University of Florida
Department of Health Education and Behavior

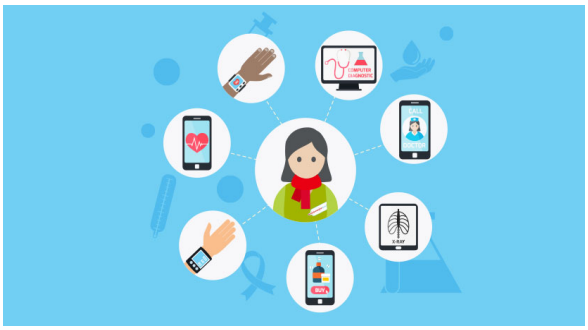
HSC4233: PATIENT HEALTH EDUCATION

SUMMER C 2021 [Class #12323; Section #718G]

Instructor: **Dr. Holly T. Moses, PhD, MCHES®**
Email: **hmoses@hhp.ufl.edu**
Office: FLG, Room 8
Office Hours: Tues/Thurs via Zoom: 9-11am (ET)
Class Meeting: eLearning @ UF (Canvas)

Teaching Assistant: Ms. Chelsea Chappell, MS, CHES®
remjccs@ufl.edu

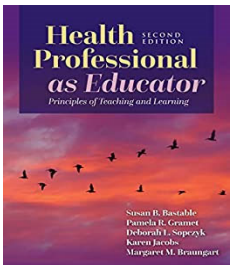
Dept Chair: Dr. Mildred Maldonado-Molina, Ph.D.
FLG, Room 5, mmmm@ufl.edu



Course Description:
Patient Health Education will introduce students to the practice of patient education, with particular emphasis on behavior modification (i.e., the use of teaching, learning, and motivational theories to support patient adherence and outcomes). This course will focus on the role of the health educator in teaching patients to maintain optimal health and become independent in self-care activities. Course content will address the basic foundations of the health education process, the unique needs and characteristics of learners in the patient role, a survey of instructional strategies appropriate for health educators (i.e., teachers) and patients (i.e., learners), patient health literacy and its implications for health education programming, and health education evaluation methodology.

Course Learning Objectives:
Each module in this online course contains a series of student learning objectives adapted based on the following Responsibilities and Competencies for Health Education Specialists: *Area I: Assessment of Needs and Capacity; Area II: Planning; Area V: Advocacy; Area VI: Communication; and Area VIII: Ethics and Professionalism*.

Course Textbook:
Bastable, S. B., Gramet, P. R., Sopczyk, D. L., Jacobs, K., & Braungart, M. M. (2020). *Health Professional as Educator: Principles of Teaching and Learning*. Burlington, MA: Jones and Bartlett Learning. (Required)
******for the Summer 2021 term only, students may also use the 1st edition textbook******



Course Website: eLearning @ UF (http://elearning.ufl.edu/)

Course Instructional Methods:
This course utilizes a combination of instructional methods including recorded lectures, videos (TedTalks), scholarly readings, online student engagement, discussion and peer response/reflection, and case study activities. In addition to the required textbook readings, you also will be responsible for reading multiple scholarly publications. All supplemental readings are available through the course website.

UF College of Health & Human Performance
Department of Health Education and Behavior
UNIVERSITY of FLORIDA

Course Success

Patient Health Education is an **online-delivered asynchronous distance education course**. ***Asynchronous means that you will interact with the course material online on your own schedule during the time that is allocated for this coursework***. With this flexibility comes the demand for tremendous self-discipline and awareness of your work habits. Distance education courses can be deceptive in the time required to complete assignments in an exemplary manner by the stated deadlines.

Students commonly underestimate the time needed to complete the assigned readings assignments, and assessments within the posted time frames and deadlines. Part of this underestimation stems from the lack of regular face-to-face contact with me and with your classmates. Without this contact, some students seemingly "forget" they are enrolled in a course. If you have never taken a distance education course, let me know this is your first online course. I'm here to help but part of my ability to help involves communication from you.

Here are some things that you can do to be successful in this course:

1. Use a word processor when typing your discussion posting and other assignments instead of typing them directly into the course website. This will enable you to save your work in case of any unexpected technical glitches. You also will be able to use the spelling and grammar checkers before you submit your work. (**Note:** Word documents are required for submission of all activities.)
2. **Take ownership of your education and learning experience.** Online courses are easy to ignore, so keep up with readings and assignments. Don't wait until it's too late to submit.
3. **Be an active and engaged participant in class discussions and activities**. **Plan to be online five to seven times each week.**
4. **Complete readings and watch video lectures *before* submitting assignments**. Doing so will give you a better foundation for making meaningful contributions to course discussions and prepare you for the quizzes and exams.
5. Inform me whenever (a) a problem related to the class arises; (b) you feel the need to clarify questions; (c) you desire to further explore topics of interest.

