

# **Oakland University School Of Nursing**

## **Health Promotion II**

**NRS 2231 (302)  
CRN #10380**

**Faculty:**

**JANITH BERES, MSN, RN, ACNS-BC  
Special Instructor**

**This course has been determined to meet the Oakland University  
General Education U.S. Diversity Requirements**

**Winter 2018**

**COURSE NUMBER**

**NRS 2231 (302) – CRN# 10380**

<b>CREDIT &amp; HOUR ALLOCATION</b>	<b>Credits</b>	<b>Hrs/Wks</b>	<b>Total Hours Semester</b>
	<b>3</b>	<b>3 x 14</b>	<b>42</b>

**COURSE TITLE**

**Health Promotion II**

**CLASS TIME  
& LOCATION**

**Thursday, 8:00 am – 10:30 am**  
**5045 Human Health Building (HHB)**  
**January 3, 2018 – April 25, 2018**

**FACULTY OF RECORD**

**Janith Beres, MSN, RN, ACMS-BC**  
**Special Instructor**  
**Office: 2022 Human Health Building (HHB)**  
**Office Telephone: (248) 364-8741**  
**Office Hours: By Appointment Only**  
**Email: [beres@oakland.edu](mailto:beres@oakland.edu)**

**This course has been determined to meet the Oakland University  
General Education U.S. Diversity Requirements**

**PREREQUISITES and/or CO-REQUISITIES**

Prerequisites: NRS 2111 (206), NRS 2123 (207), NRS 2131 (208), NRS 2133 (209), NRS 2165 (213), NRS 2171 (216), & NRS 2181 (252)

Co-requisites: NRS 2235 (303)

Prerequisites or Co-requisites: NRS 2021 (221) & NRS 2011 (227)

**OU GENERAL EDUCATION STUDENT LEARNING OUTCOMES**

U.S. Diversity prepares the student to:

- Knowledge of how diverse value systems and societal structures in the United States are influenced by at least two of the following: race, gender, ethnicity identify major challenges and issues these raise in society.

**COURSE OVERVIEW**

This course explores wellness and health promotion from a nursing perspective. Issues related to cultural diversity and vulnerability will be addressed. Theoretical frameworks related to wellness and health promotion across the lifespan will be described. The role of the nurse providing patient-centered wellness focused care will be discussed.

## **COURSE OBJECTIVES**

1. Apply concepts related to growth and development to adults and the elderly
2. Diversity, race, ethnicity, culture, health, and illness
3. Barriers to health care services
4. Conceptual frameworks applied to vulnerable adults
5. Policy, politics, ethics, and legal influences on the provision of health care to the vulnerable adult
6. Application of the nursing process to promote health strategies in the vulnerable adult
7. The role of the nurse when providing care to vulnerable populations
8. Future trends in health care of vulnerable adults

## **COURSE REQUIREMENTS**

1. Attendance at all class meetings. The student is responsible for all content presented in lecture.
2. Complete all evaluation measures.
3. Each student is expected to read assigned material prior to each class. A content outline for weekly lectures is provided.
4. Tape recorders will **NOT** be permitted in class.

## **ATTENDANCE POLICY**

Regular and punctual attendance in class is expected and is a component of experiential learning. As such it is imperative that students maintain a perfect or near perfect record of attendance. Students are advised to attend all classes to demonstrate your professional accountability and responsibility. While credit will not be given for attendance, tardiness and/or failure to report to class can result in a lowering of the final course grade.

## **EVALUATION REQUIREMENTS**

This course will be evaluated through a Mid-Term and Final Examination, two Self-Learning Modules Quizzes, four quizzes related to lecture content on Moodle, a community activity with an associated online journal on Moodle and ATI Online Activities.

## **MID-TERM AND FINAL EXAMINATIONS**

Examination dates are located in the lecture outline. Students will need to bring an 8½x11 inch scantron and at least one number two pencil. To ensure a favorable testing environment all textbooks, backpacks and personal belongings will be placed on the floor in front of the testing room. It is the student's responsibility to read and follow the instructions on the test booklet. No baseball caps, hats, or beverages of any kind are permitted during the exam. After turning in the examination booklet and scantron student must leave the classroom. Students are **not** permitted to return to the examination room until **all** students have completed the exam. Students are responsible for monitoring their own test-taking time so that tests are completed during the allotted time. Students are to keep answer sheets covered. University policy regarding academic dishonesty will be enforced.

