



N-12 (Public Health Nursing I)
THEORETICAL PORTION
COURSE GUIDE

COURSE DESCRIPTION	This course focuses on the care of families across variant family forms using the concepts and principles from community/public health nursing, environmental health and related subspecialties of community health nursing, namely, school health nursing, occupational health nursing, and community mental health nursing. It highlights the steps of the family health nursing process in the context of global and local healthcare systems and the socio-economic and cultural realities of society.
PRE-REQUISITES	N-5, N-8, N-9, N-10, N-11, Micro-2- and Para-10N
COURSE CREDIT	5 units (3 lecture units, 0.5 laboratory units and 1.5 field practice units)
PLACEMENT	Second Year, Second Semester
COURSE OUTCOMES:	<ol style="list-style-type: none">1. Integrate knowledge from the physical, social, natural and related health disciplines, and the humanities in understanding the family as a unit of society2. Perform safe, quality, holistic and compassionate care to healthy, well and at-risk members of the family utilizing the family health nursing process3. Assess the health status of the family and its members using appropriate family assessment models and tools.4. State the health and nursing problems of the family.5. Rank the health and nursing problems of the family based on a specific scale or criteria.6. Develop a family nursing care plan.7. Implement nursing interventions in the context of basic public health programs and services to maintain family wellness and achieve family competence.8. Evaluate the effectiveness of family health nursing interventions.9. Adhere to standards and practice guidelines in the provision of care to the family and its members who are well, at-risk or with mild physiologic alterations and psychosocial concerns.



10. Demonstrate beginning skills in health promotion and disease prevention towards a higher level of wellness of the family and its members.
11. Adhere to existing laws, policies, regulations. Code of ethico-legal and moral principles in the provision of nursing care to the family and its members.
12. Demonstrate integrity, respect for human dignity, gender and culture sensitivity and social justice in the practice of family health nursing.
13. Communicate effectively with clients emphasizing shared decision-making throughout the nurse-family working relationship.
14. Document nursing care, family’s response to interventions and other pertinent information using appropriate forms in a timely, complete and accurate manner.
15. Demonstrate skills in nurse-family relationship toward achievement of health goals, client empowerment and family competence.
16. Recognize the role of a nurse in facilitating and coordinating the delivery of safe, quality care to the family and its members in the home and community setting.
17. Recognize the importance of evidence-based practice in the provision of care to the family and its members.
18. Appreciate the value of lifelong learning and keeping current with national and global developments in nursing and health for better care of the family and its members.
19. Appreciate the significance of being a caring and competent family health nurse in improving health care of Filipino families.

COURSE OUTLINE	
Unit 1 Basic Concepts and Principles of Public Health Nursing Practice	<ul style="list-style-type: none"> • Definition of public health nursing practice • Nature and scope of public health nursing practice • Factors affecting public health nursing practice at the global and local contexts (Sustainable Development Goals, Universal Health Coverage • Roles, functions and activities of a Public Health Nurse
Unit 2 Public Health Nursing in the Philippines	<ul style="list-style-type: none"> • Philippine Health Agenda 2016-2022) • The Department of Health and Public Health Programs and Services • Other Settings of Public Health Nursing <ul style="list-style-type: none"> • School Health Nursing • Occupational Health Nursing • Community Mental Health Nursing
Unit 3 Family Health Nursing	<ul style="list-style-type: none"> • Introductory concepts on family and family health <ul style="list-style-type: none"> ○ Basic purposes of the family ○ Family structure, function and process ○ Forms of and the contemporary Filipino family



	<ul style="list-style-type: none"> ○ Socio-cultural and economic factors influencing family health beliefs and behaviors ○ Family coping processes and strategies ○ Nature of family health nursing practice ○ Importance of working with the family ○ Concept of family-centered care ○ Family health nursing process <ul style="list-style-type: none"> ● Assessing the Family Health Status <ul style="list-style-type: none"> ○ Data and information needed to establish the health status of the family and its members ○ Tools and methods to obtain data and information about the family and its members ○ Categories of family health nursing problems ○ Prioritizing family health nursing problems <ul style="list-style-type: none"> ● Developing a Family Nursing Care Plan <ul style="list-style-type: none"> ○ Formulating goals and objectives ○ Selecting appropriate nursing interventions and methods of nurse-family contact ○ Determining resources to accomplish family health goals and objectives ○ Specifying evaluation criteria, standards and methods to measure outcomes of care <ul style="list-style-type: none"> ● Implementing Family Health Nursing Interventions <ul style="list-style-type: none"> ○ Goals of family health nursing interventions ○ Types of family health interventions ○ Public health programs and services to maintain family wellness and achieve family competence <ul style="list-style-type: none"> ● Evaluating Effectiveness of Family Health Nursing Interventions <ul style="list-style-type: none"> ○ Stating outcomes of care ○ Criteria and standards of evaluation ○ Tools and methods of evaluation <ul style="list-style-type: none"> ● Documenting relevant and significant entries and outcomes of care
<p>Unit 4 Environmental Health</p>	<ul style="list-style-type: none"> ● Water Sanitation ● Solid Waste Management ● Proper Excreta Disposal ● Food Sanitation ● Vector Control ● Pollution ● Proper Housing



