



# Nursing (NURS) 526

## Adult Health

**Status:**

Replaced with new revision, see the [course listing](#) for the current revision

**Delivery mode:**

Paced study

**Credits:**

3

**Area of study:**

Health

**Prerequisites:**

NURS 516, NURS 517, NURS 518, NURS 610, and NURS 614

**Precluded:**

None

**Faculty:**

[Faculty of Health Disciplines](#)

## Overview

This course is part of a program of study leading to the Post Master's Diploma: Nurse Practitioner or the Master of Nursing: Nurse Practitioner

degree.

In *Nursing 526: Nurse Practitioner Practice: Adults*, students study the following:

- the primary health care principle of health promotion;
- the community development principle of advocacy;
- the nurse practitioner competency of research;
- the provision of primary health care to adults.

Students learn to provide primary health care to adults including screening and wellness counseling for healthy adults, management of common acute and chronic conditions, identification of emergencies that may present in primary care, and how to refer patients with conditions requiring management from other health professionals. Health promotion and illness prevention are discussed throughout. The ability to locate, interpret and utilize research to guide NP practice is integrated into each unit's learning activities.

## Outline

NURS 526 is a paced course over 13 weeks and consists of the following units:

### **Unit 1: Nurse Practitioner Practice and the Well Adult**

In Unit 1, the student will study the approach to the periodic health encounter, and primary health promotion and illness prevention are explored. Students will also study the current clinical practice guidelines for secondary prevention within current screening recommendations for common conditions. In this unit, and throughout the course, the student will practice the ANP core competency of research and to locate, interpret and incorporate scholarly research into their practice with adults.

### **Unit 2: Nurse Practitioner Practice: Primary Care of Adults with Acute Presentations**

In this unit, the student will focus on the delivery of clinical health services to adults with common acute health conditions. Health promotion and illness prevention are explored in relation to episodic illnesses in the adult. The student will also learn to distinguish emergency situations from routine presentations and will review how to initiate and transfer care.

### **Unit 3: Nurse Practitioner Practice: Primary Care of Adults with Chronic**

## **Presentations**

In this unit, the student will review the diagnosis, treatment and management of adults with chronic diseases in the primary care setting. Special emphasis is given to hypertension, diabetes, dyslipidemia, COPD and obesity. The student will also explore tertiary prevention and health promotion strategies for adults with chronic conditions along the wellness continuum.

## **Learning outcomes**

NURS 526 is an asynchronous, paced online course. The course instructor and the class members will participate in unit conferences to discuss unit content and related issues. The course includes Internet access to health-related Websites around the world, participation in electronic mail, and computer conferencing with students from across the country.

## **Objectives**

- 1.** Critically analyze the primary health care principle of health promotion, the community development principle of advocacy, and the NP competency of research, and discuss how they influence the health of individual clients and communities
- 2.** Identify and implement strategies to foster the illness prevention and health promotion behaviours of clients
- 3.** Identify factors that affect health and wellbeing including the determinants of health and the social determinants of health
- 4.** Identify and utilize current recommendations for preventative screening in the adult population
- 5.** Utilize clinical practice guidelines and review internet-based sources of information about evidence-based health care for adults
- 6.** Model evidence-based clinical services to well adults and to those presenting with common acute and chronic health concerns, at a level appropriate to a beginning practitioner, including:
  - health history and physical examination
  - clinical decision-making

- ordering laboratory and diagnostic tests
  - prescribing medication and treatments
  - administering treatments or procedures
  - therapeutic communications
  - collaborative relationships
  - documentation of clinical data, diagnoses, collaborations, communications and treatments, monitoring and follow-up
7. Identify and initiate care for adult presentations of emergencies in the primary care setting
  8. Articulate, promote and demonstrate evidence-based primary, secondary and tertiary health promotion and illness prevention strategies along the health-illness continuum
  9. Demonstrate integration of medical and nursing management of adult health concerns
  10. Refer adults with health concerns that exceed the scope of practice of a nurse practitioner to other health professionals or other appropriate resources
  11. Review the societal trends and indicators that affect the health of adults
  12. Locate, interpret and apply research to inform nurse practitioner practice

## Evaluation

The assessment structure for NURS 526 is based on the following course activities, with the percentage weighting of each activity as indicated. The final grade for the course is a composite mark based on your performance on these course activities.

