

Macao Polytechnic University
Faculty of Health Sciences and Sports
Master of Science in Nursing

Module Outline

Academic Year 2022 /2023 **Semester** 1

Learning Module	Health Education and Promotion		Class Code	NURS6123
Pre-requisite(s)	Nil			
Medium of Instruction	Chinese / English		Credit	2
Lecture Hours	26 hrs	Lab/Practice Hours	4 hrs	Total Hours 30 hrs
Instructor	LAM NOGUEIRA, Oi Ching Bernice (Subject Teacher)		E-mail	lamnog@mpu.edu.mo
Office	M726, Meng Tak Building		Telephone	85993445

Description

Health Education and Promotion is a 30-hours course that aims to explore the concepts of health and disease and their relationship with health behaviors. As well as strengthen students' abilities for choosing different methods to identify the health needs of the population, plan intervention strategies and evaluate the effectiveness to promote health. This also enables students to understand and use appropriately the different channels in health education, to identify the scope of health education in the field of personal practice; and explore the roles and opportunities for cooperation among disciplinary health education professionals.

Learning Outcomes

After completing the learning module, the students will be able to:

1. Reflect the basic concepts of health, health education and health promotion within the context of their own work.
2. Explain the importance of health behavior for health promotion and maintenance of individuals and groups.
3. Identify ethical issues associated with the profession of health education and promotion.
4. Reflect the meaning and ways of doing health education and promotion in different settings
5. Apply the learned communication knowledge and skills in health promotion and health education practices
6. Design a project focused to a specific population for health education and promotion.

Content

1. Introduction of the subject (1 hours)
(*UNDERSTAND: identify the subject outlines, objectives, teaching and assessment methods.*)
2. Basic concepts of health, health education and health promotion (5 hours)
 - 2.1 Basic concepts of health, determinants of health and health measurement;
 - 2.2 Definition, goals, intervention and principles of health promotion
 - 2.3 Definition, models, principles and methods of health education.
(*COMPREHEND: define the key concepts of health promotion and health education; identify the significance of health promotion and health education.*)
 - 2.4 Relationship between health promotion and health education.
(*MASTER: differentiate the relationship between health education and health promotion.*)
 - 2.5 Nurse's role and ability for health education and promotion.
(*MASTER: Demonstrate the nurses' role and ability for health education and promotion.*)
3. Health education and health promotion; the strategies and methods (6 hours)
 - 3.1 Basic strategies of health promotion
(*COMPREHEND: Identity the basic strategies of health promotion.*)
 - 3.2 Health promotion program
(*COMPREHEND: Analyse the importance of apply the planning process in health promotion program; explain the significance in applying PRECED-PROCEED model in health education and promotion.*)
 - 3.3 Strategies in health education
(*MASTER: Discuss the ethical principles in health promotion within the context of their work; reflect the essential strategies for a successful health education and promotion.*)
4. Implementing health education and promotion: Planning, implementation and evaluation (6 class hours)
 - 4.1 Implementation of planning health promotion programs.
 - 4.2 Evaluation of planning health promotion programs.
(*MASTER: Identify the principles of implementation and evaluation; describe the key elements of SCOPE model in implementing health promotion program; describe the appropriate evaluation strategies.*)
5. Health education and promotion in different settings (6 class hours)
 - 5.1 Health promotion in different settings: schools, workplace, primary care and hospital, and community.
(*COMPREHEND: identify the significance for health promotion in different settings.*)
6. Group Presentation (4 hours)
 - 6.1 Design a project focused to a specific population for health education and promotion.
(*MASTER: Apply theoretical knowledge to practical situation; demonstrate the skill in designing a health education and promotion.*)
7. Discussion and conclusion (2 hours)
(*COMPREHEND: Summarise the key issues of the whole content.*)

Practice 1 (4 hours)

Design a health promotion project according to the community health needs. (4 hours)

(MASTER: Demonstrate the skill in designing a health education and promotion.)

Class Practice

Date & Time	Practice Item	Title	Students / Group	Mode of Practice	Requirement
2022-09-17; 09:00-13:00 (4 hours)	Design a health education and promotion project	A health promotion project according to the community health needs.	6-7 students/ group (40 minutes /group)	Group presentation and peer assessment	See appendices: Assessment criteria for group presentation and individual written assignment

Teaching Method

Lectures, videos, case studies, group discussion.

Attendance

Attendance requirements are governed by the “Academic Regulations Governing Master’s Degree Programmes” of Macao Polytechnic University. Attendance will also count 10% of the total marks. Students who do not meet the attendance requirements for the module shall be awarded an ‘F’ grade.

Assessment

This learning module is graded on a 100 point scale, with 100 being the highest possible score and 50 being the passing score.

	Item	Description	Percentage
1.	Attendance	Attendance will be checked 15 minutes after the class	10%
2.	Assessment in classroom activities	Discussion involvement.	20%
3.	Group assignment (Presentation and written assignment)	Design a project focused to a specific population for health education and promotion - Presentation - Written assignment	70% <u>35%</u> <u>35%</u>

Total Percentage: 100%

Teaching Material(s)

Power Point, Video, Books and Notes.

Reference

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- Stanhope, M., & Lancaster, J. L. (2021). *Foundations for population health in community / public health nursing* (6th ed.), St. Louis: Elsevier
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- 陳靜敏 (2021) 。社區衛生護理學 (八版)。台北：華杏。
- 黃敬亨。(2011)。健康教育學 (第五版)。上海：復旦大學出版社。
- 黃璉華等 (2013)。學校衛生護理 (第三版)。台北：華杏
- 賴秀芬譯。(2010)。健康促進(第三版)。台灣：愛思唯爾。(原文 Naidoo, J. & Wills. J. (2009). Foundations for health promotion (3rd ed.). London: Elsevier.)

Teaching Schedule

Session	Date	Time	Topic	Teacher	Venue
1	2022-08-20	09:00-13:00 14:00-16:00	- Introduction to the subject - Basic concepts of health, health education and health promotion	Bernice LAM NOGUEIRA	To be confirmed
2	2022-08-27	09:00-13:00 14:00-16:00	- Health education and health promotion; the strategies and methods	Bernice LAM NOGUEIRA	
3	2022-09-03	09:00-13:00 14:00-16:00	- Implementing health education and promotion: Planning, implementation and evaluation	Bernice LAM NOGUEIRA	
4	2022-09-10	09:00-13:00 14:00-16:00	- Health education and promotion in different settings	Bernice LAM NOGUEIRA	
5	2022-09-17	09:00-13:00 14:00-16:00	- Group presentations - Discussion and conclusion	Bernice LAM NOGUEIRA	