School of Nursing & Midwifery

Iran University of Medical sciences (1404-2)

Educational program of Community Health and Geriatric Nursing

International Students second Semester of 1404-1405 year

Course Plan: Community and family health nursing

Lesson information:

Offering Department: Community Health Nursing and Geriatrics

Course Title: Community and family health nursing

Type and Number of Credits: 2 Credits (1.5 Theory + 0.5 Practical)

Course Code: 6900031

Course Instructor: Dr. Hosseini

Lecturers: Dr. Hosseini

Prerequisite: None

Field and Level of Study: Master of Science in Community Health Nursing

Class Day and Time: Sundays, 13:00 - 15:00

Course Instructor Information

Academic Rank: Assistant Professor

Specialty Field: Nursing

Workplace: Faculty of Nursing and Midwifery

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Course Description:

This course provides a comprehensive and in-depth exploration of the concepts, theories, and practical applications of family-centered care within the community. It focuses on the family as a unit of care, emphasizing the assessment of family health, identification of risk factors, and the planning and implementation of evidence-based nursing interventions. Students will learn to apply various family nursing theories and models to promote health, prevent disease, and manage chronic conditions across the family life cycle. The course integrates principles of community health, cultural sensitivity, and interprofessional collaboration to equip students with the necessary skills to function as advanced practice community health nurses in diverse settings.

General Objectives / Core Competencies:

Upon successful completion of this course, students will be able to integrate theoretical knowledge and practical skills to provide comprehensive, family-centered nursing care. They will be capable of:

1 .Conducting comprehensive family health assessments using appropriate tools and frameworks.

2 .Diagnosing family health problems and identifying risk factors.

3. Planning, implementing, and evaluating evidence-based nursing interventions for families.

4. Applying relevant theories and models of family nursing in clinical practice.

5. Demonstrating effective communication and collaboration with families and other members of the healthcare team.

6. Advocating for the health and well-being of families within the community.

Specific Objectives / Sub-Competencies for Each Core Competency:

This course consists of theoretical and practical sections. Students are required to actively participate in class discussions, complete assigned readings, and apply theoretical knowledge in practical settings.

Upon completion of this course, the learner is expected to:

- Define the concepts of family, family health, and family nursing.
- Analyze different family structures, functions, and developmental stages.
- Compare and contrast various family nursing theories (e.g., Family Systems Theory, Family Stress Theory, and Developmental Theory).
- Describe the process of a comprehensive family health assessment (including ecomaps and genograms).
- Identify social determinants of health impacting family well-being.
- Discuss the role of the community health nurse in supporting vulnerable families.
- Outline the stages of planning and implementing a family-centered intervention program.
- Select and apply appropriate educational strategies for families.
- Explain the methods for evaluating the outcomes of family nursing interventions.
- Understand the principles of family-centered care and empowerment.
- Recognize the importance of cultural competency in family nursing practice.

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Educational Approach:

Virtual □ In-person □ Blended ☑

Teaching-Learning Methods According to the Chosen Educational Approach:

In-person Approach:

☑ Interactive Lecture (Q&A, Quizzes, Group Discussion, etc.)

☑ Small Group Discussions

☑ Team-Based Learning (TBL)

☐ Problem-Based Learning (PBL)

☑ Scenario-Based Learning (Case Studies)

☐ Students as Teachers (Peer Teaching)

☑ Game-Based Learning

☑ Other (Please specify) ...Case Study Analysis, Role-Playing....

Other (Please specify): Classes will be highly interactive, focusing on the practical application of concepts. Students are expected to come prepared by reviewing the required readings and articles. The instructor will guide discussions, facilitate group work on case studies, and provide a framework for understanding complex family dynamics.

Blended Approach:

A combination of methods from the virtual and in-person educational approaches will be used. Theoretical content may be delivered via asynchronous online modules or pre-recorded lectures to allow for more in-person, interactive, and practical sessions.

