MONTANA STATE UNIVERSITY
COLLEGE OF NURSING
Master Resource Outline

N565: Principles of Population-based Health
Semester offered: Fall
Credits: 3; Lec 2, college lab 1
Prerequisites: N477 (or equivalent), N387R (or equivalent), and Stats 216 (or equivalent)

Course Description: Emphasis is on the public health concepts and skills essential to community-oriented leadership and practice in rural communities: concepts of risk, epidemiology, biostatistics, health planning, community empowerment and resource development. The values on health promotion and disease prevention will be explored. A strong emphasis on the physical, social, cultural and political environments of rural populations provides a framework for the above concepts.

Course Objectives:

1. Analyze selected rural health problems using community health nursing concepts.
2. Relate the concept of risk to rural health care practice and systems.
3. Apply the principles of epidemiology to research questions addressing rural community health problems.
4. Use local, state and national data bases to develop and evaluate population based diagnoses.
5. Apply concepts of prevention to address the health care needs of groups at risk in rural communities.
6. Communicate the economic and social benefits of health promotion/disease prevention programs.
7. Analyze the influences of the physical, social and cultural environments on the health of rural communities.
8. Analyze the role of community empowerment in the health care of rural communities.
9. Develop a conceptual framework to guide advanced practice nursing in community oriented primary care and other health systems.
10. Evaluate the influence of political systems on population-based health.
11. Apply principles of community assessment to develop a multifaceted plan for the health care of people in rural communities.
Recommended Content and Concepts:

I. The nature of risk
   Risk assessment
   Risk communication

II. Epidemiology
   Epidemiology as theory and method
   Health of aggregates
   Denominator populations
   Surveillance functions and monitoring changes in the environment
   Non-communicable disease epidemiology
   Epidemiology in occupational health

III. Biostatistics
   Biostatistics and information systems
   Demography
   Utilization of local, state and national data bases
   Use of computer information systems

IV. Concepts of prevention
   Levels of prevention
   Health promotion
   Disease prevention
   Health teaching to aggregates
   Use of mass media to disseminate public health information

V. Environments and health
   Environmental health
   Rural environments as they impact population health
   Occupational health of rural populations
   Behavioral and environmental determinants of client needs
   Cultural issues in rural Montana (Native American populations will be highlighted)

VI. Community Oriented Primary Care (COPC)
   Definition and overview of COPC
   Historical background
   Ethical perspectives
   Mission statement
   Value of a practice emphasizing client strengths
   Advocacy for high-risk clients and populations
   Case management
   Community empowerment
   Interpret agency’s mission, scope and purpose to multiple audiences
   Assessment of local health care agendas
   Resource development (human, physical and technical)
   Roles of community health care agencies and workers
   Identification of organizations and people with whom to collaborate

VII. Policy and politics
Policy development
Health policy implications
Legal and regulatory requirements and their associated costs
Economic trends in program planning
Economic benefits of community-based health
Steps in writing a program grant
Accessing and utilizing local and state public health agencies
Working with and on community agency boards
Use of the political process
Political intervention strategies

VIII. Community-based interventions
Community assessment and diagnosis
Program priority setting and planning
Program evaluation
Report writing
Advocacy for high-risk client and groups

Examples of Learning Activities:

Lectures, assigned readings, group discussion, student presentations, and examinations
Review of investigations/surveillance activities with populations of interest
Computation of rates with populations of interest
Field notes addressing epidemiological methods
Extrapolation of data from national databases to local and regional populations of interest
Discussion of organizations/programs addressing facets of population health

Approved by GAAC: 1/6/95
Reviewed/Modified by GAAC: 10/22/01; 11/05; 4/07
Approved by Faculty: 2/13/95; 4/07