

Covenant School of Nursing
Instructional Module 1 Learning Guide
Topic: Health Promotion/Development of Middle and Older Adult

Learning Goals/Outcomes
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none">• Discuss the definition of health• Explain the concept of health promotion• Identify when health promotion neglect is developing or has developed• Identify health promotion activities and categorize them as primary, secondary, or tertiary levels of prevention• Identify specific health promotion strategies across the lifespan• Discuss nurse roles in health promotion• Discuss the developmental challenges for each older adult age-group• Discuss cognitive, psychosocial challenges for each age group
Pre-Class Preparation
Required: Read Potter & Perry 10 th ed Chapter 13 pages 168-172 and Chapter 14
Learning Activities
<p>Classroom Activities:</p> <ul style="list-style-type: none">• Lecture• Q & A• Poster Development and Presentation• Laboratory/Clinical:• Demonstrate communication skills with older adults <p>Online/ Out of Class, If assigned: Go to: My Evolve Clinical Skills: Skills for Nursing Collection Course Content Essential Collection</p>
Evaluation Methods
<ul style="list-style-type: none">• Exam• Health promotion presentation/poster• Participation in class

<i>Time Allotments:</i>		
Classroom	Laboratory	Out-of-Class Work
Texas DECs		QSEN Competencies
1A;1C;IIB&E;IIIC		PCC; T&C;S
IM Student Learning Outcomes		NCLEX Test Plan
1/1;1/2;1/3;1/7;1/8		Health Promotion & Maintenance; Safe and Effective Care
Concepts		Faculty
Health Promotion and Senescence		Monica Foster, MSN, RN
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