

**UW-Stevens Point**  
**Aging and Health N452 3 credits**  
**Semester: Spring 2020**

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### **Course Description**

Explore normal aging and lifestyle factors that promote optimal aging or lead to health alterations. Examine coping and facilitation of elders' achievement of health goals.

### **Nursing 452/490—Aging and Health**

#### **Student Learning Outcomes**

1. Differentiate between physiological changes due to aging and those resulting from lifestyle choices.
2. Identify primary and secondary interventions (therapeutic and teaching) throughout the lifespan that promote healthy aging.
3. Demonstrate communication skills that are health literate, timely, and culturally sensitive, and that accommodate physiological changes.
4. Describe a nursing systems approach to health promotion and self-care among elders.
5. Analyze issues and trends affecting the aging population through end of life.

### **Course Materials**

Touhy, T., & Jett, K. (2016). *Toward healthy aging: Human needs & nursing response* (9<sup>th</sup> ed.).

St. Louis: Elsevier.

American Psychological Association. (2009). *Publication manual of the American Psychological*

*Association* (6th ed.). Washington, DC: Author.

**Other additional materials will be provided within modules.**

Reading assignments

- Class discussions
- Individual discussions
- PowerPoint presentations
- Podcasts
- Web site exploration
- Case studies
- Nursing home

### Grading Policy

Your course grade will be based on the following required assignments which will be dispersed throughout the course. Course discussions are due on Wednesday by midnight. You will not be able to post replies until you create an initial post. Replies are due by Sunday night at midnight. Refer to the Course Calendar for due dates.

Assignment (Rubrics TBD)	Percentage
Nursing home evaluation	15%
Elder interview	25%
Reflections	25%
Discussions	20%
In class participation, preparedness	5%
Case studies in class	5%
<b>Total</b>	<b>100%</b>

\*denotes group work

	Percent	Points		Percent	Points
A			<b>A</b>	95-100	
AB			<b>A-</b>	90-94	
B			<b>B+</b>	87-89	
BC			<b>B</b>	84-86	
C			<b>B-</b>	80-83	
CD			<b>C+</b>	77-79	
D			<b>C</b>	74-76	
F			<b>C-</b>	70-73	
There are differences in the final letter grade scales between campuses. UW-Madison and UW-Green Bay use an A/AB grading scale. UW-Oshkosh,			<b>D+</b>	67-69	
			<b>D</b>	64-66	

UW-Milwaukee, UW-Eau Claire, and UW-Stevens Point use an A/A- scale for final letter grades. If you have questions, please contact your instructor.

<b>D-</b>	60-63	
<b>F</b>	<60	

## **Course Organization –see course calendar**

### **Course Policies**

Refer to home campus academic policies (e.g., incompletes, academic misconduct). General policies are listed below.

### **Statement of Student Time Commitment**

For each course credit, as a general guide, students are expected to spend a minimum three hours/week on coursework. Therefore, for a three-credit course, at least 9 hours/week is expected. This amount of time may vary depending on the assignments due that week or the degree of difficulty the content holds for the student.

### **Late Assignment Submission**

Assignment deadlines will be enforced. Late submissions of individual and group graded Assignments will be docked 5% for each overdue day including weekends and holidays. If a due date conflicts, it is suggested the completed assignment be posted in advance of the due date to avoid losing credit.

### **APA Style**

Whenever ideas or information are taken from a reference source, they must be properly cited using APA format. This would apply to any written work in the course, including papers and the submissions to the discussion forums. APA format for formal papers includes title page, pagination, section headers, in-text citations, and a 'References' page. All documents must be submitted in Word (.doc or .docx) or Rich Text Format (.rtf).

A brief summary of the APA publication format is available online from the Online Writing Lab at Purdue University: [http://owl.english.purdue.edu/handouts/research/r\\_apa.html](http://owl.english.purdue.edu/handouts/research/r_apa.html)

### **Academic Integrity Policy**

Students who engage in academic misconduct are subject to disciplinary penalties, including the possibility of failure in the course and dismissal from the university. Academic misconduct includes but is not limited to cheating, plagiarism, collusion, and submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such act.