Students are expected to take the exams on the assigned date and time. A student who misses a regularly scheduled examination will **NOT** have the opportunity to make-up the examination unless there are **extenuating** circumstances and the instructor is notified **BEFORE** the scheduled exam time. Students that arrive 20 or more minutes late for an exam **WILL NOT** be able to sit for the exam and will be given 0 points for the exam grade. There will be no exceptions unless deemed appropriate by the instructor.

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*Students must earn an **average** of 70% on the mid-term and final examinations to receive a grade of 2.5 or above for the course. If students fail to attain an average of 70% on the examinations, the average attained on the examinations will comprise the course grade, regardless of the grades attained on other class assignments.*

*Students must earn an average of 70% in the overall course grade to receive a grade of 2.5 or above for the course.*

## **REVIEW OF EXAMS**

Results of exams will be shared with students on the Moodle web site for NRS 302. Students may set an appointment to review their Student Test Printout and the Exam Answer Key Booklet. No challenges will be accepted during this time. No grade changes will be made. This is **ONLY** to review the examination material.

## **QUIZZES**

Quizzes related to lecture content and SLM's are open book; and will open and close on specific dates. Once you open the quiz you must complete then submit. You will have only one time to open the quiz. If you do not finish the quiz in one sitting you can save without submitting then go back at another time to finish the quiz. **Once the quiz closes, it will remain closed. Quizzes will**

**not be reopened for any reason. Pay attention to closing dates and times. A grade of zero will be given for any quizzes not taken.**

### **ONLINE ATI ACTIVITIES**

You will take the ATI RN Fundamentals Proctored Assessment at the end of the semester in Nursing Therapeutics II Course. In order to prepare for success on the ATI RN Fundamentals Proctored Assessment you must complete the following:

- Tutorial: ATI Plan 2.0 – New Student Orientation
- Tutorial: ATI NurseLogic 2.0
- Tutorial: Learning System RN: Practice Tests 1 and 2 and Final Tests
- RN Fundamentals Online Practice Assessment 2016 A and B

***Tutorials: ATI Plan 2.0, ATI NurseLogic 2.0 Learning System RN Final Tests and Practice Tests A and B are Graded Items and can only be taken one time.***

### **EVALUATION TECHNIQUES**

<b><u>Activity</u></b>	<b><u>Weight</u></b>
ATI: Tutorial: ATI Plan Student Orientation and NurseLogic 2.0	2%
ATI: Tutorial Learning System RN Practice and Final Tests	2%
ATI: RN Fundamentals Online Practice Assessments A and B	4%
ATI: 3 Critical Points Remediation	2%
Mid-Term Exam	35%
Final Exam	35%
Three Lecture Content Quizzes	14%
Physical Changes in the Adult SLM Quiz	3%
Primary/Secondary Prevention SLM Quiz	3%
<b>Total</b>	<b>100%</b>

## **COURSE REQUIREMENTS**

*Students must earn an average of 70% on the mid-term and final examinations to receive a grade of 2.5 or above for the course.*

*If students fail to attain an average of 70% on the examinations, the average attained on the examinations will comprise the course grade, regardless of the grades attained on other class assignments.*

If students achieve an average of 70% or higher on the examination, the appropriate points for the designated assignments will be factored into the total grade for the course.

All students are directed to the Student Handbooks for the School of Nursing's "Policies and Procedures for Progression, Retention and Dismissal." Please refer to the last page for the School of Nursing Grade Conversion.

## **REQUIRED TEXTBOOKS**

American Psychological Association. (2009). *Publication manual for the American Psychological Association* (6<sup>th</sup> ed.). Washington, D.C.: American Psychological Association. ISBN-13: 978-1433805615

ATI Nursing Education, [www.atitesting.com](http://www.atitesting.com) - *ATI Content Mastery Series Fundamentals for Nursing Review Module Edition 8.0*

Carpenito-Moyet, L. J. (2013). *Nursing diagnosis: Application to clinical practice* (14<sup>th</sup> ed.). Philadelphia, PA: Lippincott Williams/Wilkins ISBN-13: 078-1608311095

Edelman, C., Kudzma, E. & Mandle, C. (2014). *Health promotion throughout the life span* (8<sup>th</sup> ed.). St. Louis: Elsevier-Mosby.