Assignment Deadline Policies

You need to be aware that online learning can present significant challenges, particularly to individuals who are not self-starters or those who do not possess good time-management skills. The online classroom is available 24 hours a day. Unlike traditional instructional settings in which each student gets the same class, the online setting means that every student will participate in the course that he/she chooses to experience. In theory, this type of instruction should be more adaptable to a variety of learning styles. However, in practice, some students seem unwilling (all are believed to be able) to create and actively take part in their own virtual classroom. This often results in procrastination and low-quality performance. Everyone learns differently, so prescribing a "best" approach is difficult. **Nevertheless, you should note that this course is not self-paced. You are expected to adhere to the course calendar and timeline.**

That said, I acknowledge that life happens – sometimes personal circumstances arise that may interfere with your ability to meet a deadline. If such an event does happen, please let me know as soon as possible (within 24 of the due date). Retrospective requests for extensions without a compelling rationale for why these requests are being made will be met with less receptivity than proactive communication that gives me a head's up on a potential conflict. Your messages generally will be responded to within 24 business hours (see Communication under Course Policies heading). If you have a question or problem, email me immediately.

Lastly, any requests for make-ups due to technology-related issues **must** be accompanied by the ticket number received from eLearning @ UF when the problem was reported. The ticket number will document the time and date of the problem. Students **must** contact the instructor within 24 hours of the technical difficulty if they wish to request (and be considered for) completion of a make-up assignment. Please note that adhering to the above guidelines does NOT guarantee an approval for make-up work. Following the above guidelines ensures that your request is considered.

Course Requirements

Grades will be determined based on your performance (timely submission, fully complete and high-quality work) on the following activities:

1. Digital Photo Upload for Canvas Profile (5 points)

Upload a recent digital photo of yourself to eLearning (professional headshot recommended).
If a student is uncomfortable with this assignment, please send an email to Dr. Moses by the assignment due date.

2. Student Introduction & Peer Discussion (5 points)

Each student will post a brief introduction about themselves using the designated discussion forum in eLearning. The information is intended for the instructor, TA, and fellow classmates. Students will also provide a peer discussion response to at least one classmate.

3. Activity Assignments (60 points; 4 @ 15 points each)

Several individual activities are required for this course. These activities will supplement information covered in video lectures, assigned chapter readings, and discussions. Each activity is designed to apply and/or reinforce skills and knowledge required of health professionals providing patient education. Due dates for activities are final; no late assignments will be accepted without appropriate documentation of a medical or family emergency. Students who fail to submit an activity by the assigned deadline will receive a zero (0) in the gradebook. The deadline for Activities is 11:59pm (ET) on the assigned due date listed in the course schedule.

4. Discussion Board Assignments (90 points; 6 @ 15 points each)

Course discussions are key to being an active participant in this course. Students are expected to engage in graded discussions by responding to specific prompts provided in each module and giving feedback on posts made by classmates. While discussions are designed to promote classroom interaction among students, deadlines for posting and responding to discussion prompts must be followed to receive credit for the discussions. The deadline for Discussions is 11:59pm (ET) on the assigned due date listed in the course schedule.

5. Quizzes (80 points; 4 @ 20 points each)

You must complete four (4) open-note online quizzes. The quizzes include "matching," "true/false" and/or "multiple choice" questions to assess your understanding of the material in the designated modules. Each quiz will be worth 25 points, and you will have up to 25 minutes to complete each quiz. Please note that you are required to carefully and critically read the chapters identified in the course textbook. Pay close attention to bolded keywords, key themes, tables, and figures as you read. Taking personal notes while reading each chapter and listening to the video lectures will help you prepare for and to do well on each module quiz. *No make-up quizzes will be given unless arrangements are made before the quiz due date.*

6. Scheduling Exam Appointments with Honorlock (10 points; 2 @ 5 points each)

As indicated previously in this syllabus, your exams will be administered via Honorlock service. This assignment requires students to plan and commit to a specific day and time to complete the HSC4233 examinations. To receive credit for these simple assignments, students MUST accurately report the date and time (ET) that they plan to complete each examination within the assignment text box. Follow the assignment instructions carefully to avoid point deductions!

