HSI 200 - 1
Foundations of Health Science

Credit Hours: 3
Location: Lincoln
Time: 6 pm – 10:30 pm
Dates: Tuesdays - 8/18, 8/25, 9/1, 9/15, 9/22, 9/29, 10/6, 10/13
Instructor: Drew Case, RN, MSN
Email: drew.case@doane.edu
Phone: 402-381-8421

Blackboard: Please note that this will class will use “Blackboard” for assignments, grading, communication, etc. Go to https://bb2.doane.edu/webapps/login/ to log into Blackboard. Use the same “user name & password” as you do for your Doane e-mail. ALL assignments will be submitted via Bb! PLEASE, always review "syllabus" on Bb as this is the most current version and changes are made prior to class and Bb will ALWAYS be up-to-date!

Course Description:
This course addresses health sciences as a coherent group of disciplines concerned with the health of individuals and populations. It introduces students to the fields in health science in both preventive and therapeutic health practices and develops a better understanding of both current and emerging health issues. Upon completion of the course, students will understand the concepts of health, illness, and disease from a range of perspectives and will be able to explain the variety of factors that may act as potential determinants of health for both individuals and populations. Students will demonstrate their ability to critically examine strategies and solutions to problems involving health, illness and disease in the context of socio-cultural influences.

The Connection To The Health Science Professions:
This course introduces students to techniques that build self-awareness and understanding that are critical in leadership roles in the health science profession. Students will develop strategies to become more aware of their emotional responses and master skills that will allow them to self-regulate and respond appropriately and effectively to situations that are challenging and stressful. They will learn the value of increasing their self-confidence, optimism, and self-motivation to improve productivity and performance. Upon completion of this course, students will understand their values and know how to make decisions and take actions that are in alignment with those values.

Baccalaureate graduates will be expected to focus on continuous self-evaluation and lifelong learning. Additionally, they must have knowledge, skill sets, and attitudes that prepare them for a career of rapid change and leadership roles in their various professions. It is the belief that a better understanding of these concepts prepare health science professionals for leadership roles.
and equip them with the tools needed to better understand the concepts of health, illness, and disease. Mastering these concepts provide that ability to critically examine strategies and solutions to problems involving health, illness, and disease.

The Healthy People 2020 Initiative (U.S. Department of Health and Human Services) was announced in December, 2010. The overall goals of Healthy People 2020 are to:

• “Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death”
• “Achieve health equity, eliminate disparities, and improve the health of all groups”
• “Create social and physical environments that promote good health for all”
• “Promote quality of life, healthy development, and healthy behaviors across all life stages”


“Maintaining good health is not only important to a healthcare providers overall wellbeing, but it will also affect the quality of care provided to patients. Only when you feel good are you able to deliver optimal patient care. Healthcare Providers also serve as role models for patients.” (M.E. Koren & C. Christi-McCuliffe in Nursing Leadership & Management, 2012). Healthcare Providers must lead by example.

**Course Objectives:**
Students will develop and apply the following into their professional roles:

• Discover your leadership style and how to maximize it.
• Identify the characteristics of great leadership.
• Identify individual strengths and implement them into your healthcare practice and understand how this better enables you to care for others.
• Critically examine how good leadership is linked to the healthcare profession and its impact.
• Understand why good leadership is critical to understanding strategies and solutions to problems involving health, illness and disease.
• Determine how the *seven decisions that determine personal success* impact your healthcare careers on a professional and personal level.
• Identify, discuss and predict what influence the *Seven Decisions, Standout* and *Emotional Intelligence* might have on patient outcomes as we take action to improve *our overall personal wellbeing*.
• Understand the effects of our thoughts on our health and body and those we manage and care for.
• Understand the relationship of how our “thoughts” create our “character” and how this influences our leadership in the healthcare industry.

**Required Text:**

   **ISBN:** 978-1-56793-729-9
   **ISBN:** 978-0-7852-6428-6
3. **STANDOUT:** The Groundbreaking New Strengths Assessment from the Leader of the Strengths Revolution, Marcus Buckingham, 2011.  
   **ISBN:** 978-0-8499-4888-6

   **ISBN:** 978-0-937539-56-9

   **ISBN:** 978-0-9743206-2-5

**NOTE:** **STANDOUT AND EMOTIONAL INTELLIGENCE 2.0** are textbooks that include a code to access special resources on the Internet; so purchasing a used copy of the text is not an option. You won’t get a code if you purchase a used copy, and the code is necessary to complete the assignments. One of the reasons we are using these texts is that they are the most affordable texts on the market for a survey course in leadership. The publisher has been able to reduce the cost by putting electronic and print resources on line rather than in the text. If you purchase this book on-line, you run the risk of not having access to those electronic and print resources that you may need to complete assignments. I advise you to purchase this text through the Doane bookstore.

Grading will be based on attendance, engagement (participation) in class discussion, writing assignments and presentation.

Absences will be dealt with on an individual basis. If you are going to be gone, please notify the instructor prior to class.

**Highlights Project:**
As you read the books I would like you “highlight” anything that really “ketches” your attention or makes you go “Ah-ha”. Highlight anything that YOU deem important and would want to remember for discussions or look over again later without reading the entire book again. Before each class I would like you to take a few minutes and simply “jot” them down and bring them to each class with you to use in your discussion sessions and share with others. There is no “grading” of this or “minimum requirement”; it just helps with “digesting” the material and giving you direction in our discussion.

