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OKLAHOMA
PANHANDLE STATE
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NURS 3214 | Health Assessment and Promotion Health Promotion Project | Week 6

INSTRUCTIONS AND GUIDELINES

The purpose of this project is to develop an understanding of the importance of health promotion and to learn the applicability of health promotion to a variety of settings.

Students will develop a paper describing and detailing a health promotion topic of choice.

This is a scholarly project and should be written as such. Proper spelling, grammar, punctuation, sentence structure, and use of APA formatting are required and part of the grading criteria. **You will use the Health Promotion Project Template to write this paper.** If you do not use the provided template, your paper will be returned to you ungraded.

The project is worth 250 points and is due during Week 6, on Sunday by 11:59 P.M.

All papers will be submitted to Turn-It-In automatically upon uploading to the Dropbox. **Turn-It-In similarity index scores must be less than 30% or the paper will not be graded.**

REQUIREMENTS

Students will choose from the following list of Health Promotion Topics.

- Chronic Back Pain
- Hypertension
- Chronic Obstructive Pulmonary Disease (COPD)
- Morbid Obesity
- Human Immunodeficiency Virus (HIV)
- Chronic Kidney Disease
- Influenza
- Type II Diabetes Mellitus

Three reliable sources are required to support the rationale for your description of the health promotion topic. One of the sources can be the textbook assigned for this class. One of the sources must be a journal article. The third source can be a credible website or any other type of resource that is reliable. NOTE: A good way to find this information is to create a (free) Medscape account. Medscape provides thorough and comprehensive information about drugs and diseases. The information provided is considered reliable and scholarly in fashion. Authors are generally listed so please cite accordingly. Visit <https://www.medscape.com/> to create an account, *if desired*. Information obtained from Medscape can count as one of the required resources.

Good resources for the intervention section of the paper are WHO, Healthy People 2020, and the CDC.

The following topics must be included in the paper. The topics have all been plugged in as headings into the provided template. **PLEASE DO NOT CHANGE THE HEADINGS OR THE ORDER IN WHICH THEY APPEAR IN THE TEMPLATE, unless you are following the directions within the template.** Do not add additional sections that are not required. Do not include an abstract.

- **Introduction** – Explain to the reader what will be presented in the paper. The topic being addressed should be made clear. Use your section headings to guide the content in the introduction.
- **Background information** – Provide a general overview of the health promotion topic. Include pathophysiology, definition of disease process, signs and symptoms, and any other pertinent information. Include why this topic is relevant to nursing practice.
- **Possible causes and risk factors** – Explain all possible causes for the condition chosen. Discuss risk factors that can lead to the development or onset of the condition.
- **Incidence and prevalence** – Using statistical data, explain the incidence and prevalence of the condition being discussed. Include information about how the condition affects individuals based on gender, age, and race. Use consistent measurements of incidence and prevalence (local, national, worldwide, etc)
- **Diagnostics and Prognosis** – Provide information about how the disease is diagnosed and the overall prognosis once the condition is diagnosed. Describe any known factors that contribute to a better or worse prognosis.
- **Treatment options** – Include ALL appropriate treatment options for the condition, including pharmacotherapy, nonpharmacologic, surgical, and complementary/alternative medicine.

- **Intervention** – Pick one evidence-based intervention related to your topic. This intervention can be a preventative measure, a diagnostic/screening tool, or a treatment (Examples for Breast Cancer: Mammography, breast MRI, chemotherapy, lumpectomy, mastectomy, etc).
 - **Intervention Overview:** Provide a general overview of one intervention appropriate to your topic. Include any applicable historical data related to the topic.
 - **Recommendations regarding the intervention:** Explain all recommendations for how, when, why, where, etc., the intervention should or could be utilized. Be sure to include appropriate, reliable resources that specifically discuss the recommendation from professional organizations.
 - **Limitations and associated risks of the intervention:** Discuss all limitations or potential limitations related to the intervention. Why might the intervention not be used? In what patient populations or specific conditions might the intervention be impossible or contraindicated? Also discuss any known harms or associated risks related to the intervention.
 - **Research related to the intervention, reliability** – Locate one piece of research that has studied the intervention. This must be a published research study, not practice guidelines or patient education. Briefly summarize the study and explain how the research proves reliability or supports the use of the intervention.
 - **Levels of prevention** – Provide definitions for each level of prevention (primary, secondary, and tertiary), and give examples of each as they relate to the topic you are discussing. Also include an explanation of what level of prevention the intervention being discussed would fall under.
- **Conclusion** – Provide a brief summary of what has been discussed in your paper. Do not introduce any new material in this section.

REFERENCES

Include in-text citations and an appropriate reference list. Please refer to your APA 7th edition manual and/or other resources for assistance. Sources must be cited throughout your paper following APA guidelines. Points will be deducted if in-text citations are not provided within paragraphs.

SPELLING, GRAMMAR, APA FORMATTING choose from the following list of Health Promotion Topics.

Proper spelling, grammar, sentence structure, and APA formatting are expected throughout the project. Minimize the use of direct quotes; instead, paraphrase and provide credit to the source of information. DO NOT simply copy and paste a bulleted list from an internet source. Credit will not be given for this type of work. Use a minimum of three scholarly and current (less than five years) sources.

GRADING CRITERIA

The paper is worth 250 points. Please note that equal credit is given to the 10 core content pieces – this means that each section should be of approximately the same size.

CRITERIA	POINTS POSSIBLE
Title Page	5
Introduction section is included and appropriate	10
Basic background	20
Possible causes and risk factors	20
Incidence and prevalence	20
Prognosis	20
Treatment options	20
Intervention overview	20
Recommendations related to intervention	20
Limitations of intervention	20
Research related to intervention	20
Levels of prevention	20
Conclusion section is included and appropriate	10
APA formatting	10
References and Reference Page	10
Spelling and Grammar	5
Total	250



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