# Module 1 Discussion

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 ***Foundation for Health Promotion***

For this Discussion, your instructor will assign you a case number.

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|  | **Case 1** | **Case 2** | **Case 3** |
| **Cases** | J.R. is a nurse practitioner who serves an urban Chinese community. The challenges she faces daily include coordinating health care for the community members, fostering compliance with treatment regimens, and teaching the community about health prevention and early detection of diseases and conditions.  J.R. has learned that one of the main reasons the community members do not adhere to their treatment regimens is because of mistrust of Western medicine. Many of the patients are older adults who rely on homeopathic treatments they learned in China as children. These patients prefer to take Chinese herbs in lieu of prescription medications. Additionally, these patients do not like to attend health screenings or take part in immunization clinics because they do not believe these measures are beneficial to their health. | L.W. is a nurse practitioner in an urban community. Many of her clients recently immigrated to the United States from various countries. She is challenged by the many different cultures she encounters and the different values and beliefs they hold toward Western medicine.  She is determined to earn her clients’ trust. She does this by providing health care services that are respectful of each client’s health beliefs and practices and cultural needs. She knows she must set aside her own values and beliefs to focus on what is important to her clients in order for them to have successful outcomes. | D.H. is a nurse administrator at a large primary practice. His duties include maintaining the nurses’ schedules to keep within the facility’s budget; overseeing the hiring and training of nurses; ensuring that the work environment for the nurses is safe; and resolving any employment issues with the nurses that require disciplinary action, termination, or reporting adverse nursing care to the state board.  One of his primary initiatives during the nurses’ orientation is to reiterate the importance of incorporating the goals of Healthy People 2020 into the nurses’ care. |
| **Questions for the case** | What type of prevention J.R. is trying to achieve when she encourages her patient population to attend the blood pressure screening events? Please elaborate your answer; compare prevention types, give examples and share similar challenges you might have faced during your practice. | Give at least two examples of emerging populations in the United States and describe their cultural characteristics that might interfere with their healthcare. | How you as a health care professional should proceed if you suspect that a client has finances concerns about being able to afford their health care. |

Once you received your case number; answer the specific question on the table above. Then, continue to discuss the 3 topics listed below for your case:

1. **Identify the different roles and responsibilities of the nurse.**
2. **Please discuss the challenges you anticipate facing when fulfilling the various roles of a nurse practitioner. How would you work to improve your weaknesses? Identify your strengths.**
3. **Which patient population is most likely to experience health disparities and why?**

**Submission Instructions:**

* Your instructor will assign you your case number and you will post on the case number you have been assigned.
* You will reply to **the other two case studies (One of each)**.
* Your initial post should be at least 500 words, formatted and cited in current APA style with support from at least 2 academic sources. Your initial post is worth 8 points.
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* Please post your initial response by 11:59 PM ET Thursday, and comment on the posts of two classmates by 11:59 PM ET Sunday.
* You can expect feedback from the instructor within 48 to 72 hours from the Sunday due date.

Module 1 assignment

***Therapeutic Relationship***

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|  | **Case 1** | **Case 2** |
| **Cases** | J.J is a nurse practitioner who works in a primary care facility. He believes that one of the most important aspects of his work is to foster a therapeutic relationship with his clients. He is using effective communication techniques.  Many of his clients have altered sensory perception such as blindness and deafness. Because of these conditions, He has to be extremely patient with his clients. J.J. also finds that the use of respect and humor help him bond more readily with his clients. | T.D. enjoys caring for the children and young people in the schools where she works, but sometimes she is faced with tough situations such as suspected child abuse and neglect, teen pregnancy, and alcohol and drug use among teenagers. She works hard to ensure that the children in her schools receive the best care possible. |
| **Questions for the case** | For better results with his clients, J.J must secure trust with his patients. Discuss strategies that promote trust between patients and health care providers. | Several third graders reports having received no breakfast at home for more than a week. T.D. is exercising Advocacy for the students under her care. What type of actions she might be doing to exercise advocacy for the students? |

Choose one of the cases above and answer its respective question(s). And then, compose the items below for your case:

1. Moral distress is a frequent situation where health care providers should face. Please define and articulate a personal experience where you have faced Moral distress in your practice.
2. Explain how health promotion relates to morality.
3. Describe your insights about your own communication strengths and weaknesses. Identify situations in which it may be difficult for you to establish or terminate a therapeutic relationship.