7. Exams (150 points; 2 @ 75 points each)

You will complete two exams, each covering course material presented in the HSC4233 course modules within eLearning. The first exam will cover course material from Modules 1-3, and the second exam will cover course material from Modules 4-6. Please refer to the "Course Schedule" section of the syllabus for more details. Exams may include matching, multiple choice or true/false questions. The second exam will NOT be cumulative.
Additionally, exams are proctored through Honorlock. **Students should read the Student Exam Preparation Information (PDF) handout to sufficiently prepare for an online exam proctored by Honorlock.**

HSC4233 Course Evaluation

Assignments	Points Value	Grading Scale		
1. Digital Photo Upload for Canvas Profile	5			
2. Peer Introductions	5	A	93%-100%	372-400
3. Activity Assignments *4 @ 15 points each*	60	A-	90%-92.9%	360-371
4. Discussion Board Assignments *6 @ 15 points each*	90	B+	88%-89.9%	352-359
5. Quizzes *4 @ 20 points each*	80	B	83%-87.9%	332-351
6. Scheduling Exam Appointments with Honorlock *2 @ 5 points each*	10	B-	80%-82.9%	320-331
7. Exams *2 @ 75 points each*	150	C+	78%-79.9%	312-319
Total points	**400**	C	73%-77.9%	292-311
		C-	70%-72.9%	280-291
		D+	68%-69.9%	272-279
		D	63%-67.9%	252-271
		D-	60%-62.9%	240-251
		E	0%-59.9%	0-239

Course Policies

1. **Special Accommodations:** Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Please provide documentation to the instructor within the first week of the semester.

2. **Academic Honesty**: UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor of this class.

3. **Grade adjustments:** It is unethical and in direct violation of the UF Student Honor Code to request an unjustifiable grade adjustment (UF Student Honor Code: "Conspiracy to Commit Academic Dishonesty"). Under no circumstances will I ever 'round up' a student's grade (an 89.99% is a B+), nor will I offer extra credit. If a grade input error occurs, students are strongly encouraged to notify me as soon as possible. I will examine the eLearning grade to determine whether a calculation error has occurred. If an error occurred, the grade will be adjusted.
Note: Students have 5 days to review assignment grades/comments and contact the instructor with questions concerning their assignment grade. Students who fail to review their assignment scores within 5 days of the release of grades may not request retroactive adjustments on scores at the end of the term.

4. **Assignments:** It is assumed (and expected!) that students will put forth their best effort on all course assignments to get the best results from the course. **All course assignments are due by 11:59 PM ET on the date specified in the course schedule.** Assignment deadlines are final and **course assignments will not be accepted late.** You are advised to make back-up copies of all work and submit your work early to prevent technical issues from precluding successful submissions. *NOTE: Requirements for class assignments, discussions and other work in this course are consistent with university policies found at catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx.*

5. **Excused Absence Policy**: Per University of Florida policy, excused absences include medical appointments and illness (with doctor's note), deaths in the family (with documentation) and school events (with documentation on school letterhead). If you anticipate missing a submission deadline, please email me BEFORE the deadline passes. *See also "Assignment Deadline Policies" on page 2 of the syllabus.*

6. **Communication with Course Instructor and TA:** For personal communication with me, send messages using the Inbox tool on the Canvas course management system. Email inquiries received Mondays through Thursdays will usually receive a reply within 24 hours of receipt. Messages sent after 2 p.m. on Fridays and/or during the weekends will most likely receive a reply the following Monday. Additionally, you should make a point to regularly check for course-related notices via the Announcement tool on the Canvas course website. To "regularly check" means as often as possible, or at least three times a week. Students who fail to keep up with posted Announcements risk missing important information related to the course, including possible changes in assignment due dates.

7. **Message Etiquette:** Professionalism is expected of all students. Thus, you should use proper etiquette when sending emails. This includes an appropriate "Subject" heading stating your course number and topic of message, a proper greeting/salutation, grammatically correct message body, and a proper closing.

For example:

Subject Heading: HSC4233 - Ethics in Patient Education Discussion

Greeting/Salutation: Hello Dr. Moses,

Message Body:
I was unclear about the Ethics in Patient Education discussion due this week. Are there any additional resources I could seek out to help with this task?

Closing:
Thank you!

Name:
Your name / HSC 4233, Summer 2021

Inappropriate emails or messages that lack proper etiquette will be returned.