**COURSE SCHEDULE
 (THEORETICAL)**

SECTION A			
Week 1/Feb 6- Feb 10			
Date	TOPIC	ACTIVITY	FACULTY -IN-CHARGE
Day 1/ February 6, 2023	Introduction to the Course - Course Description - Course Outcomes - Course Evaluation - Course Schedule - Course Requirements		MAAHernandez
	Unit 1 Basic Concepts and Principles of Public Health Nursing Practice	Discussion	EFSumile
Day 2/ February 7, 2023	Unit 2 Public Health Nursing in the Philippines	Discussion	EFSumile
	Unit 2 Family Health Nursing - Introductory concepts to family and family health		LBPDonez
Day 3/ February 8 2023	<ul style="list-style-type: none"> • Assessing the Family Health Status 	Discussion Group work	LBP LBPDonez + other faculty
Day 4/ February 9, 2023	<ul style="list-style-type: none"> • Assessing the Family Health Status 		
Day 5/ February 10, 2023	<ul style="list-style-type: none"> • Developing a Family Nursing Care Plan • Implementing Family Health Nursing Interventions • Evaluating the Effectiveness of Family Health Nursing Interventions 		



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
 The Health Sciences Center

Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
 Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
 Email: upm-cn@up.edu.ph



Week 2/Feb 13- Feb 17			
Day 1/ February 13 2023	<ul style="list-style-type: none"> FHN (Case study) Output presentation 	Discussion Reporting	LBPDone + other faculty
Day 2/ February 14, 2023	<ul style="list-style-type: none"> FHN (Case study) Output presentation 		LBPDone + other faculty
Day 3/ February, 15 2023	<ul style="list-style-type: none"> FHN (Case study) Output presentation 	Discussion Reporting	LBPDone + other faculty
Day 4/ February 16, 2023	<ul style="list-style-type: none"> FHN Long Examination Introduction to Environmental Health 		LBPDone MAAHernandez
Day 5 February 17, 2023	Unit 3 Environmental Health <ul style="list-style-type: none"> Site Visit 	Self-directed Learning/ Laboratory	MAAHernandez
Week 3/Feb 20-Feb24			
Day 1/ February 20, 2023	<ul style="list-style-type: none"> Water Sanitation Food Sanitation 	Discussion Reporting	MAAHernandez
Day 2/ February 21, 2023	<ul style="list-style-type: none"> Solid Waste Management Proper Excreta and Sewage Disposal 	Discussion Reporting	MAAHernandez
Day 3/ February 22, 2023	<ul style="list-style-type: none"> Environmental Pollution Vector control *APFC meeting of Ma'am Luz 	Discussion Reporting	MAAHernandez
Day 4/ February 23, 2023	<ul style="list-style-type: none"> Proper Housing 	Discussion Reporting	AAHernandez
Day 5/ February 24, 2023	EH Long Examination		MAAHernandez
TBA	Final Examination		
	<ul style="list-style-type: none"> Removals 		



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
 The Health Sciences Center

Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
 Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
 Email: upm-cn@up.edu.ph



SECTION B			
Week 1			
Date	TOPIC	ACTIVITY	FACULTY -IN-CHARGE
Day 1/ February 27 2023	Introduction to the Course - Course Description - Course Outcomes - Course Evaluation - Course Schedule - Course Requirements		MAAHernandez
	Unit 1 Basic Concepts and Principles of Public Health Nursing Practice	Discussion	EFSumile
Day 2/ February 28, 2023	Unit 2 Public Health Nursing in the Philippines	Discussion	EFSumile
	Unit 3 Family Health Nursing - Introductory concepts to family and family health		LBPDonez
Day 3/ March 1, 2023	• Assessing the Family Health Status	Discussion Group work	LBP LBPDonez + other faculty
Day 4/ March 2, 2023	• Assessing the Family Health Status		
Day 5/ March 3, 2023	• Developing a Family Nursing Care Plan		



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
 The Health Sciences Center



Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
 Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
 Email: upm-cn@up.edu.ph