**Submission Instructions:**

* The paper is to be clear and concise and students will lose points for improper grammar, punctuation and misspelling.
* The paper is to be formatted per current APA, be clear, concise and students will lose points for improper grammar, punctuation and misspelling.
* The paper is to be 3-4 pages in length, excluding the title, abstract and references page.
* Incorporate a minimum of 3 current (published within last five years) scholarly journal articles or primary legal sources (statutes, court opinions) within your work.
* Journal articles and books should be referenced according to current APA style.
* Complete and submit the assignment by 11:59 PM ET Sunday.
* Late work policies, expectations regarding proper citations, acceptable means of responding to peer feedback, and other expectations are at the discretion of the instructor.
* You can expect feedback from the instructor within 48 to 72 hours from the Sunday due date.

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Module 2 assignment

Module 2 Discussion

No unread replies.No replies.

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 ***Assessment of Health Promotion***

For this Discussion, your instructor will assign you a case number.

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|  | **Case 1** | **Case 2** | **Case 3** |
| **Cases** | J.R. is a nurse practitioner in a clinic on a large, isolated Indian reservation. The clients in his community have a disproportionately high rate of alcoholism and suicide. Poverty is widespread.  He believes the most important component of his job is to promote wellness among his clients. J.R. reaches out to the people of the community by providing wellness clinics and educational forums. He uses a holistic approach to health care, incorporating traditional Indian healing practices along with Western medicine. | P.Q. is a nurse practitioner in a rural, agricultural community. The community is populated mostly by the Hispanic families that work in the fields. Many of the families are migrant workers. They stay in his community during the planting and harvesting seasons and then migrate back to Mexico or to other communities where they can find work.  Many of the families that he helps are struggling to stay together. Many parents must leave their young children behind in Mexico. Husbands and wives are separated frequently, putting additional stress on the family system. As a child of migrant farm workers, P.Q. understands their predicament first-hand and is able to assist the families he serves with viable health-promotion plans. | M.G. is a school nurse practitioner in a district with a high number of teen pregnancies. Teen pregnancy has been a problem in this district for several generations now, and the rate is one of the highest in the state.  She chairs a task force created to address the teen pregnancy problems in the school district. Teachers, parents, students, and other interested community members sit on the task force. M.G. affects change by providing information the community needs to develop health-oriented skills, attitudes, and related behavioral changes. |
| **Questions for the case** | Do you think is appropriate that J.R. is adapting his practice incorporating traditional Indian healing practices along with Western medicine? Support your answer with evidence base practice recommendation. | P.Q. uses the following five measures of family functioning to determine the effectiveness of interventions:   * changes in interaction patterns * effective communication * ability to express emotions * responsiveness to needs of members as individuals * problem-solving ability   Define each one and give clinical examples. | Create a plan for the community regarding Teen pregnancy. Include education, prevention, care and recommendations. |

Once you received your case number; answer the specific question on the table above. Then, continue to discuss the 3 topics listed below for your case:

1. **An effective health assessment incorporates not only physiological parameters; please suggest other parameters that should be considered and included on health assessments to reach maximal health potential on individuals.**
2. **Name the different family developmental stages and give examples of each one.**
3. **Describe family structure and function and the relationship with health care.**

**Submission Instructions:**

* Your instructor will assign you your case number and you will post on the case number you have been assigned.
* You will reply to **the other two case studies (One of each)**.
* Your initial post should be at least 500 words, formatted and cited in current APA style with support from at least 2 academic sources. Your initial post is worth 8 points.
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* Please post your initial response by 11:59 PM ET Thursday, and comment on the posts of two classmates by 11:59 PM ET Sunday.
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Module 2 assignment

***Presentation: Critical Review & Evaluation of Health Promotion Protocol/Practice***

The purpose of this assignment is to complete a review of a screening tool utilized by nurse practitioners in maintaining individual, family, or community health.

**Your presentation should**:

1. Identify and select a screening tool    
2. Research of ethical, economical and legal issues relative to the practice in relation to health promotion protocol/practice.   
3. Provide recommendations.

**Submission Instructions:**

* Presentation is original work and logically organized in the current APA style including citation of references.
* Incorporate a minimum of 4 current (published within the last five years) *scholarly journal articles* or *primary legal sources* (statutes, court opinions) within your work.
* PowerPoint presentation with 10-15 slides, excluding the title slide and the reference slide.
* The presentation is clear and concise and students will lose points for improper grammar, punctuation and misspelling.
* Speaker notes expanded upon and clarified content on the slides.
* Complete and submit by 11:59 PM ET Sunday.

