

SUBJECT TEACHING GUIDE

G1025 - Education and Health Promotion

Degree in Nursing

Academic year 2024-2025

1. IDENTIFYING DATA					
Degree	Degree in Nursing			Type and Year	Compulsory. Year 2
Faculty	Faculty of Nursing				
Discipline	Subject Area: Community Nursing Module: Nursing Science				
Course unit title and code	G1025 - Education and Health Promotion				
Number of ECTS credits allocated	6	Term	Semester based (2)		
Web	https://web.unican.es/centros/enfermeria				
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

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3.1 LEARNING OUTCOMES

- Providing comprehensive care to individuals, families and groups in simulated situations, improving their participation and taking into account their behaviour determinants.
- Justifying the current utility of Health Education based on the evolution of the health-disease concept.
- Describing theoretical bases of education and health promotion.
- Identifying promoting health actions in our environment, in any situation and life stage.
- Explaining health promotion strategies.
- Identifying nursing competencies in Health Promotion and Education of individuals, families and groups.
- Using Health Education methodology to develop a program targeting to specific person, family or group.
- Evaluating the effectiveness of one executed Health Education program.
- Justify the need for the participation of individuals, families and groups in improving the health of the community.
- Developing strategies to promote the participation of individuals, families and groups in their health-disease process.
- Analyzing the evolution and current situation of health-related lifestyles.
- Identifying main lifestyles that may constitute health risk.
- Establishing intervention measures to promote healthy lifestyles.
- Demonstrating appropriate attitudes and skills for teamwork.
- Demonstrating skills that improve effective communication, interrelation and participation of person, family, and community in care process.
- Demonstrating skills in using of databases and sources of information.
- Using communication and information techniques as a tool for learning and communication.

4. OBJECTIVES

At the end of the course students are being able to design and implement a program in Health Education to promote healthy lifestyles in individuals, families and community.

6. SUBJECT PROGRAM	
CONTENTS	
1	<p>PART 1: General concepts of Education and Health Promotion.</p> <p>Topic 1. Health Promotion.</p> <p>Topic 2. Health Education.</p> <p>Topic 3. Methodology of EHEA</p> <p>Classroom Practice 1 (PA): Health Determinants.</p>
2	<p>PART 2. Determinants of health behaviours.</p> <p>Topic 3 Models of health determinants.</p> <p>Topic 4. Explanatory models of behaviors.</p> <p>Classroom Practice 2 Determinants of health behaviors. Video viewing and analysis.</p> <p>Classroom Practice 3. Determinants of health behaviors. Practical cases.</p>
3	<p>PART 3: Designing a Health Education Program</p> <p>Topic 6: Valuation.</p> <p>Topic 7: Planning.</p> <p>Topic 8: General Intervention.</p> <p>Topic 9: Evaluation.</p> <p>Classroom Practice 3 (PLO): Databases on health indicators.</p> <p>Classroom Practice 4 (PLE): Implementation of interviews.</p> <p>Classroom Practice 5 (PLO): Design of an assessment questionnaire.</p> <p>Classroom Practice 6 (PLO): Goal planning workshop</p> <p>Classroom Practice 7 (PLE): EpS intervention analysis using grid technique.</p> <p>Classroom Practice 8 (PLE): Role play on presentation techniques in EpS groups</p> <p>Classroom Practice 9 (PLE): Role play on work techniques in EpS groups</p>
4	<p>PART 4: Main risk behaviours: Description and specific action in Health Education.</p> <p>Theme 10: Tobacco, alcohol and other addictions.</p> <p>Theme 11: Feeding and exercise.</p> <p>Classroom Practice 10 (PLE): Video discussion: addictions and process of change</p> <p>Classroom Practice 11 (PLE): Discussion table on critical reading of interventions in EpS.</p>

7. ASSESSMENT METHODS AND CRITERIA

Description	Type	Final Eval.	Reassessn	%
The evaluation of the theoretical knowledge acquired during the course will be done at the end of the semester . In order to pass the subject the student must obtain a grade of 5.	Written exam	Yes	Yes	60,00
The group works derived from classroom practices are intended to foster social skills, collaborative work and to deepen some of the theoretical contents taught in the course of the course. Since the conditions of classroom practices are not repeatable.	Activity evaluation with Virtual Media	No	No	15,00
The work will be evaluated based on the previously established quality criteria and the evaluation of other members of the group. The teamwork are not repeatable; the student will not be able to recover the work proposed.	Work	No	No	25,00
TOTAL				100,00
Observations				
When the student has taken tests representing 50% or more, the corresponding grade will appear on the academic dossier (art. 39 of the UC's Regulations on Assessment Processes). In the event that the health and academic authorities so advise, the assessment may be carried out in distance mode.				
Observations for part-time students				
Observations for part-time students				
Students who are on a part-time basis may avail themselves of the following evaluation system:				
<ul style="list-style-type: none"> - Take the final exam with a percentage weight of 80%. - Perform an individual work with a weight of 20%. 				
In order to benefit from this modality, an application must be made at the beginning of the course to the responsible teacher, in which part-time enrollment is justified.				

8. BIBLIOGRAPHY AND TEACHING MATERIALS

BASIC
Palmar Santos AM. Métodos educativos en salud. Madrid: Elsevier España;2014
Sarriá Santamera A, Villar Álvarez F. Promoción de la salud en la comunidad. ES: UNED; 2014.
Rimer BK, Glanz K. (2005). Theory at a glance: a guide for health promotion practice. 2nd ed. [ebook] Bethesda, MD: U.S. Dept. of Health and Human Services, National Institutes of Health, National Cancer Institute. Disponible en: http://www.cancer.gov/PDF/481f5d53-63df-41bc-bfaf-5aa48ee1da4d/TAAG3.pdf [Accessed 28 May 2018].
Asamblea Mundial de la Salud 6. Reducir las inequidades sanitarias actuando sobre los determinantes sociales de la salud [Internet]. Organización Mundial de la Salud. 2009 [cited 28 May 2018]. Disponible en: http://www.who.int/iris/handle/10665/4263
The Ottawa Charter for Health Promotion [Internet]. Organización Mundial de la Salud. 1986 [cited 28 May 2018]. Disponible en: http://www.who.int/healthpromotion/conferences/previous/ottawa/en/

