



Course Outline for: NURS 2700 Foundations of Nursing – Health Promotion

A. Course Description

1. Number of credits: 9
2. Lecture hours per week: 4
Lab hours per week: 4
Clinical hours per week: 9
3. Prerequisites: Acceptance into the nursing program
4. Corequisites: NURS 2750
5. 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. Date last reviewed/updated: January 2022

C. Outline of major Content Areas

1. Professional Development and Identity for the Foci of Care of Health Promotion
 - A. Attributes and Roles of a Nurse
 - i. Professionalism
 - ii. Experiential learning Decision-Making & Judgment
 - iii. Ethics
 - iv. Leadership
 - v. Self-care
 - vi. Life-long learning
 - vii. Social Justice
 - B. Care Competencies
 - i. Holistic Nursing Process
 - ii. Therapeutic & Professional Communication

- iii. Collaboration
- iv. Quality & Safety
- v. Technology & Informatics
- vi. Teaching & Learning
- C. Health Care Delivery
 - i. Evidence-based Practice
 - ii. Health Care Infrastructure
- 2. Physiologic Integrity for the Foci of Care of Health Promotion
 - A. 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
 - B. Protection and Movement
 - i. Immunity
 - ii. Inflammation
 - iii. Infection
 - iv. Tissue Integrity
 - v. Sensory Perception
 - vi. Comfort
 - vii. Mobility
 - viii. Rest
- 3. Psychosocial Integrity for the Foci of Care of Health Promotion
 - A. Psychosocial Homeostasis & Regulation
 - i. Family Dynamics
 - ii. Spirituality
 - iii. Motivation
 - iv. Adherence
 - v. Cognitive Function
 - B. Behavioral Resilience
 - i. Coping, Stress, and Adaptation

4. Lifespan Growth and Development Considerations for the Foci of Care of Health Promotion
 - A. Determinants of Health
 - i. Functional Ability
 - ii. Genetics
 - iii. Environment
 - iv. Culture
 - v. Individual Behavior
 - vi. Social & Economic Factors

D. Course Learning Outcomes

By the end of the course, the student will be able to:

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. Methods for Assessing Student Learning

Each semester, cognitive learning will be evaluated primarily by written examinations and quizzes, including alternative format, multiple choice and short answer questions, at least one alternative written assignment, and a standardized exam. Rubrics will be used for formative and summative evaluations in the on-campus laboratory/simulation and clinical settings to evaluate the successful completion of course student learning outcomes.

In NURS 2700, each of the following parts must be successfully completed as defined below. Failure to successfully complete one or more of the following components will result in failing the course:

1. Part I – Theory: The student must obtain a 78% or greater to pass.

2. Part 2 – Medical dosage Exam – Students may have up to 3 attempts to pass successfully.
3. Part 3 – Experiential Learning/lab/simulation: Students must achieve a 78% or greater and demonstrate safe practice.
 - A. Direct Focused Care: Clinical performance: Pass/Fail: Students must pass all clinical outcomes and skills to progress to the subsequent semester. (See clinical performance evaluation).
 - B. Concept-based experiences: Pass/Fail: Include Learning activities and integrative experiences (portfolio artifacts).
 - C. Case-Based Activities Lab/simulation and case studies.
 - D. Intervention skill-based activities: Met/Unmet (Instructor validation of skill performance).

Successful completion of each part of this course is necessary to progress to next semester. However, unsafe clinical performance or failure to meet clinical/lab/simulation student learning outcomes may result in failure of the course.

F. Special Information

Refer to nursing student handbook for additional details