U of Wisconsin System Code (UWS Ch. 14-14.03 (2) provides specific examples of academic misconduct and reads in part: "Examples of academic misconduct include, but are not limited to: cheating

on an exam; collaborating with others in work presented, contrary to the stated rules of the course; submitting a paper or assignment as one's work when a part or all of the paper or assignment is the work of another; submitting a paper or assignment that contains ideas or research of others without appropriately identifying the source of those ideas ... knowingly and intentionally assisting another student in any of the above ..." The code is available at [http://docs.legis.wisconsin.gov/code/admin\\_code/uws/14.pdf](http://docs.legis.wisconsin.gov/code/admin_code/uws/14.pdf).

U of Wisconsin campuses have specific procedures to investigate and deal with academic misconduct.

### **Plagiarism**

Because of paper mills selling reports, Web pages, and full-text online databases, instances of plagiarism are increasing on campuses. Using someone's words without quoting the person is plagiarism. Using someone's ideas, even though the person's words are different from your words, without citing the source is plagiarism. Use in-text citations to cite your sources. For example, if you use the ideas cited in an article, place the author and publication year (e.g. Smith, 2010) at the end of the sentence. UW-System has subscribed to software that helps detect instances of plagiarism. Plagiarism will result in a failing grade. Reports of plagiarism are also made to University administration.

### **Netiquette**

All members of the class are expected to follow the rules of common courtesy with all online correspondence. Be careful of the tone and content of online communication. Without facial expressions and voice inflections, misunderstandings can occur and the comments can be deemed as inappropriate or offensive. Unacceptable online conduct includes, but is not limited to, postings that are racist, derogatory, inflammatory, condescending, rude or in any way offensive. Persistent abuse of online etiquette may result in disciplinary action.

The Core Rules of Netiquette (<http://www.albion.com/netiquette/corerules.html>).

### **Confidentiality**

When communicating information online or face to face based on personal or work-related experiences, keep in mind rules and policies of Family Educational Rights and Privacy Act (FERPA) and Health Insurance Portability and Accountability Act of 1996 (HIPAA). It is expected that students will judiciously protect the privacy of patients, peers, family, or agency/institution by not disclosing confidential information outside of the course. To maintain anonymity methods such as alias or initials should be used. For more information on these laws, please refer to the following Web sites:

FERPA <http://www2.ed.gov/policy/gen/guid/fpco/ferpa/students.html>

HIPAA <http://www.hhs.gov/ocr/privacy/hipaa/understanding/summary/index.html>

### **Social Media Policy**

Consistent with American Nurses Association (ANA) principles for social media, whatever is posted on a social media site (Facebook, Twitter, YouTube, LinkedIn, etc.) instantly becomes available to the public, so keep content appropriate and confidential matters private. Regardless of the privacy settings, content can easily be made available to those outside of the user's preference settings. Be aware that all

University and legal guidelines, such as Family Educational Rights and Privacy Act (FERPA) and Health Insurance Portability and Accountability Act of 1996 (HIPAA), also apply in social media sites.

The following is adapted from the American Nurses Association (ANA) Principles for Social Networking:

1. Nurses must not transmit or place online individually identifiable patient information.
2. Nurses must observe ethically prescribed professional patient — nurse boundaries.
3. Nurses should understand that patients, colleagues, institutions, and employers may view postings.
4. Nurses should take advantage of privacy settings and seek to separate personal and professional information online.
5. Nurses should bring content that could harm a patient's privacy, rights, or welfare to the attention of appropriate authorities.

For more information:

<http://www.nursingworld.org/FunctionalMenuCategories/MediaResources/PressReleases/2011-PR/ANA-NCSBN-Guidelines-Social-Media-Networking-for-Nurses.pdf>

### **Student Bereavement Policy**

Students who experience the death of a loved one should contact the faculty to arrange an excused absence.

### **Disability Policy**

Any student seeking accommodations under the Americans with Disabilities Act (ADA) should contact the [Disability Services](#) office on your home campus within the first week of the semester so that appropriate accommodations may be arranged.