



COLLEGE OF NURSING UNIVERSITY OF THE PHILIPPINES MANILA



N100 Health Promotion in Nursing Practice

STUDY GUIDE: WEEK 1

Welcome to the first week of our course, N100 Health Promotion in Nursing Practice. The concept of health promotion has been introduced to you in your foundation courses as one of the levels of disease prevention. Health promotion focuses on activities to promote health and well-being of individuals and also specific measures to protect individuals from risks to certain diseases. The nurse has the principal responsibility to carry out health promotion measures across levels of clientele- individual, family, population group and community- in any practice setting . For this course, we are going to focus on health promotion as a concept that guides the nurse's intervention while working with families, population groups and communities. The course will also give you a glimpse of Health Promotion as movement and a global development effort in the context of Primary Health Care to address health and social inequities.

Objectives

The activities this week aim for you to:

1. Trace the origin of health promotion as an organized field.
2. Explain differing concepts and definitions of health promotion in terms of goals, objectives, processes and actions.
3. Identify the different global and societal factors that influenced the development of health promotion as an approach and practice
4. Describe the recommendation related to policy, strategy and approach of the different international conferences on health promotion

Activity 1. Recognizing Diversity

Task: Think-Pair-Share

Let's begin. All the reading list and slide presentations provide a theoretical background of the development of health promotion as a movement and as an organized field.

1. Read. Watch.
 - a. Watch the slide presentations.
 - Slide Presentation #1. Ancient origins of health promotion and disease prevention
 - Slide Presentation #2. Global and societal factors influencing health promotion movement
 - Slide Presentation #3. Health promotion: definition and practice
 - b. Read the nine (10) World Health Organization documents on the international conferences on health promotion using the following link: WHO Global Health Promotion

2. Think.
 - a. Reflect on the slide presentations you watched. The pop and reflection questions will help you focus on the emphases of the presentation.
 - b. As you read the documents on the global conferences on health promotion, reflect on the highlights of each document.
 - c. After you have answered the pop or reflection questions, compare your answers to the topic summary provided.
3. Share.
 - a. Share your answers on the pop questions during the class discussion.

Activity 2: Participating in the Discussion

Task:

1. Answer the following:

- a. Slide Presentation #1 Ancient origins of health promotion and disease prevention

Pop Question 1. Reading through the ancient and pre-colonial health promotion and disease prevention practices, you will notice that societies have a way of keeping their members healthy in a culturally accepted way. Think of reasons why these societies put value on health promotion and disease prevention. Think also of reasons on why these health systems remain until today. Share your thoughts and make sure to comment on the answer of your classmates.

- b. Slide Presentation #2 Global and societal factors influencing health promotion movement

Pop Question 1. Reading through the phases of evolution of primary care/prevention, reflect on at least three societal factors that were considered nodal points that ushered in changes from one period to another.

Pop Question 2. In five words, describe the key elements necessary for health promotion to achieve its ultimate goal of health for all.

- c. Slide Presentation #3 Health promotion: definition and practice

Reflection Question 1.

- Based on Table 1, how did each proponent of the definitions describe health promotion?
- What was the focus of each definition?
- How does each definition differ in terms of goal, objective, process and action?

Reflection Question 2.

- Based on Table 2, make a summary of the definitions in terms of the following: goal, objectives, processes, activities
- Describe the difference and commonality among the constructs

2. Participate in the class discussion

Learning Resources

Joss, N. (2011) Milestones in the history of health promotion. Copyright Oxford University Press. Reproduced from Understanding Health (3rd edition) by Keleher, H and MacDougall C. Retrieved August 30, 2020 <http://lib.oup.com.au/hhe/health/keleher3e/guidebook.pdf>

Raingruber, B. (2014) History of health promotion. Jones and Bartlett LLC, as Ascend Learning Company. Retrieved August 20,2020 http://samples.jbpub.com/9781284094749/Chapter_2.pdf

Rootman, I. et al. (2001) Evaluation in health promotion: principles and perspectives. WHO Regional Publications, European Series, No 92 pages 10-14 Retrieved July 20, 2017 <https://www.euro.who.int/en/publications/abstracts/evaluation-in-health-promotion.-principles-and-perspectives>

WHO Global Health Promotion Conferences <https://www.who.int/healthpromotion/conferences/en/>