



**NMNC 1210 Health and Illness Concepts I**  
**Spring 2023**

<b>Course Description:</b>	This course will focus on health and illness concepts across the lifespan. Concepts covered are related to homeostasis/regulation, sexuality/reproductive, protection/movement and emotional processes.
<b>Credits:</b>	3
<b>Prerequisites:</b>	All level 1 Nursing Courses Anatomy and Physiology Pathophysiology
<b>Corequisites:</b>	NMNC 1220 Health Care Participant NMNC 1230 Pharmacology NMNC 1235 Assessment and Health Promotion
<b>Meeting Times:</b>	Wednesdays 0830-1130
<b>Lead Instructor:</b>	Audrey Morton MSN RN 505-250-4890 (be respectful of my personal cell phone number) <a href="mailto:amorton1@unm.edu">amorton1@unm.edu</a>
<b>Office Hours:</b>	Mondays and Tuesdays: 1430-1630 Wednesdays: 1130-1330 I will be present in my office. Please contact me in advance if possible. I am also willing to meet by appointment via Zoom or telephone as needed.
<b>Program Director:</b>	Joe Poole MSN RN, <a href="mailto:jrpoole1@unm.edu">jrpoole1@unm.edu</a>
<b>Course Objectives:</b>	Upon successful completion of this course, the student will: <ol style="list-style-type: none"> <li>1. Describe the scope, risk factors, physiologic processes, attributes, and clinical management of selected concepts and exemplars across the lifespan. [L2.3/P3]</li> <li>2. Discuss evidence-based practices and healthcare standards of care related to the concepts/exemplars of the course. [L2.2/P2, L2.3/P3, L2.4/P4]</li> <li>3. Explain the collaboration necessary related to the concepts/exemplars of the course. [L2.5/P5]</li> </ol>

	<p>4. Utilize informatics and resources related to the concepts/exemplars of the course. [L2.6/P6]</p> <p>5. Integrate considerations of normal physiology and healthy adaptations into nursing practice of patients across the lifespan. [L2.3/P3]</p>
<b>Required Texts, Materials, and Resources:</b>	<p>Nursing Book Bundle previously purchased</p> <p>Kaplan Program</p> <p>Internet Access</p>
<b>Course Communication:</b>	<p>Email must originate from your student email account and include your student ID number</p> <p>Use of my cell number is only limited to notification of email that has been sent. (This is encouraged as I don't check my email as promptly as you would probably like.)</p>
<b>Electronic Device Usage:</b>	<p>You are preparing to be a professional. Your phone must be silenced and will not be used during course time. If the phone must be used, you must step out of the classroom.</p> <p>Lectures may be recorded with instructor permission.</p>
<b>Academic Integrity:</b>	<p>Having academic integrity is paramount to your success in any class. Plagiarism or cheating is not tolerated. Any instance of this will result in a grade of zero for that assignment. Here is the link to the UNM Academic Dishonesty Policy:</p> <p><a href="https://pathfinder.unm.edu/campus-policies/academic-dishonesty.html">https://pathfinder.unm.edu/campus-policies/academic-dishonesty.html</a></p>
<b>Respectful and Responsible Learning:</b>	<p>We all have shared responsibility for ensuring that learning occurs safely, honestly, and equitably. Submitting material as your own work that has been generated on a website, in a publication, by an artificial intelligence algorithm, by another person, or by breaking the rules of an assignment constitutes academic dishonesty. It is a student code of conduct violation that can lead to a disciplinary procedure. Please ask me for help in finding the resources you need to be successful in this course. I can help you use study resources responsibly and effectively. Off-campus paper writing services, problem-checkers and services, websites, and AIs can be incorrect or misleading. Learning the course material depends on completing and submitting your own work. UNM preserves and protects the integrity of the academic community through multiple policies including policies on student grievances (Faculty Handbook D175 and D176), academic dishonesty (FH D100), and respectful campus (FH CO9).</p>

	These are in the Student Pathfinder ( <a href="https://pathfinder.unm.edu">https://pathfinder.unm.edu</a> ) and the Faculty Handbook ( <a href="https://handbook.unm.edu">https://handbook.unm.edu</a> ).
<b>Title IX:</b>	Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on campus. Please note that, because UNM faculty, TAs, and GAs are considered "responsible employees" any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator. For more information on the campus policy regarding sexual misconduct and reporting, please see: <a href="https://policy.unm.edu/university-policies/2000/2740.html">https://policy.unm.edu/university-policies/2000/2740.html</a> .
<b>Covid-19 Health and Awareness:</b>	UNM is a mask friendly, but not a mask required, community. To be registered or employed at UNM, Students, faculty, and staff must all meet UNM's Administrative Mandate on Required COVID-19 vaccination. If you are experiencing COVID-19 symptoms, please do not come to class. If you have a positive COVID-19 test, please stay home for five days and isolate yourself from others, per the current Centers for Disease Control (CDC) guidelines. If you do need to stay home, please communicate with me via email or text for promptness; I can work with you to provide alternatives for course participation and completion. UNM faculty and staff know that these are challenging times. Please let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources.  Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.
<b>PASOS Resource Center:</b>	The Resource Center is an on-campus center that serves as a “one-stop” for all <b>non-academic needs</b> of UNM-Valencia students. If you have food insecurity or other needs, they can help. 505-925-8546 <a href="mailto:Pasos@unm.edu">Pasos@unm.edu</a>
<b>The Learning Center at UNM-VC</b>	Writing and Math tutoring as well as other learning resources can be found here: <a href="https://valencia.unm.edu/campus-resources/learning-commons/index.html">https://valencia.unm.edu/campus-resources/learning-commons/index.html</a>

