

Primary Healthcare Across the Lifespan

- Interprofessional Practice Education
 - Explore different roles in an interdisciplinary team. Identify responsibilities, scope of practice of other profession as well as nursing
 - Identify factors leading to good team functioning
 - Observe and comment on the roles of interdisciplinary team members and how each role adapts with evolving knowledge of a clinical situation.
- Health equity and vulnerable populations (including Indigenous Health)
 - Develop an understanding of the terms culture, ethnicity, minorities, values, values orientation, cultural humility, and cultural competency
 - Briefly analyze data associated with diverse populations
 - Explore the health concerns of diverse populations in Canada, including Indigenous persons, LGBTQ persons, immigrants and refugees, and homeless persons
 - Identify some of the cultural factors which impact overall well-being of vulnerable populations
 - Investigate strategies to support diverse populations
 - Develop an understanding of complementary and alternative medicines
 - Identify concerns encountered with the use of alternative health care in respect to health promotion
 - Develop an understanding of the nurse's role in supporting people from diverse cultures
 - Develop an understanding of the nurse's role in supporting people who utilize alternative health care strategies
- PHC for middle aged adults
 - Name three psychosocial and spiritual changes that frequently occur during middle age
 - Explain the normal biological changes that occur as a result of the aging process.
 - Identify the major causes of death in the middle-aged adult
 - Describe frequently occurring health patterns of middle-aged adults
 - Discuss the unique health problems related to the occupations of the adult between the ages of 25 and 65 years
 - Analyze the influence of psychosocial stressors on the middle-aged adult and the ways the individual's culture and occupation can affect these stressors
 - Examine teaching and learning strategies for middle-aged adults
- PHC for adolescents
 - Identify normal growth & development patterns related to adolescents
 - Identify common physical, emotional, & social challenges facing adolescents
 - Discuss risk-taking behaviours and prevention strategies aimed at this age group
 - Identify symptoms and treatment options for sexually transmitted infections (STI)
 - Discuss STI prevention and sexual health strategies
 - Identify factors contributing to teenage pregnancy
 - Discuss the prevalence of substance and tobacco abuse in adolescents
 - Discuss strategies for health promotion and primary healthcare in this age group
 - Identify common health screening that takes place in the adolescent period
- PHC for toddlers and preschoolers
 - Identify physical growth, developmental and other changes which occur during the toddler and preschooler period
 - Develop an understanding of the appropriate health promotion and disease prevention visits for the toddler
 - Identify appropriate topics for anticipatory guidance for parents of toddlers
 - Develop an understanding of developmentally appropriate approaches to toddlers
 - Identify leading causes of injury, and their associated factors, during the toddler and preschooler years
 - Briefly review Piaget' Theory on Cognitive Development
 - Compare and contrast coping skills of preschoolers and toddlers
 - Identify primary prevention and screening practices for preschoolers
 - Briefly examine key chronic illnesses which may impact preschoolers
 - Identify strategies to support families of toddlers and preschoolers
- Introduction to primary health care (PHC)
 - Understand and apply the 5 principles of Primary Health Care
 - Compare the three levels of prevention with the levels of service provision available across the lifespan
 - Develop strategies to promote therapeutic relationships with diverse populations across clinical settings, contexts, and nursing roles
 - Describe contemporary ethical issues in health promotion
 - Describe the use of the functional health pattern framework to assess individuals throughout the lifespan

PHC for older adults

- Identify what empowering nurses fall into of practice books like
- Future directions for RNs in PHC RR prescribing
- Review the change in demographics for the older population over the last few decades
- Identify health promotion activities specifically aimed to the older population
- Identify the role of nutrition on the process of aging
- Identify the 5 most prevalent health conditions and the 5 leading causes of death among the older population
- Describe health promotion strategies to address the 5 most prevalent health concerns
- Develop an understanding of the social and political issues which influence the wellbeing of the older person
- Analyze the impact of environmental, physical, biological and chemical agents which contribute to morbidity and mortality in older adulthood
- Identify resource available to support healthy aging
- Develop an understanding of the role of the nurse in the prevention of elder abuse and neglect
- To understand concepts related to end of life issues from a clinical perspective and a psychosocial perspective.
- To apply and practice skills related to end of life issues in a homecare setting including assessment and referral.

PHC for young adults

- Analyze specific health recommendations for the young adult
- Identify attitudes, behaviours, and habits that compose the lifestyles of young adults
- Define tasks that are consistent with adult development
- Analyze occupational, cultural, and ethnic risk factors that may affect young adults
- Delineate nursing roles in preventive interventions for healthy young adults in home and community environments

PHC for young school aged children PHC for middle school aged children

- Identify expected growth & development changes in the school-age child
- Discuss how the PHC principles apply to this age group
- Describe nursing interventions aimed at health service delivery for school-age children
- Appraise common screening for health risk factors for this age group
- Discuss common reactions of a hospitalized child
- Discuss nutritional needs of the school-age child and the childhood obesity
- Explore the 5-2-1-0 model to combat childhood obesity
- Discuss sleep patterns of this age group
- Explore how local schools are implementing health initiatives in school-aged children
- Describe the benefits of mental health support in school-aged children
- Identify environmental factors impacting the health of the school-age group

PHC for infants

- Discuss maternal health promotion during pregnancy
- Discuss maternal risk factors for screening initiatives
- Identify expected growth & development milestones for infants
- Identify the common vital signs for a newborn and one year old
- Analyze health promotion concepts and social determinants of health as they relate to infants and their caregivers
- Discuss the immunization schedule for infants and guidance points for their caregivers
- Identify environmental and other health hazards for the infant
- Discuss accident prevention and appropriate measures
- Develop an understanding of infant nutrition from birth to the introduction of solid foods
- Discuss the importance of live vaccine administration (schedule, common reactions, & contraindications)
- Apply principles of PHC, health protection, and disease prevention when providing care to infants
- Recognize the role of the nurse and interprofessional team in the care of infants