**Grading:**

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<th>Component</th>
<th>Points</th>
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<tr>
<td>Reflection Papers:</td>
<td>10 points each class/8 nights = 80 points total</td>
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<tr>
<td>Attendance:</td>
<td>10 points each class/8 nights = 80 points total</td>
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<tr>
<td>Engagement/Professionalism:</td>
<td>15 points each class/8 nights = 120 points total</td>
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**Total Points:**

<table>
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<th>Points Range</th>
<th>Grade</th>
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<tr>
<td>100 – 95</td>
<td>A</td>
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<tr>
<td>94 – 90</td>
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<td>89 – 87</td>
<td>B+</td>
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<td>86 – 84</td>
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You cannot participate and be engaged if you are not there. If you are not there you cannot do class discussion and small groups which are the gateway to self-awareness and self-discovery. It often takes the feedback from your instructor and peers to assist in shedding a conscious light on the learning process undertaken in these courses. Your growth in self-awareness and self-knowledge is dependent on your attendance and discussion in class. There are only three class meetings, so you should not enroll for the course if you know in advance that you cannot attend one or more of the meetings. Your grade is dependent on attendance and engagement. The highest grade that can be achieved (this includes a make-up project) if a class is missed is a “C+”.

ASSIGNMENTS:  Attendance, Engagement/Professionalism/Attitude, and the reflection paper must be submitted **ON BLACKBOARD within 72 hours** of class or considered late. If you have questions or difficulty, allow enough time to submit your papers on time. For each area in Bb, you will submit your points in the comments section with an explanation of your grade if needed. You submit your score under the “comments” section. Example for attendance; 10/10 – was on time and ready to start class at 6 pm.

You will be assessing and grading yourself on all three categories. 10/10 or 20/20 is 100%, A+, or perfect score. This means there was no room for improvement so I would expect that if you give yourself a perfect score you provide rationale in the comments section with your score. Here is a little perspective when deciding what you deserve for scores. If you want to know what your percent is take what you think you deserve (lets say 18) and divide by total possible points (lets say 20) and multiply that by 100. So 18/20 = .9 x 100 = 90%. Then look below and decide if you feel this is appropriate. If not, try a different number until you find the % that seems appropriate for your performance. An A or anything below a C should be justified as this is perfect and below average scores.

\[ A = \text{Outstanding, exceptional, distinction, no room for improvement} \]
\[ B = \text{Above average, very good, still room for improvement} \]
\[ C = \text{“Average”, common, lots of room for improvement but still “satisfactory”} \]
\[ D = \text{less than average, below standards, mediocre, needs serious improvement} \]

Attendance:
This class will be highly experiential and interactive. Therefore, class attendance is critical to the learning. Once the class begins, the idea is to never miss a class, but we know that life sometimes gets in the way of our plans. Attendance and Engagement points cannot be made up. If you must be absent, contact me to discuss the reflection paper.

Engagement/Professionalism/Attitude:
Engagement is similar to participation. It is being actively “engaged” in what is happening in class. This can be difficult to measure if one does not participate. There will be lots of group discussions and you will be required to participate if you want full credit. One does not have to “like” the material to be actively engaged and receive full credit. Participation, comments, opinions, etc. need to be presented in a professional manner. Points may be deducted if attitude, input, feedback interferes with others learning and enjoyment of the class. Yes, you will be assessed and graded on your attitude. **ATTITUDE is everything!!!** If you are going to learn anything about yourself and become an efficient and positive leader, you must have a positive attitude and be “willing” to be
open to new and different ways of looking at things. If you are late turning in your assignments, which is a “professionalism” issue and should be reflected in you’re scoring yourself here.

Reflection Papers:
Write a 2-page reflection paper on what you learned or discovered for each class. You can talk about your “highlights”, focus on one that really caught your attention and why? You could comment on what was discussed in groups and how people “see things differently” when reading the same book or talking about their “highlights”. This is YOUR reflection of what was read, highlighted, discovered, and/or discussed. Keep it focused on what was learned in class. “Grading” of your reflection is based not on your “reflection” but on how you present it. The paper should be double spaced, spell checked and typed. It NEEDS to be proofed for grammar and simple errors. Write your paper in a “professional” manner as thought you were turning it in to go in a patient’s chart or to your boss. Just make it “Professional”. There is no “right” or “wrong” to self-reflection. **You need to submit papers on Bb as a saved doc. docx. Simply type your paper in one of these formats and save on your desktop. In Bb click on “Browse My Computes” to find file and select and submit. You MUST put your initials in the save file name. For example if I were turning in the first paper I might save it like this; “DrewC reflection 1.docx”. I need this for organization and grading, thank you in advance.***

**Class Schedule**

**CLASS ONE:**

Go over syllabus and demonstrate how to use Blackboard (Bb)

**The Emerging Healthcare Leader – A Field Guide (Part I)**

**Prior** to class, read chapters 1-3 and come prepared to discuss.

**FULL version of syllabus will be available on Blackboard 1-2 weeks prior to class. BE SURE TO READ IT BEFORE CLASS!**