

**Course Title**

Health and Illness Concepts I

**NMNEC Course Number**

[ADN] NMNC 1210

[BSN] NMNC 3210

**Instructor Information**

**Name:** Morgan Samp (Nielson)

**Contact Info:**

505-554-8792    mnielson@unm.edu

This is my personal phone- please use it sparingly. Please email me with questions or concerns. You may text me that you emailed me if you need an immediate response, or if it is an emergency, however, the majority of communication needs to be done through email.

**Office Hours:** Wednesdays 12-4 or by appointment

**Number of Didactic Credits - 3 credits**

This is a 3 credit-hour course. Class meets once a week for 3h for the semester.

Please plan for at least 6 hours of out-of-class work (or homework, study, assignment completion, and class preparation) each week.

**Number of Clinical Credits**

0 credits

**Total Course Credits**

3 credits

**Course Description**

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.

**Prerequisites**

- Successful Completion of All Level 1 Nursing Courses (77% or higher)
  - Evidence-Based Practice (BSN track only)
  - Introduction to Nursing Concepts (NMNC 1110)
  - Principles of Nursing Practice (NMNC 1135)
  - BioL 2210 Human Anatomy
  - Physiology I 2220
  - Nursing 239 Pathophysiology 1
  - Nursing 240 Pathophysiology 2

**Co-requisites**

- Health Care Participant (NMNC 1220)
- Assessment and Health Promotion (NMNC 1235)
- Nursing Pharmacology (NMNC 1230)

**Course Objectives (Mapping of Course Objectives with Corresponding Level Objectives [L#.O#]/Program Objectives [P#])**

Upon successful completion of this course, the student will:

1. Describe the scope, risk factors, physiologic processes, attributes, and clinical management of selected concepts and exemplars across the lifespan. [L2.3/P3]
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]
3. Explain the collaboration necessary related to the concepts/exemplars of the course. [L2.5/P5]
4. Utilize informatics and resources related to the concepts/exemplars of the course. [L2.6/P6]
5. Integrate considerations of normal physiology and healthy adaptations into nursing practice of patients across the lifespan. [L2.3/P3]

## Successful completion of NMNC requirements:

A cumulative average of all theory tests at 77% or higher

**AND**

an overall grade of 77% or higher

**Please note that if the test average is not met, the overall grade is not sufficient to pass the course.**

**ALL WORK MUST BE COMPLETED. YOU MAY NOT "TAKE A ZERO."**

**LATE WORK:** Late work will be accepted at a 10% penalty PER DAY LATE. Work is expected within the week, or at the final class meeting date, to be graded. Please communicate any special circumstances.

### Evaluation/Grading Policies:

#### Grading Scale

A+ 98-100	B+ 87-89	C+ 79	D+ 73-76	F 0-67
A 93-97	B 83-86	C 77-78	D 70-72	
A- 90-92	B- 80-82	<b>Below 77/fail</b>	D- 67-69	

See the student handbook for complete grading policies across the nursing program.

Please note: There is **no rounding** of any score or course grade (examples: a 76.99% is not rounded to 77%. A score of 89.99% is not rounded to 90%).

**Please see the course calendar for list of assignments, points, and due dates. Subject to change per course instructor.**

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

<b>Mega-Concept/Concept Category/Concepts</b> <b>• Exemplars</b>	<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

<b>General Information</b>	
<b>Academic Integrity:</b>	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: <a href="https://policy.unm.edu/regents-policies/section-4/4-8.html">policy.unm.edu/regents-policies/section-4/4-8.html</a> Student Code of Conduct: <a href="https://pathfinder.unm.edu/code-of-conduct.html">https://pathfinder.unm.edu/code-of-conduct.html</a>
<b>Accommodations:</b>	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 opportunity to participate. To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact Accessibility Resource Center ( <a href="https://arc.unm.edu/">https://arc.unm.edu/</a> ) at <a href="mailto:arcsrvs@unm.edu">arcsrvs@unm.edu</a> or by phone at 505-277-3506

