

Program: **Certificate in Occupational Health Nursing**

Course: **COHN 5140 - Health & Wellness Promotion Strategies in the Workplace**

Instructor: **Shelly Ptolemy**

Course Description:

This on-line course will provide opportunity for participants to understand the theoretical framework for wellness and health promotion in the workplace - addressing the rationale for healthy employees in healthy organizations. It will focus on strategies to prepare and market a health and wellness program in a corporate environment, program design, development, implementation and evaluation. It will look at partners with the occupational health nurse in wellness programs. Tools to assist the occupational health nurse will be introduced.

Course Objectives:

The goal of this course is to strengthen the ability of occupational health nurses to understand, market and facilitate successful wellness and health promotion strategies and programs with the goal of contributing to healthy organizations. Upon completion of this on-line course, participants will be able to:

- Understand the foundations of healthy organizations
- Recognize the importance of building a solid business case for wellness and health promotion
- Understand how to develop a baseline needs assessment for the organization
- Use the needs assessment results and other resources to do a gap analysis
- Develop and market a high level strategy for wellness program
- Develop a theoretical framework for a wellness program with long-term sustainable goals

- Understand how to apply adult learning principles, stages of change, key determinants of health in health promotion program
- Understand how to measure success in wellness and health promotion

Course Outline:

Module 1: The argument for wellness and health promotion

Module 2: The Business Case for wellness and health promotion

Module 3: Workplace health and wellness programs

Module 4: Learning and Behaviour Modification

Module 5: Specific programs

Module 6: Program Measurement and Evaluation

Academic Requirements:

1 written assignment worth 100%.