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Module 3 Discussion

No unread replies.No replies.

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 ***Interventions for Health Promotion***

For this Discussion, your instructor will assign you a case number.

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|  | **Case 1** | **Case 2** | **Case 3** |
| **Cases** | S.M. is a nurse practitioner in a large midwestern city. Today she is participating in a health fair at the Islamic Cultural Center. She is anticipating attendance by many families of Arab-American descent.  S.M. knows common health issues in Arab Americans include cardiovascular disease and diabetes. Her goals today are to gain the trust of the families she meets, learn about their health behaviors, provide education about healthy lifestyles, and arrange any follow-up care that may be needed. | C.B. is a student nurse practitioner completing her practicum in an office practice She assists the community with blood pressure and immunization clinics. The primary roles in this setting are education and health prevention.  C.B. has completed a population assessment and determined that the community is lacking in organized physical activities. The community that she is working in has a diverse age group between 56 and 87 years of age, with the majority of the residents being between 70 and 74 years of age. The members of the community are active in the health screenings and clinics and enjoy including the nursing staff in their activities. | D.Z. is a holistic nurse practitioner in a large multispecialty clinic. She works in the offices of surgeons, internists, and OBGYNs. Because the client population is so culturally diverse, D.Z. was hired to serve as a liaison between the providers of conventional healing and complementary and alternative healing practices.  One of D.Z. clients is M.L. She is 3 years old and has a seizure disorder. M.L. parents rely on traditional medicine to cure their daughter’s seizures. They believe her seizures are caused by the spirits. Their compliance with M.L daily anti-seizure medicine and follow-up appointments has been poor. |
| **Questions for the case** | During the health fair, S.M. assesses her clients’ risk factors, including person-dependent factors and environmental-dependent factors. List at least 3 examples of a person-dependent factors and environmental dependent-factors | Which are the recommendations according to the Centers for Disease Control and Prevention for older adults regarding type, quantity and quality of exercise per week? | Please define and describe Acupuncture as a therapeutic alternative and its indications. |

Once you received your case number; answer the specific question on the table above. Then, continue to discuss the 3 topics listed below for your case:

1. **Define and describe the primary goals of screening.**
2. **Discuss your thoughts on the relationship between economics and nutrition. How would you advise people of low socioeconomic status to eat healthy on a budget? How would you respond to patients whose financial restraints limit their access to food?**
3. **Identify potential barriers to patient teaching and how you would address these barriers.**

**Submission Instructions:**

* Your instructor will assign you your case number and you will post on the case number you have been assigned.
* You will reply to **the other two case studies (One of each)**.
* Your initial post should be at least 500 words, formatted and cited in current APA style with support from at least 2 academic sources. Your initial post is worth 8 points.
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* Please post your initial response by 11:59 PM ET Thursday, and comment on the posts of two classmates by 11:59 PM ET Sunday.
* You can expect feedback from the instructor within 48 to 72 hours from the Sunday due date.

Module 4 Discussion

No unread replies.No replies.

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 ***Health Promotion in the Prenatal & Infant Population***

For this Discussion, your instructor will assign you a case number.

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|  | **Case 1** | **Case 2** | **Case 3** |
| **Cases** | G.K. is a family nurse practitioner in the health department of a large city. She is responsible for following up with infants and children who have been referred to the health department. Most of her referrals come from the hospital upon discharge of an infant going home to a potentially high-risk environment.  G.K. follows up with each child to ensure he or she is in a safe environment and is growing and developing adequately. She provides education and support to the parents so they can anticipate and respond appropriately to the challenges of raising children. | M.T. is a nurse practitioner in a busy OBGYN clinic. Her clients include women from various socioeconomic and cultural backgrounds. M.T. spends her time educating women about interventions for a healthy pregnancy.  She promotes the physical, mental, and spiritual health of her clients throughout the childbearing years. Although she primarily works with the pregnant woman, her ultimate goal is to assist each family to have a healthy pregnancy and birth outcome and lay the foundation for satisfactory parenting and family life. | A.V. is a nurse practitioner working with the public health department. Community assessments reveal that one rural community has a high rate of teenage pregnancy. A.V. conducts parenting classes at the local high school and aims to reach first-time expectant parents. Her goal is to provide parents with information about what to expect of a new baby and basic care for the infant. She realizes that continuity with education may be an issue. Many of her previous classes began with high attendance at the beginning of her 12-week sessions. Over time, interest began to fade, and participation declined. She tries a different approach with the current series of lectures. She reduces the session to 6 weeks and changes the format to one hour of lecture combined with questions and answers, with the second hour consisting of interactive demonstration. |
| **Questions for the case** | Define and describe the following influences that can affect individual’s potential for growth:  • genetic factors • prenatal and postnatal exposures • nutritional factors • environmental factors • life style  • health care practices. | M.T. participates in community health fairs educating childbearing-age women about healthy lifestyles that can improve chances for a healthy pregnancy. Women should be made aware that certain preconception interventions may improve not only the outcomes of pregnancy but their overall health as well. Design a plan that fits the needs for the health fair that M.T. is participating. List the recommendations and the rationales. | What recommendations would you give to a group of expectant teenagers that are attending to your Health Promotion and Disease Prevention educational sessions regarding breastfeeding. Include recommendation in how to increase the duration to this activity. |

