Description: This module introduces the concept of the family’s response to health promotion. Emphasis is placed on the concepts of family, health promotion, and strategies for involving individuals and family members in health promotion activities.

Learning Outcomes:
Upon completion of this module, the student will be able to:
1. Explain the role of the family in valuing individual and family health promotion and incorporating healthful activities into daily life.
2. Identify strengths and weaknesses that enhance or detract from family wellness.
3. Discuss nurse-initiated activities to encourage family participation in health promotion activities.

Learning Resources:
Text: NC ADN Textbook, Volume I, Chapter XX


Learning Activities:
In class discussion: The instructor will discuss the findings of the research article on cigarette smoking and nursing students and whether the students agree with the findings. The instructor will also briefly discuss the elements of a research article, including the abstract, methodology, data collection, the use of instruments, analysis of findings, and research collaboration.

Research discussion: After reading the research article, class members will discuss in an on-line forum the following questions posed by a student moderator (or the instructor): What are some individual health promotion strategies that student nurses and clients who smoke can use to quit smoking? What are some family activities that help support a client who is trying to quit smoking? What family activities do not support smoking cessation? Name some other wellness activities that can be enhanced by family support and involvement.

Each student is to make two forum postings (according to individual school policy) within a specified time frame. At the end of the forum, the student moderator (or instructor) will summarize the forum discussion. (Alternately, this assignment could be completed on paper and turned in to the instructor.)

Evaluation:
Discussion Forum Entries on Health Promotion Activities for Student Smokers/Clients
Unit Exam, Clinical Performance Evaluation