8. **Technology:** For this course, you must have access to the University of Florida's minimum technology/computer requirements: https://it.ufl.edu/policies/student-computing-requirements/. This includes, but is not limited to Wi-Fi network, working computer system with appropriate software, webcam and microphone.
   A. If you find yourself in an area with limited Wi-Fi access, eduroam, the on-campus Wi-Fi network, is available nationally and internationally. UF students can access eduroam free with their GatorMail login credentials. The eduroam network is fast and secure and has more than 10,000 wi-fi hotspots in 106 countries and territories worldwide. Visit https://getonline.ufl.edu/ for additional information about eduroam.
   B. Additionally, all students are expected to be proficient with eLearning @ UF. Several video tutorials on how to use the various tools within Canvas are available for viewing through the Help Center in Canvas. I strongly encourage you to become familiar with the Canvas course tools to ensure the best experience possible. For issues with technical difficulties for Canvas, contact the UF Help Desk at: (352) 392-HELP – select Option 2.

9. **Honorlock:** This course uses Honorlock, an online proctoring service for the administration of exams. While this proctoring service is user-friendly, students must follow established guidelines to register for and complete exams.
    1. Honorlock is the University of Florida designated online proctoring service.
    2. **ALL students are expected to review, reflect, and prepare for Honorlock proctored exams by reviewing the following Honorlock documents**:
        - **Honorlock Student Guide: dce.ufl.edu/media/dceufledu/pdfs/Honorlock-Student-Guide-UF-Update.pdf.**
        - **Honorlock - Student Exam Preparation Information: dce.ufl.edu/media/dceufledu/pdfs/Honorlock-Student-Exam-Preparation-Information.pdf.**
        - **Honorlock - Student Privacy: dce.ufl.edu/media/dceufledu/pdfs/Honorlock-Student-Privacy.pdf.**
    3. The scheduling and proctoring of exams fall outside the instructor's control. Thus, problems and concerns associated with the service cannot be addressed by the instructor. Issues related to the proctoring service should be directed to Honorlock.

https://dce.ufl.edu/services/online-proctoring/

10. Quiz/Exam Question Inquiries: All student inquiries regarding quiz and exam questions will be fielded following the initial grading of each assessment. If you have questions about specific quiz or examination questions, you will be asked to (a) describe your concern(s) in writing and (b) formally submit your inquiry to me. Please send an email to me with any specific quiz/exam-related concerns. All emails should be sent **within 24 hours of completing the quiz or exam**. I will evaluate the validity of each student concern and take appropriate action as needed (e.g., send a written response to the student, modify the course grade if the student inquiry is found to have merit).

11. Online Course Evaluation Process: Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at evaluations.ufl.edu. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at evaluations.ufl.edu/results.

12. Preferred Pronoun and Name Change in Canvas: It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official UF roll, please let me know as soon as possible by e-mail or otherwise. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your UF-rostered name. I welcome you to the class and look forward to a rewarding learning adventure together.

You may also change your "Display Name" in Canvas. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

University Resources

The University of Florida recognizes that pursuit of an online degree requires just as much student support as pursuit of a traditional on-campus degree and therefore, each online program is responsible for providing the same student support services to both students who are in residence on the main campus and those who are seeking an online degree through distance learning.

- ***Online Computing Help Desk:*** ***http://helpdesk.ufl.edu/***
  The UF Computing Help Desk is available to assist students when they are having technical issues.

- ***Online Library Help Desk:*** ***http://guides.uflib.ufl.edu/content.php?pid=86973&sid=686381.***
  The help desk is available to assist students with access to all UF Libraries resources.

- ***Disabilities Resource Center:*** ***http://www.dso.ufl.edu/drc/***
  If you have a physical, learning, sensory or psychological disability, please visit the DRC.

- ***Inclusion, Diversity, Equity & Access (IDEA):*** ***hhp.ufl.edu/about/inclusion/; www.cdo.ufl.edu/***
  An inclusive, diverse, equitable, and accessible (IDEA) community is a top priority at the University of Florida. In the College of HHP, we value and work to promote a learning community where all people are acknowledged, valued and respected.

- ***Counseling and Wellness Center:*** ***http://www.counseling.ufl.edu/cwc/***
  Visit the counseling and wellness center to speak to a counselor about any personal problems.

- ***Dean of Students Office:*** ***http://www.dso.ufl.edu/***
  Visit the Dean of Students site for help resolving a conflict or for student code of conduct inquiries.

- ***U Matter, We Care:*** ***umatter@ufl.edu***
  Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

- ***GatorWell Health Promotion Services:*** ***http://gatorwell.ufsa.ufl.edu***
  Health Education for the Gator Nation. GatorWell Health Promotion Services supports student success by providing excellent, accessible, and relevant health information, programs and services to UF students about health and wellness topics relevant to the college experience.