Jarvis, C. (2016). *Physical examination and health assessment* (7<sup>th</sup> ed.). St. Louis: Elsevier-Saunders ISBN-13: 978-1455728107

Potter, P., & Perry, A.G. (2017). *Fundamentals of nursing* (9<sup>th</sup> ed). St. Louis: Elsevier-Mosby ISBN: 9780323327404

Stanhope, M., & Lancaster, J. (2016). *Public health nursing: population-centered health care in the community*. (9<sup>th</sup> ed.). St. Louis: Elsevier – Mosby. ISBN: 9780323321532

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#1 1/4	<p>Introduction to Lecture and Clinical Courses</p> <p>Normal Adult Growth and Development: Overview</p> <p><b>Quiz #1 on Moodle:</b> <b>Quiz will open January 4, 2018 at 10:30 AM and will close January 25, 2018 at 8:00 AM.</b></p>	<p>NRS 302 Health Promotion II Syllabus</p> <p>Review High Points for Clinical</p> <p><b><u>Adult Development:</u></b> Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 13 Young to Middle Adult: Young Adult: pg 159-162: Physical, Cognitive, Psychosocial; Middle Adult: pg 166-168: Physical, Cognitive, Psychosocial</li> <li>• Chapter 14: Older Adult: Variability Among Older Adults; pg 173-174; -Psychosocial Changes – pg181-183.</li> </ul> <p>Mandle, Kudzma &amp; Edelman:</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult: Age-Physical Changes; pg 536: Cognitive-Perceptual Pattern, Perception-Self-Concept, Roles &amp; Relationships Pattern: pg 546-548.</li> <li>• Chapter 23: Middle Adult: Age-Physical Changes: pg 563: Cognitive-Perceptual Pattern, Perception-Self-Concept, Roles &amp; Relationships Pattern: pg: 572-578</li> <li>• Chapter 24: Older Adult: Age-Physical Changes: pg 592; Cognitive-Perceptual Pattern, Perception-Self-Concept, Roles &amp; Relationships: pg 600-605</li> </ul> <p>ATI:</p> <ul style="list-style-type: none"> <li>• Chapter 23: Young Adult</li> <li>• Chapter 24: Middle Adult</li> <li>• Chapter 25: Older Adult</li> </ul> <p><b>Quiz #1 Content:</b> Normal Adult Growth and Development Introduction to Prevention, Health, Illness and Pain</p>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#1 1/4	<p><b>Self-Learning Module:</b> Physical Changes in the Adult</p> <p>SLM Quiz on Moodle:</p> <p><b>Quiz will open January 4, 2018 at 10:30 AM and will close January 25, 2018 at 11:59 PM.</b></p>	<p><b><u>The Aging Adult</u></b></p> <p>SLM Readings: Jarvis</p> <ul style="list-style-type: none"> <li>• Chapter 31 Assessment of the Older Adult</li> <li>• Chapter 12 Skin, Hair and Nails: Aging Adult pg 201, 205</li> <li>• Chapter 13 Head, Face, Neck: Aging Adult pg 258, 267</li> <li>• Chapter 14 Eye: Aging Adult pg 286, 289, 307, 309</li> <li>• Chapter 15 Ears: Aging Adult pg 328-329</li> <li>• Chapter 16 Nose, Mouth, Throat: Aging Adult pg 357, 360, 371</li> <li>• Chapter 18 Thorax and Lungs Aging Adult Chapter pg 419, 423, 438</li> <li>• Chapter 19 Heart: Aging Adult pg 468, 474, 489</li> <li>• Chapter 20 Peripheral Vascular Disease Aging Adult pg 515, 526</li> <li>• Chapter 21 Abdomen: Aging Adult pg 541, 545, 563</li> </ul> <p>ATI: Health Assessment – Chapters 26-31</p>
#1 1/4	<p><b>ATI</b></p> <p>Tutorial: ATI Plan Student Orientation – New Student Orientation Quiz - Tutorial: ATI NurseLogic 2.0</p> <p style="text-align: center;"><i>2 weeks</i></p>	<p>ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a></p> <p>Enter on the ATI Website</p> <ul style="list-style-type: none"> <li>• Course Activation Code: See Moodle for Code</li> <li>• Product ID: See Moodle for Product ID</li> </ul> <p><b>Assessments Open Thursday January 4, 2018 at 11:00 AM</b></p> <p><b>Assessments Close Thursday January 18, 2018 at 11:00 AM</b></p> <p style="text-align: center;"><i>Rationale will be Open</i></p>



### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#2 1/11	<p>Health and Health Promotion in the Adult Population</p> <p><b>Lecture</b> <b>Part I:</b> Introduction to Prevention, Health, Illness, Culture, Pain and Comfort</p>	<p><b><u>Part I - Objectives: #1 and #2:</u></b></p> <p>Jarvis:</p> <ul style="list-style-type: none"> <li>• Chapter 2 Cultural Competence</li> <li>• Chapter 10 Pain Assessment: The Fifth Vital Sign Types of Pain pg 164, Aging Adult pg 165, Pain Assessment Tools pg 167-170, Figure 10-10 FLACC Behavioral Pain Scale,</li> </ul> <p>Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 6: Health and Wellness; Chapter 33 Complimentary Alternative Therapies: pg 688-691; Nursing Assessable Therapies pg 691-693</li> </ul> <p>Stanhope &amp; Lancaster:</p> <ul style="list-style-type: none"> <li>• Chapter 7: Cultural Diversity in the Community: Perception of Time pg 144</li> <li>• Chapter 12: Epidemiology: Definition pg 268, Epidemiologic Triangle pg 286-268, Levels of Preventive Interventions through Screening: pg 268-271</li> </ul> <p>ATI:</p> <ul style="list-style-type: none"> <li>• Chapter 1: Health Care Delivery Systems</li> <li>• Chapter 16: Health Promotion and Disease Prevention</li> <li>• Chapter 17: Client Education</li> <li>• Chapter 35: Cultural and Spiritual Care</li> <li>• Chapter 41: Pain Management</li> <li>• Chapter 42: Complementary and Alternative Techniques</li> </ul>
#2 1/11	<p><b>Partners In Care Experience</b></p> <p><b>Lecture</b> Inter-Professional Education – Partners in Care</p>	<p><b>Partners in Care Meet and Greet</b> <b>Thursday January 11, 2016</b> <b>Rooms To Be Assigned</b> <b>12 Noon – 1:30 PM</b> <b>Arrive by 11:45 AM</b> <b>Business Attire Required</b></p>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#3 1/18	<p>Health and Health Promotion in the Adult Population</p> <p><b>Lecture:</b> <b>Part 1:</b> Finish Introduction</p> <p><b>Part 2: Primary Prevention:</b></p> <ul style="list-style-type: none"> <li>Hydration</li> </ul> <p><b>Quiz #2 on Moodle:</b> <b>Quiz will open January 18, 2018 at 10:30 AM and close February 26, 2018 at 11:59 PM</b></p>	<p><b><u>Part 2 - Objectives #3 and #4</u></b></p> <p><b>Primary Prevention:</b></p> <p><b><u>Hydration:</u></b> Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>Chapter 42: Fluids: Fluid Balance: pg.937-886938; Fluid Imbalances: pg 939; Electrolyte Imbalances: pg 939-941; Daily Weight &amp; Fluid Intake &amp; Output: pg 949-951; Table 42-2 Healthy Adult Average Fluid Intake and Output pg 937</li> </ul> <p>ATI:</p> <ul style="list-style-type: none"> <li>Chapter 39: Nutrition and Oral Hydration</li> <li>Chapter 57: Fluid and Electrolyte Imbalances</li> </ul> <p><b>Quiz #2 Content: Prevention Lecture Content only:</b> Health Promotion and Prevention: Primary /Tertiary Prevention</p>
#3 1/18	<p><b>ATI Tutorial: Learning System RN – Fundamentals Practice Assessment 1 and 2</b></p> <p style="text-align: center;"><i>2 weeks</i></p>	<p>ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a></p> <p><b>Assessments Open Thursday January 18, 2018 at 11:00 AM</b></p> <p><b>Assessments Close Sunday February 21, 2018 at 11:00 AM</b></p> <p style="text-align: center;"><i>Rationale will be Open</i></p>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#4 1/25	<p>Health and Health Promotion in the Adult Population</p> <p><b>Lecture:</b> <b>Part 2: Primary Prevention:</b></p> <ul style="list-style-type: none"> <li>• Finish Hydration</li> <li>• Nutrition</li> </ul>	<p><b><u>Nutrition:</u></b> Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 45 Nutrition</li> </ul> <p>Jarvis:</p> <ul style="list-style-type: none"> <li>• Chapter 11 Nutritional Assessment</li> </ul> <p>Mandle, Kudzma &amp; Edelman: Topic: Nutritional-Metabolic Pattern:</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult</li> <li>• Chapter 23: Middle Adult</li> <li>• Chapter 24: Older Adult</li> </ul> <p><b><u>Falls:</u></b> Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 14 Older Adult: Musculoskeletal pg 179; Housing and Environment pg 182-183; Falls pg 186; Older Adults-Acute Care Setting-Restorative Care pg190-191</li> <li>• Chapter 27 Patient Safety: Physical Hazards pg 374-375</li> <li>• Chapter 31 Medication Administration: Pharmacologic Concepts pg 610-614</li> <li>• Chapter 28 Immobility: Musculoskeletal Changes: pg 411; Developmental Changes pg 413; Bone Health –Osteoporosis pg 423; Restorative and Continuing Care through Evaluation pg 430-431</li> </ul> <p>ATI</p> <ul style="list-style-type: none"> <li>• Chapter 12: Client Safety</li> <li>• Chapter 13: Home Safety</li> <li>• Chapter 14: Ergonomic Principles</li> <li>• Chapter 40: Mobility and Immobility</li> <li>• Chapter 50: Adverse Effects, Indications &amp; Contraindications</li> <li>• Chapter 51: Individual Considerations of Medication Administration</li> </ul>
#5 2/1	<ul style="list-style-type: none"> <li>• Falls / Medications Related To Falls</li> </ul>	