<b>Accommodations:</b>	<p>UNM is committed to providing equitable access to learning opportunities for students with documented disabilities. As your instructor, it is my objective to facilitate an inclusive classroom setting, in which students have full access and the opportunity to participate.</p> <p>To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact the UNM-Valencia Equal Access Services (Sarah Clawson, Coordinator), at (505) 925-8840 or by email at <a href="mailto:sjclawson@unm.edu">sjclawson@unm.edu</a></p>
<b>Student Nurse Handbook:</b>	<p>The Student Nurse Handbook addresses all additional student rules and responsibilities not addressed here. You signed that you have reviewed the handbook prior to level 1, and the expectation is you continue to follow all outlined behaviors.</p> <p><a href="https://valencia.unm.edu/academics/divisions/Health-Sciences/nursing-program/applications/unmvc-student-handbook-2022-2023.pdf">https://valencia.unm.edu/academics/divisions/Health-Sciences/nursing-program/applications/unmvc-student-handbook-2022-2023.pdf</a></p>
<b>Success Course Completion:</b>	<p>A cumulative average of all theory tests at 77% or higher  AND  An overall course grade of 77% or higher  AND  Completion of all coursework (you may not “skip” an assignment or “take a zero”).</p>
<b>Grading Scale:</b>	<p>Grading Scale:  98-100 A+  93-97 A  90-92 A  87-89 B+  83-86 B  80-82 B  79 C+  77-78 C  73-76 D+  70-72 D  67-69 D  0-67 F</p>
<b>Course Breakdown:</b>	<p>10% Kaplan  70% 7 Concept Exams  10% Final Exam  10% TBD Activity</p>

<b>Kaplan:</b>	See Handbook for additional information regarding Kaplan grading process. There are four (25 point) parts to this testing. You will take a focused test, remediate that section, take a proctored test, and remediate that section. The purpose is to begin to expose you to the style of questions to expect on the NCLEX.
<b>Exam Absence:</b>	If a student must miss an exam, the instructor for the course must be notified as soon as possible prior to the exam. If the notification is received prior to the time of the test, the faculty member may reschedule the test or offer an alternate format, such as an essay test. If the student does not notify the instructor prior to the exam, the test grade will be zero (0). The opportunity to make-up any exam, whether notification is received or not, is at the FULL discretion of the instructor.
<b>Student Success Plan:</b>	<p>Students who are experiencing academic difficulty or have a handbook infraction must complete a student success plan and review it with the Success Coach and their Peer Tutor. This plan can be initiated by either the student or a faculty member.</p> <p>Students who score below 77% on any exam will have a success plan put in place and are required to meet with the Success Coach and the Peer Tutors. The Tutors and Success Coach will sign the success plan verifying that they have met with the student. The success plan will be filed with the instructor, the success coach and with administrative assistant.</p>

**It is my goal to have each of you be successful in this course. Please reach out if you have any unanswered questions.**

**This syllabus is subject to change as the course progresses and needs are identified. Changes will be communicated with an acknowledgement assignment in Canvas.**

**Assigned Curricular Concepts and Exemplars with Population or Focus**

<b>Mega-Concept/Concept Category/Concepts</b> <ul style="list-style-type: none"> <li>• <b>Exemplars</b></li> </ul>	<b>Population or Focus</b>
Health and Illness/Sexual Reproduction/ <b>Genomics</b>	Pediatrics
Health and Illness/Homeostasis and Regulation/ <b>Thermoregulation</b> <ul style="list-style-type: none"> <li>• Hypothermia (Exposure)</li> <li>• Hyperthermia (Environmental vs. Disease Process)</li> </ul>	Lifespan
Health and Illness/Sexual Reproduction/ <b>Sexuality</b> <ul style="list-style-type: none"> <li>• Sexual Health</li> <li>• Sexually-Transmitted Infections (STIs) and Sexually Transmitted Diseases (STDs)</li> </ul>	Lifespan
Health and Illness/Sexual Reproduction/ <b>Reproduction</b> <ul style="list-style-type: none"> <li>• Family Planning/Contraception</li> <li>• Preconception and Antepartum Health Promotion</li> <li>• Intrapartum and Birth Overview</li> <li>• Postpartum Health Promotion</li> <li>• Newborn Nutrition and Health Promotion</li> </ul>	Child-bearing Family
Health and Illness/Protection and Movement/ <b>Sensory Perception</b> <ul style="list-style-type: none"> <li>• Visual:                             <ul style="list-style-type: none"> <li>○ Myopia</li> <li>○ Presbyopia</li> <li>○ Cataracts</li> <li>○ Glaucoma</li> <li>○ Macular Degeneration</li> </ul> </li> <li>• Auditory:                             <ul style="list-style-type: none"> <li>○ Sensorineural Hearing Loss</li> <li>○ Conductive Hearing Loss</li> </ul> </li> </ul>	Elders
Health and Illness/Emotional Processes/ <b>Stress and Coping</b> <ul style="list-style-type: none"> <li>• Effective Coping</li> <li>• Maladaptive Coping Strategies</li> <li>• Post-Traumatic Stress Disorder (PTSD)</li> </ul>	<ul style="list-style-type: none"> <li>• Peds and Adult</li> <li>• Veterans</li> </ul>
Health and Illness/Emotional Processes/ <b>Anxiety</b> <ul style="list-style-type: none"> <li>• Anxiety Continuum, Including Panic</li> </ul>	Lifespan