

Health Assessment and Health Promotion Across the Lifespan

4 Credits

This course is aimed at broadening the student's knowledge in health assessment and health promotion of the individual across the lifespan. Family, cultural and sociological aspects that influence an individual's health are explored. Communication techniques for obtaining a comprehensive health history are practiced. Risk factors are identified based on a comprehensive health history, including environmental and genomic influences on health, to develop patient specific risk reduction strategies. Focus is on the performance of a systematic, comprehensive health assessment, the critical analysis of assessment data, and health promotion. Health promotion and disease prevention, risk reduction, and strategies are integrated into assessment and discussion with patient and family. Students will explore models of health promotion and challenges to creating a healthy society. Strategies incorporating principles of clinical judgement to assist in achieving and maintaining wellness and optimal quality of life are emphasized.