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## Course Specification

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Course Title	Health and illness behavior	
Course Code	ASW/NUR. 214	
Academic Year	2017 -2018	
Coordinator	Assistance lecture	
Teaching Staff	Staff of Adult Nursing	
Branch / Level	Second Year Nursing Students	
Semester	First Semester 2014-2015	
Pre-Requisite		
Course Delivery	<b>Lecture</b> 1hrs/week	<b>14 x 1 h lectures</b>
	<b>Practical</b>	<b>14 x h practical</b>
Parent Department	Adult of Nursing Department	
Date of Approval		

### 1. Course Aims

**The aims of this course are to:**

The course introduces students to the specific and complex problems that affect the functional health of a adult patient it is designed to promote Health and illness behaviors are associated with level of disability, quality of life, patterns of illness, and risk of death. It is tempting to view such health-related outcomes solely through the lenses provided by the biomedical sciences; however, the behaviors that importantly shape individuals' experiences of sickness or wellness, and life or death, are more completely understood from a sociological perspective.

### 2. Intended Learning outcomes (ILOs)

**A. Knowledge and understanding:**

**By the end of this course students should be able to:**

- A1. Describe health behaviors.
- A2. Discuss Strategies to modify health behavior.
- A3. Discuss Self-concept and Self- esteem.
- A4. Describe Coping with stress.

- A5. Describe. Stress and Stress Management
- A6. Describe. Psychiatric patient's rights
- A7. Describe Nurse and Patient Relationship.
- A8. Describe Patient's responsibilities.
- A9. Describe Self Awareness
- A10. Discuss Personality

***B. Intellectual skills:***

**By the end of this course, the students should be able to:**

- B1. Differentiate between therapeutic and social relationship.
- B2. Formulate Factors affecting on health and illness behaviors.
- B3. Formulate Types of stress.

***C. Professional and practical skills:***

**By the end of this course, the students should be able to:**

- C1. Apply multiple somatic symptoms among stress.
- C2. Assess clinical signs for patient with stress.
- C3. Implement Practicing relaxation technique can reduce stress symptoms
- C4. Use the nursing process as a framework for stress

***D. General and transferable skills:***

**By the end of this course, the students should be able to:**

- D1. Demonstrate all clinical procedure for stress

**3. Course Contents**

<b>Week</b>	<b>Topics</b>
1week	Health and illness behavior
2week	Strategies to modify health behavior
3week	Self Concept
4week	Self- esteem

5week	Stress
6week	Stress Management
7week	Practicing relaxation technique can reduce stress symptoms
8week	Stress and Nursing Process
9week	Patients Rights
10week	Patient's responsibilities
11week	Nursing role toward patient rights
12week	Nurse and Patient Relationship
<b>13week</b>	<b>Self Awareness</b>
14week	Personality
15week	Personality assessment

#### 4. Teaching and Learning Methods

- 4.1- Lecture.
- 4.2- Small group discussion.
- 4.3- Lecture notes (Hand out)
- 4.4- Learning activity.
- 4.5- Individual and group conference

#### 5. Student Assessment

Assessment Method	Assessment Length	Schedule	Proportion
<b>Written Examination</b>	2 hour	15 <sup>th</sup> week	100%
<b>Oral Assessment</b>	---	----	----
<b>Practical Examination</b>	----	----	-----
<b>Semester work</b>	----	-----	-----

#### 6. List of references

<http://www.rodpc.org/current-students/technical-support>

#### 7. Facilities required for teaching and learning

Additional software requirements for this course include Microsoft Office (Word, PowerPoint), and Acrobat Reader.

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	<b>Course Coordinator</b>	<b>Head of Department</b>
Name	Prof.	
Name (Arabic)	أ. د.	د. أ. امل محمد احمد
Signature	انتصار جاد المولى شعبان	
Date		

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