<b>Activity</b>	<b>Weight</b>
Problem-Based Learning	15%
Assignment 1 - TEAMS session presentation	10%

<b>Activity</b>	<b>Weight</b>
Exam 1	25%
Assignment 2 - Case Study	25%
Final Exam	25%
<b>Total</b>	<b>100%</b>

In order to pass NURS 526, you must achieve a minimum mark of 70% (10.5/15) on participation in the PBL forums, a minimum combined mark of 70% (24.5/35) on the assignments, and a minimum combined mark of 70% (35/50) on the midterm examination and final examination.

If the minimum mark is not achieved on any element of the assessment structure (conference participation, assignments, and exams), then a failing grade will be assigned for NURS 526. If the student re-registers in NURS 526, then all elements of the course must be repeated (conference participation, written assignments, and examinations).

If the minimum mark is not achieved on any element of the assessment structure (conference participation, written assignments, exams or clinical practicum), then a failing grade will be assigned for NURS 526. If the student re-registers in NURS 526, then all elements of the course must be repeated (conference participation, written assignments, examinations and clinical practicum).

### **Problem-Based Learning (15%)**

Students will participate in problem-based learning activities within each unit. This grade component also includes participation at a minimum of 3 synchronous videoconferences throughout each term. The videoconference format is used to discuss subject matter, explore case studies and obtain clinical mentorship facilitated by the course instructor.

### **Assignment #1: TEAMS/Case Presentations (10%)**

In assignment #1, 5 TEAMS sessions will be moderated by the instructor over the term. The student must attend 3 of them at the time offered and

participate in the discussion. Each student will prepare and present a 10-15 minute (timed) case presentation on a topic relevant to primary care.

## Assignment 2: Case Study (25%)

In Assignment 2, students analyze a case study that explores one or more conditions commonly seen in the primary care setting and are congruent with the nurse practitioner scope of practice. Emphasis is on using the differential diagnostic process, ordering appropriate lab and diagnostics, rationale prescribing, making referrals and planning for follow-up. Health promotion and illness prevention is integrated.


## Exam 1 (25%)


Exam 1 consists of multiple-choice questions and contains content from Units 1 and 2.

## Exam 2 (25%)

Exam 2 consists of multiple-choice questions and contains content from Units 3.

## Materials

Buttaro, T.M., Polgar-Bailey, P., Sandberg-Cook, J. & Trybulski, J. (2021). *Primary Care: Interprofessional Collaborative Practice* (6th ed). St Louis: Elsevier  (eText)

Wallach's Interpretation of Diagnostic Tests by M. Williamson & L. Snyder. Obtain the latest edition. Philadelphia: Lippincott Williams & Wilkins. Also available in e-book and mobile formats. (Recommended texts (not supplied))  (Print)

## Online Materials

- Introduction: Provides essential information about the course materials, the design of the course, and the procedures you should follow to complete the course successfully
- Schedule: Outlines the timing of course activities

- Units: Course content is offered in weekly units
- Assessment: Outlines the assignments/evaluation procedures of the course
- References: Listing of required readings, mobile resources and websites included in the units
- NP Student Resources: Includes NP Guide and Preceptor Package and Forms to complete the clinical practicum requirements of the program.

## Other Materials

Textbooks and readings from other Nurse Practitioner Practice courses will be used as appropriate.





## Technical Requirements

### Computer System

In order to participate in the program, each student must own or have ready access to the following minimum computer hardware and software.

Students are advised that PCs are the primary equipment supported by Athabasca University's Helpdesk. Only limited assistance for other hardware and software platforms is offered. Students are responsible for their own communication costs such as long distance telephone charges and subscriptions to an Internet node, or any other communications service requirements.

## Important links

- › [Academic advising](#) 
- › [Program planning](#) 
- › [Request assistance](#) 
- › [Support services](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Updated May 10, 2024*

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