Oakland University School of Nursing

Health Promotion in the Community

NRS 3531 (340)
CRN #11688

Faculty:

**KIMBERLY A. HOLKA,
DNP, MSA, RN, CNE, PHNA-BC
Full Time Adjunct Instructor**

Winter 2018

COURSE NUMBER:	NRS 3531 (340) – CRN #11688		

CREDIT & HOUR ALLOCATION:	Credits	Hrs/Wks	Total Hours Semester
	4	8 x 7	56

COURSE TITLE:	Health Promotion in the Community

CLASS TIME & LOCATION:	February 26, 2018 – April 25, 2018
	On-line

FACULTY OF RECORD: Kimberly A. Holka, DNP, MSA, RN, CNE, PHNA-BC
Full Time Adjunct Instructor
Office: 2021 Human Health Building (HHB)
Office Telephone: (248) 364-8754
Office Hours: See Part B of Syllabus
Email: holka@oakland.edu

Instructor-Provided Information:
Online and In-Person Office Hours and Methods for Contacting Dr. Holka

WebEx virtual office hour's dates and times are located under each module. If you would like to meet with me online during the designated dates and times, simply login to our Moodle course and click on the WebEx Virtual Office Hours link. WebEx Virtual Office Hours is similar to Skype and FaceTime. You will be able to view my computer desktop and depending if you have a camera attached to your computer, I will be able to view your desktop and see you! We could also meet face-to-face in my office or via my office phone (248) 364-8754 based on your preference and availability.

E-mail: Please contact me through our internal Moodle course email, located on the top of our course page. If our internal Moodle course email is not available and you need to contact me, please use my personal email at **holka@oakland.edu** . If you have a private or urgent matter, you may also contact me on my cell phone at 586-738-1120.

PREREQUISITE OR COREQUISITE

Prerequisite or Co-requisites: NRS 3511 (310)

COURSE OVERVIEW

This course focuses on the theoretical foundations of evidence-based nursing interventions to promote population health and prevent disease in community settings. Plans of care that include holistic health assessments, group and population-based goals and outcomes, health teaching, health counseling, health screening, disease and outbreak investigations, and disaster preparedness across multiple settings in the community will be emphasized. Empirically-based research findings related to health promotion will be analyzed, and used to guide care planning for groups and diverse populations in the community.

COURSE OBJECTIVES

1. Apply the nursing process using evidenced-based interventions with community-based groups and diverse populations to attain positive health and wellness outcomes.

2. Apply health promotion principles and professional practice guidelines to promote population health, including assessment of genetic factors that affect health and wellness.

3. Explore philosophical foundations of health promotion in the community, including the concept of social justice to eliminate health disparities.

4. Demonstrate use of principles related to cultural competency with diverse groups across the life-span, including the use of evidence-based complementary therapies.

COURSE OBJECTIVES (cont'd.)

5. Recognize the importance of collaborating with other healthcare professionals, community groups, and health care consumers and their families to develop optimal plans of care to attain positive health outcomes.

6. Integrate relevant evidenced-based interventions and the use of informatics into the delivery of patient-centered community-based wellness care.

TECHNICAL REQUIREMENTS

All e-Learning courses at Oakland University are delivered using a learning management system called Moodle that allows instructors to design entire courses online or to enhance a classroom-based course. The Moodle software resides on a server allowing students to access it via a web browser, e.g. Mozilla, Firefox. Each course is uniquely designed by the instructor who may include some of the following components in his/her web-based or web enhanced course: course syllabus, course material/content, course assignments, quizzes/tests, hyperlinks to other websites on the Internet and/or other OU web pages, discussion boards, Internal email, and the course grade book.

Logging into Moodle

Students login to Moodle with their NetID (oakland.edu email) account password. Please remember that anytime you change your NetID password, it will be reflected in your Moodle login.

- Open the Moodle Login page: https://moodle.oakland.edu
- Log-in using the first part of your NetID username and password, e.g. if your email is jwilson3@oakland.edu then:
    o Username: jwilson3
    o Password: whatever your Oakland University email password is

If you have any problems/issues with Moodle, you need to contact or fill out a help desk request form for e-Learning and Instructional Support.

To view course materials in MOODLE you will need the latest version of Adobe Reader that can be downloaded free of charge at www.adobe.com

REQUIRED TEXTBOOKS

American Psychological Association. (2010). *Publications manual of the American Psychological Association (6th ed.).* Washington, DC: Author. ISBN: 978-1433805615

Edelman, C., Kudzma, E., & Mandle, C. (2014). *Health promotion throughout the lifespan* (8th ed.). St. Louis, MO: Mosby. ISBN: 978-0-323-09141-1 or electronic book ISBN 9780323096638

RECOMMENDED TEXTBOOKS

Please note that you may use any online or nursing diagnosis care plan textbook.

