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1. Title of Teaching Strategy:  
Promoting Health, One Episode at a Time
2. Date of Submission:  
August 20<sup>th</sup>, 2020
3. Topical Area:
  - a. Health Promotion Across the Lifespan
  - b. Information and Healthcare Technologies
  - c. Interventions for Public Health Nurses – Intervention Wheel; Health teaching
  - d. Public Health Nursing – Essential Public Health Services; Inform, educate, and empower people about health issues
4. Public Health Nursing competencies and standards:
  - a. Competencies:
    - i. ACHNE PHN Core Knowledge and Basic Competencies
      1. Health promotion and risk reduction
      2. Illness and disease management
      3. Information and healthcare technology
      4. Human diversity
      5. Ethics and social justice
    - ii. QUAD Council Competencies of PHN
      1. Assessment and Analytic Skills
      2. Communication Skills
      3. Cultural Competency Skills
      4. Leadership and Systems Thinking Skills
  - b. Standards:
    - i. ANA PHN Standards of Practice
      1. Implementation – Health Teaching and Health Promotion
    - ii. ANA PHN Standards of Professional Performance for PHN
      1. Education
      2. Communication
      3. Collaboration
      4. Advocacy
5. Learner Level(s):
  - a. RN to BSN
  - b. Undergraduate
  - c. Graduate students
  - d. Staff development
  - e. Continuing education
    - i. Could even use this in non-nursing educational settings

6. Learner Setting(s):
- Online or web-based modules
  - Classroom
  - Independent study

7. Strategy Type:
- Other - Podcast

8. Learning Goals/Objectives:
- By the end of the podcast episode the learner will be able to apply the health education discussed in the episode to their own life.
  - By the end of the podcast episode the learner will be able to discern ways to apply the health promotion techniques discussed in the episode to the broader community context.
  - By the end of the podcast episode the learner will be able to identify resources in their own community for improved health and wellness.

9. Estimated time for activity:
- Most episodes last 20-30 minutes; longest episode is 44 minutes

10. Strategy Overview:

The podcast was developed for outreach, but can easily be used in educational engagements as well. Students can download any episode, listen to the episode, and answer questions regarding the topic covered or participate in classroom discussions. Episodes reflect the U.S. Department of Health and Human Services' National Health Observances (2020). Episodes also reflect current events. For instance, previous episodes have covered topics such as race relations in the U.S., and health inequities unveiled by the COVID-19 pandemic. C/PHN educators would have an easy time assigning one of the episodes for students to listen to and then discuss during class.

Examples of discussion questions include:

1. What types of approaches might you use to identify the needs of Dr. Marie Charles' community? (Quad Council Public Health Nursing Competency Domain 1: Assessment and Analytic Skills, 1A9)
2. Describe the implications and potential impact of public health programs and policies on individuals, families, and groups within Dr. Marie Charles' community. (Quad Council Public Health Nursing Competency Domain 2: Policy Development/Program Planning Skills, 2A2)
3. How does Dr. Marie Charles' discussion of the Haitian culture inform your approach towards communicating with individuals, the community, and stakeholders within her specific neighborhood? (Quad Council Public Health Nursing Competency Domain 3: Communication Skills, 3A2 and 3A3)

4. Consider, what does it mean to deliver culturally responsible public health nursing services for individuals, families, and groups? (Quad Council Public Health Nursing Competency Domain 4: Cultural Competency Skills, 4A3)

11. Detailed Strategy Directions:

- a. Download a podcast platform to your smart device (ie: iHeartRadio, Google Podcasts, Overcast, Spotify, Apple Podcasts, Apple iTunes, Pandora)
- b. Search for “Nurse Narrative”
- c. Listen to the assigned episode
- d. Prepare to participate in the \_\_\_\_\_ (Discussion post, classroom discussion, community engagement experience) with the episode in mind.

12. Evaluating Student Learning:

Students could be evaluated through reflection questions like the ones listed in the Strategy Overview. This could occur through a live discussion or through a reflective journal entry. Course leaders could also divide the class into separate teams who listen to different episodes and then discuss them all together.

13. Comment on overall success of this teaching strategy:

So far, we have reached listeners in 6/7 continents, 30 countries/territories, 684 cities, with over 5,949 downloads worldwide. Our reach is global, vast, and significant. Our current challenge is knowing our impact. We know we are sending our message, but what is done with that message is hard to determine. We are working to develop more evaluation strategies as time progresses. Part of knowing impact and measuring success, is incorporating the podcast into our schools’ syllabi and teaching engagements. At the time of this submission, a population health course in our DNP program has incorporated the podcast into coursework for this upcoming semester.

14. Additional References:

Quad Council Coalition Competency Review Task Force. (2018). Community/Public Health Nursing Competencies. [http://www.quadcouncilphn.org/wp-content/uploads/2018/05/QCC-C-PHN-COMPETENCIES-Approved\\_2018.05.04\\_Final-002.pdf](http://www.quadcouncilphn.org/wp-content/uploads/2018/05/QCC-C-PHN-COMPETENCIES-Approved_2018.05.04_Final-002.pdf)

U.S. Department of Health and Human Services: Office of Disease Prevention and Health Promotion (2020). National health observances. <https://healthfinder.gov/nho/default.aspx>