

Course title: HEALTH PROMOTION

ECTS credit allocation (and other scores): 1 ECTS (classes and lectures) and 1 ECTS (practical skills)

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 50 hours

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Type of classes: classes and lectures

Substantive content

CLASSES: Differentiation of concepts: health promotion, prevention. Health behaviors, lifestyle, an indication of theoretical foundations. The scope and nature of nurse's tasks in health promotion. Methods for assessing the health of an individual and the family - "human health potential" using a specific methodology (scales, graphs, instrumental measurements). Health promotion in local communities, school, work place.

LECTURES: Theoretical basics, explanation and defining the concept of health. Health promotion - defining and theoretical foundations. Health paradigms (models) and their impact on health promotion and health prophylaxis. Principles of construction, implementation, evaluation of health promotion programs and health education. Health promotion strategies with local, national and supranational range.

Learning purpose: prepare students to plan, conduct and evaluate health promotion activities

On completion of the study programme the graduate will gain:

Knowledge: Defines health, health promotion, prevention, health behaviors, lifestyle and indicates their theoretical basis. Explains health paradigms and their impact on health promotion and prevention, determines the scope and nature of nurse's tasks in health promotion. Knows the principles of constructing health promotion programs and health education. Knows strategies of health promotion on local, national and supranational level.

Skills: Initiates and provides support to the individual and family in maintaining health by creating an environmental "coalition for health". Evaluates the health of the individual and family - "human health potential!" using a specific methodology (scales, graphs, instrumental measurements). Teaches the recipient of nursing services self-control of health and motivating for pro-health behaviors. Recognizes the determinants of the individual's health behavior and risk factors of diseases resulting from lifestyle. Develops and implements an individual health promotion program for individuals and families. Implements the health promotion and health education program adapted to the identified health needs.

Social Competencies: Systematically updates professional knowledge and shapes skills, striving for professionalism. Respects the patient's rights. Upholds professional confidentiality. Is open to the development of own and the patient's subjectivity.

Basic literature: Pender, N.J., Murdaugh, C. and Parsons, M.A. (2011) Health Promotion in Nursing Practice. 6th Edition, Pearson, Boston. Guidelines for Systematic Reviews of Health Promotion and Public Health Interventions 2007, www.vichealth.vic.gov.au/cochrane



Supplementary literature: Sakraida, T.J. (2013) The Health Promotion Model. In: Alligood, M.R. and Marriner Tomey, A., Eds., Nursing Theorists and Their Work, 8th Edition, Chapter 21, Mosby Elsevier, St. Louis.

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 45 hours (10 lectures, 15 seminar, 20 practical skills)

Student's independent work: 5 hours