Healthy People 2020 from Theory to Practice in a Nursing Program

Norma E. Conner, PhD, RN
University of Central Florida
College of Nursing
Teaching Prevention 2012
Objective

• At the end of this session participants will be able to:
  – create course content that prepares students of health sciences to design and implement public health interventions that address Healthy People 2020 objectives.
Institute of Medicine Report
Future of Nursing (2011)

– Vision for future prevention central concept
– Continuum of nursing practice includes health promotion, disease prevention
– Health care providers interest in public health competencies (develop, implement, and assess culturally relevant interventions)
– Call for education improvements to emphasize community and public health nursing
– Form new partnerships with community leaders
Institute of Medicine Report
Future of Nursing (2011)

- Nursing Education Imperatives
  Recommendations of Healthy People Curriculum Task Force
  - Relationship between clinical care & public health
  - Health care financing
  - Awareness of the role of all health care providers
  - Processes of Health Policy
American Assoc. of Colleges of Nursing (AACN)

- Essential elements of Baccalaureate education
- Element V Health Care Policy
- Element VII Prevention and Population Health
Summary of Case Study

• Healthy People 2020 and Education for Health Successful Practices for Clinical Health Professions
• This project had as its goal to address objective HP2020 objective ECBP-12-16: Increase the inclusion of core clinical prevention and population health content in health professions education (HP2020).
UCF College of Nursing Undergraduate Program

- Community based nursing curriculum (1997)
- 16 Community Nursing Coalitions (CNCs)
- 5 Central Florida counties
- Basic, accelerated, concurrent and RN-BSN
- 4 Courses: 2 theory-based and 2 CNC based clinical courses taken as co-requisites
- Initial and final semesters
Assurance of Continuity

- Course objectives that include critical terms (national initiatives, levels of prevention, health education)
- CNC Coordinator
- Texts support and highlight HP2020
- Use of HP2020 Website
- Threading concepts throughout program
- Accreditation requirements
NUR 3634 Community Health Nursing

• Introduction, discussion and testing on concepts of HP2020 Initiatives, Health Promotion Models, Levels of Prevention and Health Education

• Assignments
  – HP2020 Objectives in class project
  – Community Assessment Presentation
  – Health Promotion Plan Paper
NUR 3634L Community Health Nursing Clinical

- Students spend 90 hours within their assigned CNCs
- Service Learning Course
- Community Assessment Assignment data is gathered for presentation in theory course
- Aggregate focused Health Promotion Teaching Project
NUR 4637 Public Health Nursing

• Healthcare of an aggregate presentation
  – Demographic & Epidemiologic data reported
  – Major HP2020 objectives identified
  – Problem list ID’d, 3 Diagnoses & outcomes
  – Primary, Secondary & Tertiary levels of interventions developed
NUR 4637L Public Health Nursing Clinical

- Students complete 45 hours in their CNCs
- Service Learning Course
- Health Promotion Plan paper (HPPP) from NUR 3634 linked to this course
- HPPP is translated to Nursing Intervention Project (aggregate ID’d in NUR 3634L)
- Carries the concepts learned and developed in theory to practical application
Example

• NUR 3634 and co-requisite NUR 3634L
  – HP2020 in-class activity NWS-10  Reduce the proportion of children and adolescents who are considered obese
  – Community Assessment of Pine Hills CNC
    • BMIs calculated among school aged children
    • Large percentage of children in the overweight/obese designation
Example

• HPPP problem: Overweight/obesity
  – among school aged children
  – related to high caloric and fatty snacks and sugary drinks
  – as evidenced by an increasing proportion of children with a high BMI in Orange/Seminole counties

• Interventions developed include a teaching program using USDA’s My Plate guidelines
Example

- NUR 3634L initial health teaching activity with children in Head Start on the importance of fruits and vegetables
- Available resources: numerous teaching aids
- Take-home give away items available (stickers, pedometers, jump ropes)
Example

• NUR 4637 the Health Care of an Aggregate at Risk Project
  – School Aged Children 5-11 years old
  – NWS-10 Reduce the proportion of children and adolescents who are considered obese
  – IID-10 Maintain vaccination coverage levels for children in kindergarten
  – IVP-1 Reduce fatal and nonfatal injuries (HP2020)
Example

• NUR 4637 the Health Care of an Aggregate at Risk Project
  – PA-8.2 Increase the proportion of children and adolescents aged 2 years through 12th grade who view television, videos, or play video games for no more than 2 hours a day
  – RD-2 Reduce hospitalizations for asthma (HP2020)
Aggregate at Risk

Children ages 5-11 years old

By: Student Name
Example

- NUR 4637L Nursing Intervention Project
  - Student returns to the original CNC of Pine Hills
  - Student chooses to work with children at the Boys and Girls Club in Pine Hills
  - Intervention project:
    - Jointly with agency staff
    - My Plate initiative 3 sessions
    - Let’s Move exercise program 3 more sessions

- Poster Presentation Community Invited
Community Outcomes

• Over 46,000 client-student encounters
• Over 30,000 screenings (i.e., BMI, hearing, vision)
• More than 100 agency-partners (schools, health departments, memory centers, boys and girls clubs, homeless programs, kidney centers, primary care clinics)
• More than 30 HP2020 objectives addressed
• More than 50 nursing intervention projects
Student Outcomes

• Articulate and translate HP2020 objectives and goals into practice
• Plan/implement health promotion/disease prevention interventions addressing primary, secondary and tertiary prevention levels
• Demonstrate leadership in the nurse-community partnership for improved health of the community aggregate
Future Plans

- Develop more interdisciplinary interventions with other majors (service learning majors)
- Establish some projects as perpetual within CNCs
- Continue to foster and establish additional community partnerships
- Integrate more resources from APTR


Thank You!

UCF

Stands For Opportunity