COURSE GRADING

Introduction & Discussion Posting	**15%**
Quiz 1	**15%**
Quiz 2	**15%**
ChooseMyPlate.gov SuperTracker Assignment	**10%**
e-Learning and Instructional Support Online Student Orientation	**05%**
Food/Soup Kitchen Activity with Reflective Journal	**20%**
(Self-Directed if necessary)	
American Cancer Society Self-Directed Community Education & Discussion	**20%**
Or	
Oakland County Health Division Infant Safe Sleep Self-Directed Community Education & Discussion	____
	Total 100%

COURSE GRADING (cont'd.)

Please note: Late assignments receive an automatic grade penalty of 10% if not received by the designated due date and time unless, there are extenuating circumstances and the faculty is notified in advance and provides approval for the assignment to be submitted late.   An additional 10% deduction will be applied for every day thereafter.

Please remember: All assignments are to be completed by 11:55 PM (2355) on the date due.

REQUIRED READING LIST

Selected articles, resource links, Camtasia video presentations, YouTube videos, various power point presentations, etc. may be required in addition to the readings from Edelman, Kudzma, and Mandle. If additional reading assignments are necessary, the instructor will provide written notice of these assignments.

Various assignment guidelines, rubrics, and resource material will be provided on the course's Moodle web site. The student is responsible for reading, understanding, and abiding by this information. If there are questions, please ask the instructor for clarification.

TECHNICAL REQUIREMENTS

To fully participate in this course you will need:

- An internet connected computer with the most updated versions of your favorite web browser installed. *Use of smart phones and tablets is not recommended.*
- A webcam and microphone.
- Since computer access is available worldwide, it is expected that students will always have access to the course site. Unexpected computer problems are not an acceptable reason for failure to submit an assignment on time.
- In the event that your computer crashes or internet goes down, it is essential to have a backup plan to be able to login from another computer or another location as needed.
- To view course materials in MOODLE you will need the latest version of Adobe Reader that can be downloaded free of charge at www.adobe.com
- If you have an older version of Microsoft Office (97-2003), you will need to get the "Compatibility Pack" available from Microsoft. It will allow you to see files saved on the newer version. You may either go to www.Microsoft.com, click on "Downloads and Trials", then "Downloads;" or you can use the direct link:
- http://www.microsoft.com/downloads/details.aspx?FamilyID=941b3470-3ae9-4aee-8f43-c6bb74cd1466&displaylang=en

TECHNICAL REQUIREMENTS (cont'd.)

Technical Skills Required

Students enrolled in this course are expected to have a moderate level of computer proficiency. You should feel comfortable doing all of the following:

- Using your chosen computer operating system and a web browser
- Following online directions for using a new program
- Typing at least 20 words a minute
- Troubleshooting basic computer problems
- Working through problems you cannot resolve on your own with remote support technicians

Technical Assistance

If you need assistance with SAIL or your @oakland.edu email, please contact the Help Desk at the following:
- (248) 370-4357 (HELP) Monday-Friday 8 am to 5 pm
- helpdesk@oakland.edu

If you are having trouble viewing or uploading files or otherwise navigating your computer through the Moodle system, I would suggest contacting E-Learning and Instructional Support at the following:
- (248) 805-1625 Monday-Friday 8 am to 8 pm and Saturday 10 am to 12 pm
- You can also ask for help electronically by clicking on the link on the Moodle login page http://www2.oakland.edu/elis/help.cfm?formname=webex.
- E-Learning provides a student online orientation at the following link http://www2.oakland.edu/elis/so_index.cfm.
- The Information Technologists at OU are the ones best equipped to help you with computer issues.

STUDENT AND FACULTY OF RECORD EXPECTATIONS

Details of assignment requirements/maps/rubrics etc. are available on the Moodle Course Website. Assignments may be turned in any time prior to or by the due date/time; assignments turned in after the due date and time will receive a late penalty.

Students are expected to:
- Read the syllabus and all assignment directions carefully.
- Watch the course videos.
- Complete all reading assignments before completing the assignment(s) for that week.
- Spend the time necessary to complete all assignments on time and with high quality.
- Verify your computer is compatible with Moodle.

