

**Clackamas Community College**  
Online Course/Outline Submission System

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### Section #1 General Course Information

**Department:** Nursing

**Submitter**

First Name: Sue

Last Name: Bradbury

Phone: 0657

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**Course Prefix and Number:** NRS - 110

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**# Credits:** 5

**Contact hours**

Lecture (# of hours): 55

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 55

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

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**Course Title:** Foundations of Nursing-Health Promotion

**Course Description:**

This course introduces the learner to framework of the OCNE curriculum. The emphasis on health promotion across the life span includes learning about self-health as well as patient health practices. To support self and patient health practices, students learn to access research evidence about healthy lifestyle patterns and risk factors for disease/illness, apply growth and development theory, interview patients in a culturally sensitive manner, work as members of a multidisciplinary team giving and receiving feedback about performance, and use reflective thinking about their practice as nursing students. Populations studied in the course include children, adults, older adults and the family experiencing a normal pregnancy. Includes classroom and clinical learning experiences. The clinical portion of the course includes practice with therapeutic communication skills and selected core nursing skills identified in the OCNE Core Nursing Skills document.

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**Type of Course:** Career Technical Preparatory

Is this class challengeable?

No

Can this course be repeated for credit in a degree?

**No**

Is general education certification being sought at this time?

**No**

Does this course map to any general education outcome(s)?

**No**

Is this course part of an AAS or related certificate of completion?

**Yes**

**Name of degree(s) and/or certificate(s):** Nursing AAS

Are there prerequisites to this course?

**Yes**

**Pre-reqs:** Admission into the CCC nursing program

**Have you consulted with the appropriate chair if the pre-req is in another program?**

**No**

Are there corequisites to this course?

**Yes**

**Co-reqs:** NRS 110C

Are there any requirements or recommendations for students taken this course?

**No**

Are there similar courses existing in other programs or disciplines at CCC?

**No**

Will this class use library resources?

**Yes**

**Have you talked with a librarian regarding that impact?**

**Yes (A 'Yes' certifies you have talked with the librarian and have received approval.)\***

Is there any other potential impact on another department?

**No**

Does this course belong on the Related Instruction list?

**No**

**GRADING METHOD:**

A-F Only

**Audit: No**

When do you plan to offer this course?

✓ **Fall**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

**No**

Will this course appear in the college catalog?

**Yes**

Will this course appear in the schedule?

**Yes****Student Learning Outcomes:**

Upon successful completion of this course, students should be able to:

1. conduct a culturally and age appropriate health assessment, and interpret health data, such as screening for biological and psychosocial health risks, evidence of safe and healthy habits, developmental tasks and vulnerabilities, and patterns of family functioning;
2. develop a plan of care that is family-centered, and developmentally and culturally appropriate using evidence such as clinical practice guidelines and integrative literature reviews, to help facilitate a patient's health behavior change;
3. use effective communication to establish a therapeutic patient-centered relationship and advocate for a health behavior change based on assessment of health risks,
4. design and evaluate a health behavior change for self and for a selected patient using relevant evidence and family/cultural data,
5. demonstrate beginning use of selected nursing frameworks, including the legal ethical base for practice, and their application to the practice of nursing;
6. recognize the importance and relevance of reflection on clinical experiences and on competencies and its influence on personal and professional behavior,
7. demonstrate use of effective learning strategies in a performance-based curriculum,
8. demonstrate use of the importance of fulfilling commitments to the team in timely completion of assignments.

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***This course does not include assessable General Education outcomes.***

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**Major Topic Outline:**

1. Introduction to OCNE Curriculum.
2. Health promotion across the life span.
3. Self-care.
4. Cultural considerations in client care.
5. Student's values as related to nursing practice.

6. Evidence-based practice.
7. Risk factors for disease/illness.
8. Roles of multi-disciplinary team members.
9. Teaching/learning styles.
10. Historical and current perspectives in nursing.
11. Health Policy.
12. Communication.
13. Legal issues related to nursing practice.
14. Ethical issues related to nursing practice.
15. Problem solving techniques.
16. Noticing and assessing in the context of health promotion.

Does the content of this class relate to job skills in any of the following areas:

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

First term to be offered:

**Specify term:** Fall 2015

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