	<ul style="list-style-type: none"> • Implementing Family Health Nursing Interventions • Evaluating the Effectiveness of Family Health Nursing Interventions 		
Week 2			
Day 1/ March 6, 2023	<ul style="list-style-type: none"> • FHN (Case study) Output presentation 	Discussion Reporting	LBPDonez + other faculty
Day 2/ March 7, 2023	<ul style="list-style-type: none"> • FHN (Case study) Output presentation 		LBPDonez + other faculty
Day 3/ March 8, 2023	<ul style="list-style-type: none"> • FHN (Case study) Output presentation 	Discussion Reporting	LBPDonez + other faculty
Day 4/ March 9 2023	<ul style="list-style-type: none"> • FHN Long Examination • Introduction to Environmental Health 		LBPDonez MAAHernandez
Day 5 March 10, 2023	Unit 3 Environmental Health <ul style="list-style-type: none"> • Site Visit 	Self-directed Learning/ Laboratory	MAAHernandez
Week 3			
Day 1/ March 13, 2023	MHD Orientation		MAAHernandez
Day 2/ March 14, 2023	<ul style="list-style-type: none"> • Solid Waste Management • Water Sanitation 	Discussion Reporting	MAAHernandez
Day 3/ March 15, 2023	<ul style="list-style-type: none"> • Food Sanitation • Environmental Proper Excreta and • Sewage Disposal Pollution 	Discussion Reporting	MAAHernandez
Day 4/ March 16, 2023	<ul style="list-style-type: none"> • Proper Housing • Vector control 	Discussion Reporting	AAHernandez
Day 5/ March 17, 2023	EH Long Examination		MAAHernandez
TBA	Final Examination		
	<ul style="list-style-type: none"> • Removals 		

MODE OF DELIVERY



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
 The Health Sciences Center

Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
 Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
 Email: upm-cn@up.edu.ph



<p><i>Course Site</i></p>	<p>This course will be delivered face-to-face. Thus, the University Virtual Learning Environment (UVLE) will only serve as a repository for this course's learning resources. The course site will be accessed through this link https://vle.upm.edu.ph/course/view.php?id=2114. Students are manually enrolled in the course site by the faculty.</p>								
<p><i>Communication Plan</i></p>	<p>We intend to communicate with you regularly through the following means:</p> <ul style="list-style-type: none"> • <i>Face-to-face sessions</i> <p>We will hold face-to-face sessions with you every weekday (7:00 AM to 12:00NN), primarily for discussion, group work, output presentations, monitoring, and feedback.</p> <ul style="list-style-type: none"> • <i>Course Site</i> <p>The video recordings and learning resources are uploaded on the UVLE course site for viewing and for your reference. Announcements or updates about the course will be posted as often as necessary.</p> <ul style="list-style-type: none"> • <i>Individual Consultation</i> <p>You can consult with the faculty for any course- related concerns during the consultation hours. Below are the respective consultation hours of each faculty.</p> <table border="1" data-bbox="678 1249 1385 1727"> <thead> <tr> <th data-bbox="678 1249 916 1352">Name of Faculty</th> <th data-bbox="916 1249 1385 1352">Consultation hours</th> </tr> </thead> <tbody> <tr> <td data-bbox="678 1352 916 1453">Prof. Luz Dones</td> <td data-bbox="916 1352 1385 1453">Monday, Tuesday and Thursday 1:30PM- 5:00PM Room 302/ zoom</td> </tr> <tr> <td data-bbox="678 1453 916 1554">Prof. Abigail Hernandez</td> <td data-bbox="916 1453 1385 1554">Monday, Tuesday, and Friday 1:00PM to 5:00PM Room 307/zoom</td> </tr> <tr> <td data-bbox="678 1554 916 1727">Prof. Earl Sumile</td> <td data-bbox="916 1554 1385 1727">Monday and Tuesday 1:00PM- 4:00PM Thursday and Friday 1:00PM to 3:00PM Room 329/ zoom</td> </tr> </tbody> </table> <p>We highly encourage you to regularly communicate with your classmates and with us, your faculty, not only to show support for each other but also to optimize your learning in the course.</p>	Name of Faculty	Consultation hours	Prof. Luz Dones	Monday, Tuesday and Thursday 1:30PM- 5:00PM Room 302/ zoom	Prof. Abigail Hernandez	Monday, Tuesday, and Friday 1:00PM to 5:00PM Room 307/zoom	Prof. Earl Sumile	Monday and Tuesday 1:00PM- 4:00PM Thursday and Friday 1:00PM to 3:00PM Room 329/ zoom
Name of Faculty	Consultation hours								
Prof. Luz Dones	Monday, Tuesday and Thursday 1:30PM- 5:00PM Room 302/ zoom								
Prof. Abigail Hernandez	Monday, Tuesday, and Friday 1:00PM to 5:00PM Room 307/zoom								
Prof. Earl Sumile	Monday and Tuesday 1:00PM- 4:00PM Thursday and Friday 1:00PM to 3:00PM Room 329/ zoom								
<p><i>Teaching Strategies and Learning Activities</i></p>	<p>This course uses strategies to help you process/ apply the theoretical inputs provided through lecture recording and other course materials. The learning materials are uploaded in the</p>								