Once you received your case number; answer the specific question on the table above. Then, continue to discuss the 2 topics listed below for your case:

1. **Describe the relationship between culture and growth and development. Assess whether all growth and development milestones should be applied to all children regardless of cultural background.**
2. **Design a teaching plan for parents regarding injury prevention during infancy. In your teaching plan you must include the home of an infant injury proof.**

**Submission Instructions:**

* Your instructor will assign you your case number and you will post on the case number you have been assigned.
* You will reply to **the other two case studies (One of each)**.
* Your initial post should be at least 500 words, formatted and cited in current APA style with support from at least 2 academic sources. Your initial post is worth 8 points.
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
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Module 4 assignment

**Guide for a Selected Chronic Condition**

The purpose of this assignment is to design a study guide that will assist you and your peers to translate relevant clinical guidelines and evidence-based research into evidence-based practice to promote health and prevent chronic health problems.

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| --- | --- |
| **You must choose one of the conditions below:**   * Diabetes Mellitus * Congestive Heart Failure * Chronic Kidney Disease * COPD | **Your study guide must include:**   * Definition, etiology * Occurrence/epidemiology * Clinical presentation * Diagnostic testing * Differential diagnosis * Non-pharmacological and pharmacological management and follow up |

**Submission Instructions:**

* The study guide is to be clear and concise and will provide a quick reference for a specific chronic disease.
* Include your resources and guidelines used for the elaboration of the study guide.
* Please use the attached template below to complete your assignment.
  + [Guide for a Selected Chronic ConditionTemplate.docx](https://stu.instructure.com/courses/34703/files/2189913/download?wrap=1)[Download Guide for a Selected Chronic ConditionTemplate.docx](https://stu.instructure.com/courses/34703/files/2189913/download?download_frd=1)
* Students will lose points for improper grammar, punctuation, misspelling, and references should be current (published within the last five years).
* Complete and submit by 11:59 PM ET Sunday.

Module 5 Discussion

No unread replies.No replies.

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 ***Health Promotion & Adolescent***

For this Discussion, your instructor will assign you a case number.

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|  | **Case 1** | **Case 2** |
| **Cases** | C.C is a nurse practitioner working in a small private high school. She provides comprehensive care to the students and staff at the school. She coordinates the health education program of the school and consults with the administration to identify the educational and health promotion needs of the population.  She works in a Catholic high school. She meets resistance about providing health education about some of the topics typically taught to the adolescent age group. Substance abuse prevention; HIV, AIDS, and sexually transmitted disease prevention; and pregnancy prevention are topics that are highly controversial at her school. However, C.C. realizes that it is imperative that she reach the teens about these difficult topics. | E.J. is a nurse in an elementary school setting. Health promotion at the school-age level is a critical time when behaviors can be influenced before unhealthful patterns have become the standard. Healthy behaviors are taught and modeled by the nurse as well as the teachers in the school.  She has a diverse set of roles. She provides direct care to ill or injured students when needed. She also coordinates vision and hearing screenings, tracks immunization compliance, provides referrals, and participates in the care and planning of special needs students. She is aware that she has high rates of students with asthma and allergies, so she monitors the air quality index in her community. |
| **Questions for the case** | Discuss the recommended schedule of health-promotion and preventive health visits for adolescents and the appropriate topics for inclusion during each visit. | The prevention of overweight and obesity is critically important during the school-age years. Which educational interventions as a Nurse practitioner you should give to your school-age patients? |

Once you received your case number; answer the specific question on the table above. Then, continue to discuss the 3 topics listed below for your case:

1. **Discuss appropriate interventions for adolescents suspected of having an eating disorder. Describe how they would initiate conversations with adolescents about this issue.**
2. **Describe the physical changes of adolescents that include natural processes of biology and genetics**
3. **Discuss the prevalence of violence among adolescents. Identify ways that health care practitioners can help prevent and educate adolescents about these issues.**

**Submission Instructions:**

* Your instructor will assign you your case number and you will post on the case number you have been assigned.
* You will reply to **the other case studies**.
* Your initial post should be at least 500 words, formatted and cited in current APA style with support from at least 2 academic sources. Your initial post is worth 8 points.
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
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Module 6 Discussion

No unread replies.No replies.

