

**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