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WEEK	LECTURE CONTENT	READINGS
#5 2/1	<p>Health and Health Promotion in the Adult Population</p> <p><b>Part 2:</b></p> <ul style="list-style-type: none"> <li>Immunizations: Pneumonia / Influenza</li> </ul>	<p><b><u>Part 2 - Objectives #3 and #4</u></b></p> <p><b>Primary Prevention</b></p> <p><b><u>Immunizations:</u></b></p> <p>Mandle, Kudzma &amp; Edelman:</p> <ul style="list-style-type: none"> <li>Chapter 22: Young Adult: Communicable Disease &amp; Adult Immunization: pg 542-543</li> <li>Chapter 23: Middle Adult: Biological Agents: pg 581</li> <li>Chapter 24: Older Adult: Biological Agents: Influenza/Pneumococcal Infections: pg 610</li> </ul>
#5 2/1	<p><b>ATI Tutorial: Learning System RN – Fundamentals Final Test</b></p> <p style="text-align: center;"><i>2 weeks</i></p>	<p>ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a></p> <p><b>Assessments Open Thursday February 1, 2018 at 11:00 AM</b></p> <p><b>Assessments Close Thursday February 15 , 2018 at 11:00 AM</b></p> <p style="text-align: center;"><i>Rationale will be Open</i></p> <p>ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a></p>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#6 2/8	<p>Health and Health Promotion in the Adult Population</p> <ul style="list-style-type: none"> <li>Pressure Ulcers / Nutrition for Wound Healing</li> </ul>	<p><b><u>Pressure Ulcers:</u></b></p> <p>Jarvis:</p> <ul style="list-style-type: none"> <li>Chapter 12 Skin, Hair and Nails pg 233 Table 12-6 Staging of Pressure Ulcers</li> </ul> <p>Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>Chapter 28 Immobility: Integumentary System: pg 419</li> <li>Chapter 48 Skin Integrity and Wound Care</li> </ul> <p>ATI: Chapter 55: Pressure Ulcer: Wounds and Wound Management</p>
#6 2/8	<p><b>Primary Prevention: Self-Learning Modules:</b></p> <ul style="list-style-type: none"> <li>Exercise</li> </ul>	<p><b>SLM Readings:</b></p> <p><b><u>Exercise:</u></b></p> <p>Mandle &amp; Edelman: Topic: Exercise and Activity-Rest Pattern</p> <ul style="list-style-type: none"> <li>Chapter 12: Exercise</li> <li>Chapter 22: Young Adult: Activity-Exercise</li> <li>Chapter 23: Middle Adult: Activity-Exercise Pattern</li> <li>Chapter 24: Older Adult: Activity-Exercise Pattern - Figure 24-2 &amp; Box 24-5</li> </ul>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#6 2/8	<p>Health and Health Promotion in the Adult Population</p> <p><b>Primary Prevention: Self-Learning Modules:</b></p> <ul style="list-style-type: none"> <li>• Sleep</li> </ul>	<p><b>SLM Readings:</b></p> <p><u><b>Sleep:</b></u></p> <p>Mandle &amp; Edelman: Topic: Sleep-Rest Pattern:</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult</li> <li>• Chapter 23: Middle Adult</li> <li>• Chapter 24: Older Adult</li> </ul> <p>Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 43 Sleep: Physical Illness pg 995; Sleep and Rest, Normal Sleep Requirement Young Adults - Older Adults pg. 997-998; Factors Influencing Sleep pg 998-999</li> </ul> <p>ATI:</p> <ul style="list-style-type: none"> <li>• Chapter 38: Rest and Sleep</li> </ul>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#6 2/8	<p>Health and Health Promotion in the Adult Population</p> <p><b>Part 2:</b></p> <p><b>Primary Prevention: Self-Learning Modules:</b></p> <ul style="list-style-type: none"> <li>• Injury Prevention</li> <li>• Immunizations</li> </ul> <p><b>Secondary Prevention: Self-Learning Module</b></p> <ul style="list-style-type: none"> <li>• Cardiovascular Disease</li> </ul>	<p><b><u>Part 2 - Objectives #3 and #4</u></b></p> <p><b>Primary Prevention:</b></p> <p><b>SLM Readings:</b></p> <p><b><u>Injury Prevention:</u></b> Mandle, Kudzma &amp; Edelman:</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult: Radiation - Excessive Sun Exposure – Sports: pg 545; Male and Female Risk of Violence - pg 549; Accidents – pg 555; Occupational Hazards and Stressors: pg 555</li> <li>• Chapter 23: Middle Adult: Work – pg 578</li> </ul> <p>Chapter 24: Older Adult: Accidents – Preventing Injury pg 607-609</p> <p><b><u>Immunization</u></b> Mandle, Kudzma &amp; Edelman:</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult: Communicable Disease &amp; Adult Immunization: pg 542-543</li> </ul> <p><b><u>CV Disease:</u></b> Mandle, Kudzma &amp; Edelman</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult: Preventive Care – pg 538-542; Box 22-3</li> <li>• Chapter 23: Middle Adult: Life Expectancy and Mortality Rates – pg 564-566; Obesity / High Saturated Fat Diet – pg 568-569; Stress and Heart Disease – pg 579-580; Box 23-7 pg 577</li> </ul>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#6 2/8	<p>Health and Health Promotion in the Adult Population</p> <p><b>Part 2:</b></p> <p><b>Secondary Prevention: Self-Learning Module</b></p> <ul style="list-style-type: none"> <li>• Diabetes Mellitus</li> <li>• Cancer</li> </ul> <p><b>SLM Primary and Secondary Prevention Quiz on Moodle</b></p> <p><b>Quiz will open January 11, 2018 at 10:30 AM and will close February 26, 2018 at 11:59 PM</b></p>	<p><b><u>Part 2 - Objectives #3 and #4</u></b></p> <p><b>Secondary Prevention:</b></p> <p><b>SLM Readings:</b></p> <p><b><u>Diabetes Mellitus:</u></b> Mandle, Kudzma &amp; Edelman</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult: Metabolic Syndrome: last paragraph pg 541-542</li> </ul> <p><b><u>Cancer:</u></b> Mandle, Kudzma &amp; Edelman</p> <ul style="list-style-type: none"> <li>• Chapter 22 Young Adult: Figure 22-2 pg 541</li> <li>• Chapter 23 Middle Adult: Life Expectancy and Mortality Rates – pg 564-566; Box 23-3pg 568;</li> <li>• Chapter 24: Older Adult: pg 610-611</li> </ul>



### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#7 2/15	<p>Health and Health Promotion in the Adult Population</p> <p><b>Part 3</b> <b>Tertiary Prevention:</b> Lecture: Diabetes Mellitus, Elimination Changes, Dementia / Alzheimer's disease</p>	<p><b>Part 3: Objectives #3 and #4</b> <b>Tertiary Prevention:</b> <u><b>Diabetes Mellitus:</b></u> Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 39 Activity and Exercise: Deconditioning: pg 792; Restoration of Activity and Chronic Illness - Diabetes Mellitus pg 809</li> </ul> <p><u><b>Elimination Changes:</b></u> Mandle, Kudzma &amp; Edelman:</p> <ul style="list-style-type: none"> <li>• Chapter 22: Young Adult</li> <li>• Chapter 23: Middle Adult</li> <li>• Chapter 24: Older Adult</li> <li>• Chapter 43: Bowel Elimination</li> <li>• Chapter 44: Urinary Elimination</li> </ul>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#7 2/15	<p>Health and Health Promotion in the Adult Population</p> <p><b>Part 3</b> <b>Tertiary Prevention:</b> Lecture: Diabetes Mellitus, Elimination Changes, Dementia / Alzheimer's disease</p>	<p><b>Part 3: Objectives #3 and #4</b> <b>Tertiary Prevention:</b> <b><u>Cognitive Impairment: Dementia and Alzheimer's disease:</u></b></p> <p>Jarvis:</p> <ul style="list-style-type: none"> <li>• Chapter 67 Mental Status Assessment: Aging Adult pg 68, 76,</li> <li>• Chapter 31 Functional Assessment of the Older Adult: Assessment of Cognition pg 835-838, Caregiver Assessment pg 838</li> </ul> <p>Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>• Chapter 14 Older Adult: Cognitive Change – Dementia pg 180; Table 14-2 Comparison of Clinical Features; Box 14-4 Principles of Nursing Care of Adults who are Cognitively Impaired; Older Adults and the Acute Care Setting –Older Adults and Restorative Care pg 190-191</li> </ul> <p>Mandle &amp; Edelman:</p> <ul style="list-style-type: none"> <li>• Chapter 24 Older Adult: Cognitive-Perceptual Pattern – pg 600-602; Social Factors - Environment – pg 612-615; Long Term Care Table 24-4 pg 612-613</li> <li>• Chapter 7: Health Promotion and the Family: Family Member with Alzheimer's Disease: Case Study and Care Plan: pg 173-174</li> </ul>

