

# NURS 210 : Health Promotion Across the Lifespan

**Credits:** 9

**Class Hours:** 3 lecture and 18 lab

**Prerequisites:**

Admission into the Career Ladder Nursing Program. Approval of instructor.

**Corequisite Courses:** NURS 211

**Description:**

This course focuses on identifying needs of the total person across the lifespan in a wellness/health promotion model of care. It introduces the roles of the nurse, nursing code of ethics, and the nursing process with emphasis on learning self-health and client health practices. To support self-health and client health practices, students learn to access research evidence about healthy lifestyle patterns and risk factors for disease/illness, apply growth and development theory, interview clients in a culturally sensitive manner, and work as members of a multidisciplinary team utilizing reflective thinking and self-analysis.

**Semester Offered:** Fall

**Course Student Learning Outcomes (CSLOs):**

1. Identify the National League for Nursing (NLN) legal/professional standards and ethical concepts while delivering basic nursing care across the lifespan.
2. Demonstrate independent self-reflective practice in a performance-based curriculum.
3. Seek and evaluate information to gain nursing knowledge and skills needed to promote health across the lifespan.
4. Discuss nursing care situations that require delegation and leadership decisions.
5. Identify roles and functions of each member of the health care team.
6. Describe the components of the health care delivery system in the U.S.
7. Discuss the elements of client-centered care in promoting health across the lifespan.
8. Practice effective oral and written communication with clients, peers, and faculty.
9. Utilize a systematic process to develop and deliver a plan of care.