screening programs
- 2.5 Health risk behavioral change programs

### Unit 3. Health Risk Reduction

General Outcome:

3.0 The students should be able to list methods of health risk reduction.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following methods of health risk reduction:

- 3.1 Diet
- 3.2 Lifestyle
- 3.3 Stress reduction
- 3.4 Medication
- 3.5 Occupational and environmental safety

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## Unit 4. Changing Health-Related Behaviors

General Outcome:

4.0 The students should be able to describe methods used to change health-related behaviors.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following methods of changing health-related behaviors:

- 4.1 Education strategies
- 4.2 Peer groups
- 4.3 Target groups

## Unit 5. Promoting Client Adherence

General Outcome:

5.0 The students should be able to describe methods used to promote client adherence.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following methods of promoting client adherence:

- 5.1 Change theories
- 5.2 Three domains of learning
- 5.3 Determining learning needs
- 5.4 Assessing compliance

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## Unit 6. Client Education

General Outcome:

6.0 The students should be able to identify major techniques used in client education.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following techniques of client education:

- 6.1 Demonstration
- 6.2 Modeling
- 6.3 Group versus individual
- 6.4 Role playing
- 6.5 Lecture
- 6.6 Discussion
- 6.7 Participative

## Unit 7. Teaching-Learning Theories

General Outcome:

7.0 The students should be able to identify major teaching-learning theories and evaluate each for strengths and weaknesses in client education.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following teaching-learning theories:

- 7.1 Piaget
- 7.2 Gestalt
- 7.3 Mastery
- 7.4 Havighurst

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### Unit 8. Epidemiology

#### General Outcome:

8.0 The students should be able to explain the major concepts of epidemiology as they relate to community health.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following concepts of epidemiology:

- 8.1 Emphasis on populations
- 8.2 Theory of multiple-causation
- 8.3 Interactions of agent-host-environment
- 8.4 Person-place-time relationships
- 8.5 Levels of prevention
- 8.6 Epidemiological research

### Unit 9. Health and Illness Behavior

#### General Outcome:

9.0 The students should be able to describe the concepts of health and illness behavior.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of the following concepts of health and illness behavior:

- 9.1 Motivation
- 9.2 Perception
- 9.3 Values
- 9.4 Attitudes
- 9.5 Beliefs

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### Unit 10. Nursing Responsibilities

#### General Outcome:

10.0 The students should be able to list the responsibilities of the R.N., L.P.N., and ancillary personnel in the community health setting.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to demonstrate an understanding of nursing responsibilities in the following areas:

- 10.1 Community Assessment (R.N.)
- 10.2 Team Leading (R.N.)
- 10.3 Client Advocacy (R.N., L.P.N.)
- 10.4 Nurse Consultant (R.N.)
- 10.5 Family Nurse Practitioner (R.N.)
- 10.6 Evaluation of Client Needs (R.N.)
- 10.7 Provision of Direct Care (R.N., L.P.N., Aide)