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Course Schedule: Community and family health nursing

Session	Topic	Teaching Method	Student Learning Activities / Assignments	Date
1	**Introduction to Family Health Nursing** - Definition and concepts of family and community health - Historical perspectives and philosophy of family nursing	Lecture, Group Discussion, Q&A	Assessment of Learning, Q&A, Group Discussion, Review of the course syllabus.	
2	**Family Theories and Models I** - Family Systems Theory - Family Developmental Theory	Lecture, Group Discussion, Q&A	Assessment of Learning, Q&A, Group Discussion, Reading assignment on the theories.	
3	**Family Theories and Models II** - Family Stress Theory (e.g., Hill's ABC-X Model) - Family Resilience Theory	Lecture, Group Discussion, Q&A	Assessment of Learning, Q&A, Group Discussion, Analysis of a case study based on a chosen theory.	
4	**Comprehensive Family Health Assessment** - Genograms and Ecomaps - Family Functioning, Communication, and Roles	Lecture, Small Group Discussion, Scenario-Based Learning	Assessment of Learning, Q&A, Group Discussion, **Practical Assignment: Create a genogram and ecomap for a hypothetical family case.**	
5	**Family Health Promotion & Risk Reduction** - Assessment of lifestyle, nutrition, and physical activity - Screening for common familial health risks	Lecture, Group Discussion, Q&A	Assessment of Learning, Q&A, Group Discussion, Identifying health priorities for a family.	
6	**Nursing Interventions for Families** - Family Health Education and Counseling - Family Advocacy and Empowerment - Case Management	Lecture, Team-Based Learning (TBL), Scenario-Based Learning	Assessment of Learning, Q&A, Group Discussion, **Submission of a family health education plan (draft).**	
	Submission of Assignments (All students must email their family health assessment and intervention plan by the specified date to: Email Address)			
7	**Caring for Special Populations: Families with Vulnerable Members** - Care of families with older adults, children with special needs, or chronic illness	Lecture, Group Discussion, Q&A, Role-Playing	Assessment of Learning, Q&A, Group Discussion, Role-Playing a home visit scenario.	
8	**Program Planning and Evaluation in Family Health** - Outcomes evaluation, Quality improvement - Future trends in community health nursing	Lecture, Group Discussion, Q&A	Assessment of Learning, Q&A, Group Discussion, Final review.	

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Student Expectations

Students are expected to:

- Attend all classes punctually and regularly.
- Complete all assigned readings and preparatory work before class.
- Actively participate in class discussions, group activities, and case study analyses.
- Complete and submit all assignments on time, as outlined in the course schedule.
- Demonstrate professional behavior, including respect for diverse viewpoints and adherence to ethical principles.

Student Assessment Methods:

- Formative Assessment: Participation in class discussions, quality of contributions to group work, completion of in-class activities, and assigned tasks (e.g., family assessment assignment) (5 points).
- Presentation of 1 session of class (5 points).
- Summative Assessment: Written final exam including multiple-choice, descriptive, and short-answer questions (10 points)
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Main Course Resources (Latest Editions):

A) Books:

-Stanhope, M., & Lancaster, J. (2020). *Public Health Nursing: Population-Centered Health Care in the Community*. (10th ed.). Mosby.

-Allender, J. A., Rector, C., & Warner, K. D. (2022). *Community & Public Health Nursing: Promoting the Public's Health*. (10th ed.). Wolters Kluwer.

-Kaakinen, J. R., Coehlo, D. P., Steele, R., Tabacco, A., & Hanson, S. M. H. (2021). *Family Health Care Nursing: Theory, Practice, and Research*. (8th ed.). F.A. Davis.

-Friedman, M. M., Bowden, V. R., & Jones, E. G. (2003). *Family Nursing: Research, Theory, and Practice*. (5th ed.). Pearson.

-Wright, L. M., & Leahey, M. (2013). *Nurses and Families: A Guide to Family Assessment and Intervention*. (7th ed.). F.A. Davis.

B) Articles: Selected peer-reviewed articles related to family assessment, family nursing interventions, and community health will be provided by the instructor throughout the course.

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