- Log into the Moodle course site 3-5 times per week, daily login is recommended.
- Read course email and respond within 2 days.
- Review question and discussion forums responding within designated period.
- Read the news forums.
- Follow the course schedule and instructions for posting assignments, attachments, forum questions and discussions.
- Participate in a thoughtful manner.
- Respect rules of netiquette:
  - Avoid using all capital letters, as it appears to be SHOUTING!
  - Use constructive feedback.
  - Refrain from engaging in inflammatory comments.
  - Online communication lacks verbal cues. Be clear and concise.
  - Online humor may be misinterpreted. Try using emotion-icons (example: smiley faces :).
- You are **not** expected to respond to everyone's posts. Please follow your assignment rubrics.
- Save files frequently and in multiple locations including your hard drive, a flash drive, and/or internet clouds such as a Dropbox to protect your work.
- Submit all assignments as Word Documents or PDF files per instructions.
- Carefully check all work prior to submitting for grammar, spelling, and APA format. It is highly recommended that our OU Writing Center review your work prior to submission. As an online student you may schedule online appointments with the Writing Center either over the phone 248-370-3120 or in person. If you prefer to meet face-to-face with a writing consultant consider scheduling an appointment at the main campus located inside Kresge Library or the Anton Frankel Center in Mt. Clemens. You may schedule an appointment using the following link: https://www.oakland.edu/ouwc/top-links/schedule/
- Nursing Students may be placed in a variety of clinical settings throughout the health promotion in the community nursing course. Provided opportunities/assignments will be scheduled on various days in cooperation with agencies/organizations.
- If you need a question answered, clarification, or other information please use our Moodle Question and Answer Forums under the specific Module. If you have a private manner you would like to discuss please use our Moodle internal course email to contact me, schedule an appointment to see me in-person, schedule a virtual online meeting using the WebEx link, or in an emergency, you may contact me, Dr. Holka, on my cell phone at 586-738-1120.
- All policies and procedures found in the Oakland University catalog and School of Nursing handbook will apply for this course. The Oakland University and School of

STUDENT AND FACULTY OF RECORD EXPECTATIONS (cont'd.)

> Nursing academic year calendars will be followed for schedules, registration, holiday recess, etc.

- All times listed in the syllabus and on the course site are based on EST/DST time zone. Please refer to Part A of the syllabus for important course information including the course overview, course objectives, essential content, academic conduct, and special considerations.

The faculty of record will:
- Login to our Moodle course every week day.
- Respond to internal course email within 24 to 48 hours during the week. I will let you know if I will be unavailable online for more than 48 hours. I generally check our Moodle course daily.
- Provide suggestions and participate in forums.
- Answer questions, make clarifications or provide other information via the Moodle Question and Answer forum or the Moodle internal course e-mail.
- Grade assignments within 3-7 days of the assignment due date.
- Seek feedback on the course and module set up in order to make improvements at various times throughout the semester.

Asynchronous Online Learning Activities

In an online course, you are expected to participate in asynchronous activities, such as online discussions, papers, and/or quizzes. These activities do not require the entire class to "meet" in the traditional sense – instead you are expected to participate anytime that is convenient for you within a specific window of time. For instance, you may be expected to contribute to an online discussion two or three times a week. For information about specific asynchronous activities, please login to Moodle and refer to our course schedule and modules. The more frequently you login to the course site and actively participate in the course, the better the learning experience will be for everyone.

Please Note All materials (slides, handouts, modules, etc.) provided in this course are the property of the faculty and/or SON. It is strictly prohibited to send, post in an open on-line forum, or use any of these materials in any format outside of the confines of this course without explicit permission from the faculty and/or SON.

Oakland University School of Nursing
GRADE CONVERSION

Note: 70% = 2.5

PERCENTAGE	GPA
100.00	4.0
98.00 – 99.99	3.9
96.00 – 97.99	3.8
94.00 – 95.99	3.7
92.00 – 93.99	3.6
90.00 – 91.99	3.5
88.00 – 89.99	3.4
86.00 – 87.99	3.3
84.00 – 85.99	3.2
82.00 – 83.99	3.1
80.00 – 81.99	3.0
78.00 – 79.99	2.9
76.00 – 77.99	2.8
74.00 – 75.99	2.7
72.00 – 73.99	2.6
70.00 – 71.99	2.5
68.00 – 69.99	2.4
66.00 – 67.99	2.3
64.00 – 65.99	2.2
62.00 – 63.99	2.1
60.00 – 61.99	2.0
58.00 – 59.99	1.9
56.00 – 57.99	1.8
54.00 – 55.99	1.7
52.00 – 53.99	1.6
50.00 – 51.99	1.5
48.00 – 49.99	1.4
46.00 – 47.99	1.3
44.00 – 45.99	1.2
42.00 – 43.99	1.1
40.00 – 41.99	1.0