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
 The Health Sciences Center

Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines
 Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485
 Email: upm-cn@up.edu.ph



	<p>course site in advance for you to review on before attending the face-to-face sessions.</p> <p>There will be learning activities every session that seek to put you and your classmates at the center of the learning process. The activities which are designed and conducted based on this principle, will help you to be engaged in class discussions, group activities and reporting.</p>
<i>Assessment Strategies and Activities</i>	<p>Varied assessment strategies and activities are used to document learning achieved in this course. You will get to assess yourself, and your classmates and we will assess you as well. All activities are meant to facilitate learning and/or self-reflection and will all contribute to your final grade. You will be graded using corresponding rubrics. These are concrete ways by which it will be determined how well you (and the rest of the class) have achieved the course outcomes these.</p>

COURSE REQUIREMENTS

The table below shows you the graded requirements in this course:

Unit	%	Family Case Study	Written test	EH Group Project/ Reporting	Peer evaluation/ Class Participation
Unit 1 Basic Concepts and Principles of Public Health Nursing	10	-	10	-	-
Unit 2 Public Health Nursing in the Philippines	10		10	-	
Unit 3 Family Health Nursing	40	10	20		10
Unit 4 Environmental Health	40	-	20	10	10
Total	100	10	60	10	20

Below is a brief description of each of the requirements:



<i>Class participation/ Peer evaluation</i>	It refers to the student’s participation in the different course activities and is connected to all course content and outcomes. This is also meant to measure the extent of your participation in accomplishing a shared task with your classmate and will consist of 20% of your final grade.
<i>Family case study</i>	This requirement is meant to demonstrate the ability to apply the concepts and principles in the Family Health Nursing process to a hypothetical family. The case study will be accomplished in groups. A rubric/ checklist will be provided to guide the assessment of the family case study. Your case study will account for 10% of your final grade.
<i>Environmental Health Reporting</i>	This requirement is meant to determine the extent of knowledge and understanding of the different environmental health concepts. The report is equivalent to 10% of your final grade.
<i>Written tests</i>	This requirement is meant to measure the depth of knowledge you have gained from all the concepts and principles covered in all the course units and consists of 60% of your final grade. There will be (2) long examinations and one final examination . The scope of the first long exam will be FHN concepts and Basic Public Health Concepts, while the second long examination will include EH concepts. The passing grade for each long exam is 60%. Failure in either or both long tests would mean taking the final examination or retesting.

THE N12 FACULTY

Associate Professor Luz Barbara P. Dones

Assistant to the Dean
 Email lpdones@up.edu.ph
 Mobile Number: + 63 917 6256153

Assistant Professor Mary Abigail A. Hernandez

N12 Course Coordinator
 Email: mahernandez@up.edu.ph
 Mobile Number: + 63 917 7927203

Assistant Professor Earl Francis R. Sumile

Specialty Group Coordinator
 Email: ersumile@up.edu.ph

Reference

Maglaya, AS (2009) Nursing Practice in the Community 5th edition. Argonauta Corporation. Marikina City (This is the main reference for this course and is available only through the publisher. The Family



Health Nursing content will mainly come from this book. We cannot reproduce the content of the book in whole or in part as it is protected by copyright law.)

HOUSE RULES

You are requested to try hard to observe these house rules in our class:

1. **Be kind to yourself and be gentle to others.** We are living in a challenging time. Please do not make it any more difficult for yourself and for others. Try your best to observe the following, but if you cannot do so, please tell us as soon as possible. Do believe that things have a way of working out eventually.
 - a. **Be mindful of time and its importance.** Please try hard to:
 - visit the course site regularly to be updated on relevant matters;
 - follow the course schedule; and
 - complete/submit requirements on time, following specific guidelines.
 - b. **Do your part in the learning process.** Please try hard to:
 - read/study assigned materials/resources;
 - participate in class discussions and activities; and
 - treat others with respect and empathy, if not compassion.
 - c. **Remember the values of UP.** Please try hard to show honor and strive for excellence by:
 - respecting intellectual property rights (e.g., NOT sharing or distributing any part of the copyrighted materials which have been made available to you solely for the educational purposes of this course);
 - observing academic honesty and the ethics of scholarship in the course;
 - keeping in mind that any form of academic dishonesty (like plagiarism) automatically merits a final grade of 5.0 in the course and may be subject to additional disciplinary measure. All submissions in this course will go through a plagiarism check.
 - d. **Reach out when you need help.** Immediately get in touch with a classmate and/or your faculty for support.
 - e. **Help your classmates and/or the faculty whenever possible.** All members of the class

—

students and faculty – WE – are in this journey together.
2. **Follow all specific guidelines for different aspects of the course.** This will facilitate the teaching-