

Course title:	Health Prevention and Health Promotion			
Course Code:	DLMCHC115			
Course type:	Elective			
Level:	Master			
Year / Semester:	2 nd / 3 rd			
Number of ECTS credits:	10	Choose:	3 hours / week	Laboratories:
Professor	Prof. Despina Sapountzi - Krepia			
Course purpose and objectives:	The aim of the course is to provide a wide range of theoretical approaches and strategies of Prevention and Health Promotion as well as to provide knowledge for the development, implementation and evaluation of Health Prevention and Promotion programs.			
Learning outcomes:	<p>At the end of the program postgraduate students will be able to:</p> <ul style="list-style-type: none"> • Describe definitions and concepts of Health Promotion and Disease Prevention • Analyze Primary, Secondary and Tertiary Prevention. • Model theories of health promotion and disease prevention as well as Models of behavior change. • Assess needs to promote health and prevent disease for individuals, families and population groups. • Design, implement and evaluate health education and health promotion programs using appropriate scientific methods • Develop the results of health promotion programs with a variety of writing styles 			
Prerequisites :	None	Prerequisites:	None	
Course content:	<ul style="list-style-type: none"> • Introduction to Disease Prevention and Health Promotion. • Basic principles of Prevention and Health Promotion. • Prevention categories. Primary, Secondary, Tertiary prevention. • Theories and models of health promotion and disease prevention. Models of behavior change. • Factors Affecting Beliefs about Health And Practices. • Aiming at Health Prevention and Promotion by developing health promotion and 			

	<p>disease prevention programs.</p> <ul style="list-style-type: none"> • Assessment of health promotion and disease prevention needs. Individuals, families and population groups. • Design, implementation and evaluation of prevention and health promotion programs. • Theoretical framework for the development strategies of national and international health promotion framework.
Teaching Methodology	<p>The teaching of the course includes lectures for the presentation of the theoretical background. The teaching uses detailed presentations with PowerPoint and electronic material with pictures and blueprints in order to better understand the concepts. Relevant material published in reputable international scientific journals is also used in order to follow the latest developments related to the subject of the course.</p>
Bibliography	<p><u>Textbooks</u> :</p> <ul style="list-style-type: none"> • Rowe, G., Gee, D., & Jackson, A. (2022). <i>Health Promotion for Nursing Associates</i> . SAGE. • Koumbouros , I., 2020. <i>Digital Health And Modern Technologies In Health Promotion</i> . New Technologies Publications. <p><u>References</u> :</p> <ul style="list-style-type: none"> • Grabowski, D., Pals, RAS, Hoeeg , D., Ingersgaard , MV, DeCosta , P., & Jespersen, LN (2022). Participatory family workshops in psychosocial health and illness research: Experiences from Danish health promotion projects. <i>Health Promotion International</i> . • Pennucci , F., De Rosis , S., Murante , A. and Nuti , S., 2022. Behavioural and social sciences to enhance the efficacy of health promotion interventions: redesigning the role of professionals and people. <i>Behavioral Public Policy</i> , 6 (1), pp.13-33. • Schaller, A., Gernert , M., Klas , T., & Lange, M. (2022). Workplace health promotion interventions for nurses in Germany: a systematic review based on the RE-AIM framework. <i>BMC nursing</i> , 21 (1), 1-17. • Smith, HS, Blumenthal- Barby , JS, Chatterjee, R., Hinder , O., Huang, A., Kothari, R., & Vlaev , I. (2022). A Review of the MINDSPACE Framework for Nudging Health Promotion During Early Stages of the COVID-19 Pandemic. <i>Population Health Management</i> .
Evaluation	<p>Final Written Assessment 50%</p> <p>Continuous Assessment 20%</p> <p>Mid-Term Assessment 30%</p>
Language	Greek