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WEEK	LECTURE CONTENT	READINGS
#8 2/22		Winter Break
#9 3/1	<b>Mid-Term Examination</b>	<b>Exam Content:</b> <ul style="list-style-type: none"> <li>• Normal Adult Growth and Development</li> <li>• SLM: Physical Changes in the Adult</li> <li>• Health Promotion and Prevention: <ul style="list-style-type: none"> <li>• SLM: Primary and Secondary Prevention</li> <li>• Lecture content Primary and Tertiary Prevention: Part 1, Part 2, Part 3</li> </ul> </li> </ul> <b>Bring Calculator to the Exam – Calculator on Cell Phone will not be permitted</b>
#9 3/1	<b>RN Fundamentals Online Practice Assessment A</b>  <i>2 weeks</i>	ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a>  <b>Assessment Opens Thursday March 1, 2018 at 12:00 Noon</b>  <b>Assessments Close Thursday March 15, 2018 at 11:00 AM</b>  <i>Rationale Closed</i>

### Lecture Content and Reading List for NRS 302

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#10 3/8	<p>Models and Theories related to the Care of Adult Populations</p> <p><b>Quiz #3 on Moodle:</b> <b>Content:</b> <b>Models and Theories related to the Care of Adult Populations</b> <b>Vulnerability / Special Needs</b> <b>Human Abuse/Domestic Violence</b> <b>Poverty and Homelessness</b> <b>Migrant Farm Worker</b></p> <p><b>Quiz will open March 8, 2018 at 11:00 AM and close April 10, 2018 at 11:59 AM</b></p>	<p>Perry &amp; Potter:</p> <ul style="list-style-type: none"> <li>Chapter 4: Theoretical Foundations of Nursing Practice: The Domain of Nursing pg 40-43; Selected Nursing Theories Orem, Leininger, Neuman, Roy, Watson pg 44-46</li> <li>Chapter 8: Caring in Nursing Practice: Theoretical Views on Caring-Leininger and Watson pg 80-81;</li> <li>Chapter 9: Culture &amp; Ethnicity: Cultural Assessment pg 107-113</li> </ul> <p>Mandle &amp; Edelman:</p> <ul style="list-style-type: none"> <li>Chapter 22: Young Adult: Ethnicity, Race and Culture - pg 554-555</li> <li>Chapter 23: Middle Adult: Social Factors and Environment - pg 582</li> <li>Chapter 24: Older Adult: Diversity Awareness - pg 615</li> </ul> <p>Stanhope &amp; Lancaster:</p> <ul style="list-style-type: none"> <li>Chapter 7 Culture Diversity in the Community: pg 140-143, HOW TO Guidelines for Selecting an Interpreter pg 149, Cultural Competence pg 151 – 163</li> </ul>
	<p>Migrant Farm Worker Health Issues</p> <p><b>Self-Learning Module</b></p> <p><b>AUDIO</b></p>	<p>Stanhope &amp; Lancaster:</p> <ul style="list-style-type: none"> <li>Chapter 7 Cultural Diversity in the Community: Immigrants and Cultural Diversity pg 147-148</li> <li>Chapter 34 Migrant health Issues</li> <li>Chapter 29 Child and Adolescent Health: Immigrant Children pg 646</li> </ul>
