

Personal Health Assessment and Health Promotion Plan

Purpose: The purpose of this assignment is for each student to internalize the health promotion concepts in a way that is personally meaningful for his/her own health promotion. Paper should not exceed 10 pages, including the title page, abstract, and references.

Assignment Directions: In order to meet the objectives of the course and this assignment each student will select one of the following options:

A. Self Assessment Plan

1. Begin your health assessment with the Health Beliefs Survey listed first in the "Assessment Tools To Consider" section of this document.
2. With the knowledge you have gain from your self-assessment, assess one component of his/her own health using at least two additional instruments to fully assess that component of health promotion (a few examples are stress management, smoking cessation, healthy eating habits, starting a fitness regimen, or weight loss). Students may use instruments included in this course pack or those found in professional journals. Rationale must be provided for the choice of each instrument. Why did you choose to use the particular instrument? Does it have good reliability, validity etc?
3. Students also must assess their readiness for change based on the Transtheoretical Model discussed in the Pender book.
4. After all of the results are available the results must be analyzed. What is the significance of the findings of the assessment?
5. A wellness-oriented nursing diagnosis congruent with the findings must be developed or selected.
6. A personal health promotion plan that is congruent with the assessment and diagnosis will be developed and implemented.
7. Outcomes of the self-interventions will be measured and reported.
8. This is to be a formal scholarly paper. It requires APA format with professional references. Any journals, food logs, copies of instruments or other documentation should be included as appendices.

COURSE OBJECTIVES:

1. Examines the role of the nurse as a collaborative partner in community health promotion.
2. Analyzes theories and evidence relevant to population focused health promotion.
3. Uses concepts of culturally competent care in health promotion.
4. Critically examines the evidence of population strategies to create healthy communities.
5. Uses the nursing process and community health concepts for addressing population base health promotion.
6. Examines health promotion strategies within an ethical framework.

Personal Health Assessment and Health Promotion Plan Grading

ASSESSMENT CRITERIA	POINTS POSSIBLE	POINTS EARNED
Assessment tools appropriate for the area to be assessed	10	10
Rationale provided and sourced for tools in first area to be assessed	10	10
Rationale provided and sourced for "Readiness for Change" instrument	5	5
Analysis is appropriate, reflects critical thinking.	10	10
Wellness diagnosis/diagnoses congruent with assessment findings.	10	10
Health plan follows principles of health promotion. Includes all stages of change	10	10
Implementation is appropriate for time period. Is documented with reliable evidence.	10	10
Outcome measures are recorded and appropriate.	5	5
Long-term outcomes are included.	5	5
APA: Title page, Running Head, Margins, Headers with page numbers, Use of headings	10	10
Grammatical: Spelling, Typing, Grammar, Neatness, Sentence Structure & Paragraphing.	5	5
Critical Thinking using elements of reasoning and Intellectual Standards. (Not to be used as outline points)	10	10
TOTAL POINTS	100	100

COMMENTS:

Great work on your paper!

You have created a very strong plan that is well supported through your assessment tools. Appropriate NANDA chosen, and well evidenced and supported. Your plan follows the Transtheoretical Model. You have provided appropriate and reliable resources. The outcomes you have identified are well done. You have also displayed good APA formatting, as well as professional and scholarly writing skills. All assignment criteria met and exceeded. On target with course objectives with the completion of this assignment.