<p><b>Non-discrimination, Title IX Statement:</b></p>	<p>UAP 2720 and 2740. Our classroom and university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. If you ever need assistance or have concerns about incidents that violate this principle, please access campus support resources. These include confidential services at LoboRESPECT Advocacy Center, the Women’s Resource Center, and the LGBTQ Resource Center. The University of New Mexico prohibits discrimination on the basis of sex (including gender, sex stereotyping, gender expression, and gender identity). UNM faculty and graduate teaching assistants are considered “responsible employees.” “Responsible employees” must communicate reports of sexual harassment, sexual misconduct and sexual violence to Compliance, Ethics and Equal Opportunity. For more information on the campus policy regarding sexual misconduct, reporting, and reporting for “responsible employees,” please see UAP 2720 and UAP 2740.</p>
<p><b>Ai Policy:</b></p>	<p>All students in the nursing program must comply to the Ai policy set by your individual instructor.</p> <p>Restricted Ai Usage for Specific Tasks:</p> <ul style="list-style-type: none"> <li>• Students are expected to use Ai responsibly and critically evaluate the outputs of Ai tools ensuring transparency, accountability, and ethical considerations in their utilization.</li> <li>• Students can use basic Ai tools for specific tasks approved by the instructor, such as grammar checking or citation formatting.</li> <li>• The use of Ai should be justified based on its relevance to the learning objectives, and students must demonstrate a clear understanding of both the Ai methods employed and their academic application.</li> <li>• Students are encouraged to consult with the instructor if they have any questions or concerns regarding the appropriate use of Ai in this course.</li> <li>• If a student is caught using Ai inappropriately, a zero will be given on the assignment per the academic integrity policy. Student will be required to meet with course instructor or success coach and sign and success plan.</li> </ul>

<p><b>Student Support</b></p>	<p>PASOS Resource Center (505) 925-8546, <a href="mailto:pasos@unm.edu">pasos@unm.edu</a>. The Resource Center is an on-campus center that serves as a “one-stop” for all non-academic needs of UNM-Valencia students.</p> <p>COVID: Student Health and Counseling (SHAC) at (505) 277-3136. If you are having active respiratory symptoms (e.g., fever, cough, sore throat, etc.) AND need testing for COVID-19; OR if you recently tested positive and may need oral treatment, call SHAC.</p> <p>LoboRESPECT Advocacy Center (505) 277-2911 can offer help with contacting faculty and managing challenges that impact your UNM experience.</p> <p>Confidential services for students are available at LoboRESPECT Advocacy Center, Women's Resource Center, and the LGBTQ Resource Center. The Women's Resource Center supports all students, including those who are pregnant or are parents. UNM Pregnancy and Parenting Support information is available.</p> <p>UNM-Valencia has lactation stations located in LRC 112 (Tomé campus) and in the Workforce Training Center.</p>
<p><b>Respectful and Responsible Learning</b></p>	<p>Cheating and plagiarism (academic dishonesty) are often driven by lack of time, desperation, or lack of knowledge about how to identify a source. Communicate with me and ask for help, even at the last minute, rather than risking your academic career by committing academic dishonesty. Academic dishonesty involves claiming that work created by another source is your own original work. It is a Student Code of Conduct violation that can lead to a disciplinary procedure. When you use a resource in work submitted for this class, document how you used it and distinguish clearly between your original work and the material taken from the resource. 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>).</p> <p>Support:  Many students have found that time management workshops or work with peer tutors can help them meet their goals. These and other resources, including support on how to cite a source, are available through Student Learning Assistance at the Center for Teaching and Learning.</p> <p>Student Health and Counseling (SHAC) at (505) 277-3136.  TimelyCare: Free 24/7 virtual care services (medical, emotional support, health coaching, self-care, basic needs support).  LoboRESPECT Advocacy Center (505) 277-2911: help with contacting faculty and managing challenges that impact your UNM experience</p>



<p><b>Wellness:</b></p>	<p>If you do need to stay home due to illness or are experiencing a wellness challenge, please take advantage of the resources below. You can communicate with me at [ ] and I can work with you to provide alternatives for course participation and completion. Let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. UNM is a mask friendly, but not a mask required, community. If you are experiencing COVID-19 symptoms, please do not come to class.</p>
<p><b>Connecting to Campus and Finding Support</b></p>	<p>UNM has many resources and centers to help you thrive, including opportunities to get involved, mental health resources, academic support such as tutoring, free food at Lobo Food Pantry, and jobs on campus. Your advisor, staff at the resource centers and Dean of Students, and I can help you find the right opportunities for you.</p>
<p><b>Land Acknowledgement</b></p>	<p>Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico Pueblo, Navajo, and Apache since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.</p>
<p><b>Citizenship and/or Immigration Status</b></p>	<p>All students are welcome in this class regardless of citizenship, residency, or immigration status. Your professor will respect your privacy if you choose to disclose your status. UNM as an institution has made a core commitment to the success of all our students, including members of our undocumented community. The Administration’s welcome is found on our website: <a href="http://undocumented.unm.edu/">http://undocumented.unm.edu/</a>.</p>