

**Marion Technical College**  
**ALH1180: HEALTHCARE ISSUES: PATIENT EDUCATION**  
**IN HEALTH AND WELLNESS Course Syllabus**  
**Spring 2013**  
**ALLIED HEALTH**

**CREDIT HOURS:** 1 semester hour

**PREREQUISITE(s):** None

**DAY/TIME:** Online

**INSTRUCTOR(S):** Pam Hott

**BLDG/OFFICE NO:**

**TELEPHONE:**

**EMAIL:** [hottp@mtc.edu](mailto:hottp@mtc.edu)

**IN CASE OF EMERGENCY:** Dial 9-911 from any office or courtesy phone on-campus.

**Course Description:** This course is a study of topics relevant to the health care student involved in educating the patient in health and wellness. Topics include: current health issues; managing stress; mental and emotional health; resolving conflict; developing health relationships; sexual and reproductive wellness; physical active lifestyle; nutritional wellness; weight management; tobacco, alcohol and other drugs; infectious diseases; chronic diseases; safety and emergency preparedness; environmental wellness; and health and wellness through the life span.

**TEXTBOOK:**

Concepts in Health and Wellness, Robinson and McCormick, Delmar Cengage Learning, 2011.

## **MAJOR COURSE LEARNING OBJECTIVES**

Upon completion of this course, the student should be able to demonstrate the following knowledge, skills and attitudes:

1. Discuss the significance of the four dimensions of health and explain why health promotion should be important throughout the life span.
2. Describe how stress affects your immune system and explain the health risks associated with long-term stress.
3. Compare and contrast the characteristics of mentally and emotionally healthy individuals with those with mental disorders.
4. Identify and discuss skills that support conflict resolution.
5. Compare and contrast the characteristics involved in health relationships to addictive or abusive relationships.
6. Discuss the importance of prenatal care during pregnancy and describe examples of various birth control techniques.
7. Explain how you would determine a patient's level of physical fitness and your advice in the best type of activity given their disease condition.
8. Describe nutritional needs of specific population subgroups and a healthy approach to weight management.
9. List and describe the diseases associated with tobacco use and smoking cessation treatments.
10. Discuss factors that contribute to substance abuse.
11. State the causes of infectious and chronic diseases and describe methods of prevention.
12. Describe the relationship of age and gender to unintentional and intentional injuries.
13. Explain the relationship between environmental conditions and health.
14. Discuss the impact of critical life events on health.
15. Apply health and wellness principles and critical thinking skills to resolve patient education case studies.
16. Create a personal wellness plan that includes stress management, mental and emotional health, conflict resolution, healthy relationships, sexual/reproductive, personal fitness, nutrition/weight management, tobacco/alcohol/drugs, infectious and chronic diseases, and safety.