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 ***Health Promotion & Middle-Age Adults***

For this Discussion, your instructor will assign you a case number.

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|  | **Case 1** | **Case 2** | **Case 3** |
| **Cases** | J.G. is a nurse practitioner working in a health clinic. Her clinic provides care to a majority of Hispanic migrant farmworkers during the summer months. Farmworkers in the area are susceptible to health problems because they are in a low-income bracket and may be exposed to unsanitary working and housing conditions. The workers do not tend to seek preventive care because of finances, transportation, and fear of deportation in many instances.  She struggles with the delivery of fragmented services within the migrant community because individuals move around frequently. In her encounters with the patients she serves, she has to stress early the importance of screening and follow-up care. She must also carefully assess the level of health literacy when providing education. In addition, She remains culturally sensitive to the beliefs and practices of the population she serves. | K.Y. is an employee-health nurse practitioner for a large corporation. Her role is to advocate for her clients by helping them improve their quality of life, both for the present and the future, through the identification of risk factors, health promotion, and other nursing interventions. The majority of the employees She sees are middle-age adults.  Her clients come to see her for a variety of reasons, including stress, mental illness, and on-the-job injuries. K.Y. assists her clients by providing education about healthy lifestyle choices, referrals to community resources, and counseling. | R.K. is a home health nurse practitioner who delivers primary care to a predominantly Medicare population. The role of the home health nurse practitioner is to provide assessments to individuals inclusive of the environment, provide direct skilled care and treatment, and provide education and referrals as needed. He must work closely with the patient and his or her caregiver in trying to prevent complications of illness.  R.K. specializes in providing wound care services in the home. He visits many diabetic patients living in a senior community. These patients are considered to be homebound and use wheelchairs or walkers to reach the common dining room where meals are served every evening. He is interested in assessing the nutritional content of the meals that are served. |
| **Questions for the case** | Create a list of health hazards associated with the migrant population in general and the one referred on the case. Which would be your recommendations to the migrant population to prevent injuries related to those hazards and how to improve their health. | Make a summary of the typical biological changes in the middle-age adult. | Create a list of recommendations of major activities older adults can engage in to promote health and prevent frailty. |

Once you received your case number; answer the specific question on the table above. Then, continue to discuss the 3 topics listed below for your case:

1. **Discuss how you would advise young adults in selecting contraceptive methods. Do you have any personal, religious reservations, or discomforts that would interfere with your ability to advise clients and ask them how they would address these personal conflicts?**
2. **Have students develop a smoking cessation plan for a client.**
3. **Evaluate the impact of poverty on older adults. Make sure to include the impact on their physical and mental health and health promotion recommendations.**

**Submission Instructions:**

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* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* **Attention:**Please post your initial response by 11:59 PM ET Thursday, and comment on the posts of two classmates by 11:59 PM ET **Friday**.
* You can expect feedback from the instructor within 48 to 72 hours from the Friday due date.

Module 6 Assignment

***Health Maintenance Plan for a Selected Disease in a Selected Population***

The purpose of this assignment is to develop a health maintenance plan for a selected Disease, such as asthma, hepatitis, hypo and hyperthyroidism, and coronary artery disease, in a selected Population.

**Your paper should:**

1. Assess, develop, and recommend health maintenance plans for clients in all developmental stages of life within the primary care practice.   
2. Apply evidence-based guidelines to the identification and prevention of significant healthcare problems affecting populations at risk.

**Submission Instructions:**

* The paper is to be clear and concise and students will lose points for improper grammar, punctuation and misspelling.
* The paper should be formatted per current APA and 4-5 pages in length, excluding the title, abstract and references page.
* Incorporate a minimum of 4 current (published within last five years) *scholarly journal articles*  or *primary legal sources*(statutes, court opinions) within your work.
* Complete and submit the assignment by 11:59 PM ET **Friday**.
* Late work policies, expectations regarding proper citations, acceptable means of responding to peer feedback, and other expectations are at the discretion of the instructor.