

1. BASIC INFORMATION

Subject area	Public Health
Degree	Bachelor's Degree in Nursing
School/Faculty	Biomedical and Health Sciences
Year	1st
ECTS	6 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On campus
Semester	Semester 1

2. PRESENTATION

Public health is the science and art of promoting health, preventing disease, and prolonging life through organized efforts of society. The health and quality of life of individuals tend to be increasingly globalized and interdependent with the environment. Basic knowledge about the role of Public Health will enable the student to discover the intensity of action of all factors of diverse nature on the health and disease of the population. These knowledge and skills are essential for identifying unfavorable influences and health-promoting resources, acquiring the necessary competencies to contribute to raising the level of community health as a professional committed to health care. The subject has a mixed theoretical-practical nature, so theoretical content is supplemented by practical ones, both in problem-solving and in searching for information in relevant sources, and in carrying out practical work that allows the student to acquire basic skills in teamwork and scientific communication.

3. COMPETENCES AND LEARNING OUTCOMES

Basic competences:

BC1: That students have demonstrated to possess and understand knowledge in an area of study that builds on general secondary education and usually reaches a level that, although supported by advanced textbooks, also includes some aspects that involve knowledge from the forefront of their field of study.

BC2: That students know how to apply their knowledge to their work or vocation in a professional manner and possess the competencies that are usually demonstrated through the elaboration and defense of arguments and problem-solving within their area of study.

BC3: That students have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant social, scientific, or ethical issues.

BC4: That students can convey information, ideas, problems, and solutions to both specialized and non-specialized audiences.

BC5: That students have developed the learning skills necessary to undertake further studies with a high degree of autonomy.

Transversal competences:

TC03: Awareness of ethical values: The student's ability to feel, judge, argue, and act according to moral values consistently, persistently, and autonomously.

TC04: Communication skills: The student's ability to express concepts and ideas effectively, including the ability to communicate in writing concisely and clearly, as well as to speak effectively in public.

TC05: Interpersonal understanding: The student's ability to engage in active listening in order to reach agreements, using an assertive communication style.

TC07: Teamwork: The student's ability to participate actively in achieving a common goal, listening to, respecting, and valuing the ideas and proposals of other members of their team.

TC08: Ethical-Social Competence. Demonstrating ethical behaviors and social commitment in the performance of professional activities, as well as sensitivity to inequality and diversity.

Through its development, the following will be promoted:

Behaviors appropriate to social and environmental norms and commitments in the academic and/or professional sphere.

Respectful behaviors towards diversity, promoting inclusive actions in the academic and/or professional sphere.

Therefore, through the development of this competence, a greater or lesser contribution will be made to achieving the Sustainable Development Goals (SDGs) of the United Nations' 2030 Agenda.

Specific competences:

(These are translated but not enumerated as they are in Spanish)

- Identify, integrate, and relate the concept of health and care from a historical perspective to understand the evolution of nursing care.
- Understand from an ontological and epistemological perspective the evolution of the central concepts that shape the nursing discipline, as well as the most relevant theoretical models, applying scientific methodology in the caring process and developing the corresponding care plans.
- Apply the nursing process to provide and ensure the well-being, quality, and safety of the people served.
- Know and apply the principles underlying comprehensive nursing care.
- Direct, evaluate, and provide comprehensive nursing care to individuals, families, and communities.
- Ability to describe the fundamentals of primary health care and the activities to be carried out to provide comprehensive nursing care to individuals, families, and communities. Understand the function and cooperative attitude that the professional must develop in a Primary Health Care team. Promote the participation of individuals, families, and groups in their health-disease process. Identify health-related factors and environmental problems to assist people in situations of health and disease as members of a community. Identify and analyze the influence of internal and external factors on the health level of individuals and groups. Apply the necessary methods and procedures in their field to identify the most relevant health problems in a community. Analyze statistical data related to population studies, identifying possible causes of health problems. Educate, facilitate, and support the health and well-being of community members whose lives are affected by health problems, risks, suffering, illness, disability, or death.
- Know the health alterations of adults, identifying the manifestations that appear in their different phases. Identify care needs arising from health problems. Analyze the data collected in the assessment, prioritize the problems of the adult patient, establish and execute the care plan, and evaluate it. Perform nursing care techniques and procedures, establishing a therapeutic relationship with patients and families. Select interventions aimed at treating or preventing problems arising from health deviations. Have a cooperative attitude with different team members.
- Know the Spanish Health System. Identify the characteristics of the managerial function of nursing services and care management. Know and be able to apply group management techniques.

Learning outcomes:

LO1: Protect the health and well-being of the people or groups served, ensuring their safety

LO2: Establish effective communication with patients, family, social groups, and colleagues and promote health education.

LO3: Work with the team of professionals as a basic unit

LO4: Perform nursing care based on comprehensive health care.

LO5: Ability to adjust their role in order to effectively respond to the needs of the population or patients.

LO6: Ability to undertake comprehensive and systematic assessments using appropriate tools and frameworks for the patient.

Competences	Learning outcomes
BC1, BC3, BC4, TC4, TC8, CE11, CE12, CE13, CE16, CE17, CE18, CE19, CE20, CE21, CE24	LO1
BC1, BC3, BC4, TC4, TC8, CE16, CE17, CE18, CE19, CE20, CE21, CE24	LO2
BC1, BC3, BC4, TC4, TC7, CE11	LO3
BC2, BC3, BC4, TC4, TC8, CE12, CE14, CE15, CE22	LO4
BC2, BC3, BC4, TC8, CE13	LO5
BC2, BC3, BC4, TC8, CE13	LO6

4. CONTENTS

Concept of health. Health and Disease Process. Demography. Main health problems according to age groups. Nutrition, nutrition, and public health. The human being as an integral part of an ecosystem: Human ecology. Physical, chemical, and biological factors that influence health. Sanitation, disinfection, and sterilization. Generalities. Sociodemographic variables and health needs according to stage of development.

5. TEACHING-LEARNING METHODOLOGIES

Here are the types of teaching-learning methodologies that can be applied:

- Lecture
- Cooperative Learning
- Communicative Tasks
- Problem-Based Learning (PBL)
- Simulation Environments
- Case Method

6. TRAINING ACTIVITIES

In-person Modality:

Training Activity	Nº hours
Lectures	25
Asynchronous Lectures (students' digital learning experience)	12
Practical Exercises	54

Seminars	5
Self-Study	40
Tutoring Sessions	10
Presentations	2
Knowledge Tests	2
TOTAL	150

7. ASSESSMENT

Assessment systems:

In-person Modality:

Assessment systems:	Peso
Objective knowledge test	50%
Group work	20%
Presentations	10%
Individual work	15%
Self-assessment	5%

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