#11 3/15	<p>8:00 AM – 9:15 AM</p> <p>Finish Models and Theories Lecture</p> <p>+++++</p> <p><b>9:30 AM - 10:30 AM</b></p> <p><b>Ovarian Cancer</b> <b>Presentation: Michigan Ovarian Cancer Alliance</b></p>	<p>+++++</p> <p>This content will be on the Final Exam.</p>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#11 3/15	RN Fundamentals Online Practice Assessment A – Closes  Complete Remediation Practice Assessment A	ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a>  <b>If you did not achieve 100% on RN Fundamentals Online Practice Assessment 2013 A - Compete 3 Critical Points Remediation - Upload to Moodle Link</b>  <i>Remediation Due: Thursday March 22, 2018 at 8:00 AM</i> <i>Rationale will Open at Remediation Due Date</i>
#11 3/15	<b>RN Fundamentals Online Practice Assessment B</b>  <i>2 weeks</i>	ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a>  <b>Assessment Opens Thursday March 15, 2018 at 11:00 AM</b> <b>Assessments Close Thursday March 29, 2018 at 11:00 AM</b>  <i>Rationale Closed</i>
#12 3/22	Introduction to Vulnerability and Factors that Define Vulnerability in the Adult Special Needs Populations	Stanhope & Lancaster: <ul style="list-style-type: none"> <li>Chapter 7 Vulnerability and Vulnerable Populations Overview</li> <li>Chapter 31 Disability Health Care: pg 695-700</li> </ul> Perry & Potter: Chapter 3: Community Based Nursing Practice: Vulnerable Populations pg 33-35
#13 3/29	Domestic Violence and Human Abuse	Stanhope & Lancaster <ul style="list-style-type: none"> <li>Chapter 38 Violence and Human Abuse</li> </ul> Jarvis <ul style="list-style-type: none"> <li>Chapter 7 Domestic and Family Violence Assessment</li> </ul>

### Lecture Content and Reading List for NRS 302

WEEK	LECTURE CONTENT	READINGS
#13 3/29	RN Fundamentals Online Practice Assessment B – Closes  Complete Remediation Practice Assessment B	ATI Nursing Education, <a href="http://www.atitesting.com">www.atitesting.com</a>  <b>If you did not achieve 100% on RN Fundamentals Online Practice Assessment 2013 B - Compete 3 Critical Points Remediation - Upload to Moodle Link</b>  <i>Remediation Due: Thursday April 5, 2018 at 8:00 AM</i>  <i>Rationale will Open at Remediation Due Date</i>
#14 4/5	Poverty & Homelessness Case Study	Stanhope & Lancaster: • Chapter 33 Poverty and Homelessness
#14 4/5	<i>All Rationales will be Open</i>  <i>Review and Study for the Fundamentals Proctored Assessment</i>	
#15 4/12	Substance Abuse	Stanhope & Lancaster: • Chapter 37 Alcohol, Tobacco, and Other Drug Problem  <b>Lecture High Points will be Posted on Moodle</b>
#16	<b>Final Exam:</b> <b>Date and Time TBD</b>	<b>Final Exam Content:</b> • Models and Theories Related to the Care of Adult Populations • Introduction to Vulnerability; Factors that Define Vulnerability in the Adult • Special Needs Populations • Poverty and Homelessness • Human Abuse and Domestic Violence • Migrant Health Issues • Substance Abuse • Ovarian Cancer