Universidad de Navarra

Community Nursing I
Guía docente 2026-27

INTRODUCTION

Course description: Community Nursing focuses on helping, individuals and communities, to satisfy their basic needs, throughout their vital cycle, as well as in the health-disease processes they face. To this end, Community Nursing objective is to train students to become aware of the health needs of individuals and the community, seeking the promotion of health and the prevention of diseases and accidents, without neglecting the existing needs in terms of protection, rehabilitation and recovery of health. Community Nursing, proposed in the first and second semester of the second course of the Nursing Degree, aims for the student to know, understand and be able to identify the multiple factors that determine the health of individuals, groups and populations, with a special focus on the social and environmental factors. Also, aims to identify the subsequent nursing activities for prevention, promotion, health education and community action.

Degree: Nursing

Module in the Degree Program: Module II. Nursing Science

Number of credits: 4 ECTS

Year: Second, 1º semester

Type of course: Required

Language: English

Department: Department of Community and Maternal & Child Health Care Nursing. School of Nursing

Instructors: Dra. Anna Giné March and Dra. María Lavilla (responsible teacher).

Coordination of the course: María Lavilla (mlavilla@unav.es)

Lecture schedule: see Google Calendar

LEARNING OUTCOMES (Competencies)

Basic competences

CB2. Students must know how to apply their knowledge to their work or calling in a professional way. In addition, they must have the competences that are usually demonstrated through preparing and defending arguments and solving problems within their area of study.

CB3. Students must have the ability to gather and interpret relevant data (usually within their area of study) to critically reflect on relevant social, scientific and ethical topics.

CB4. Students must be able to disseminate information, ideas, problems and solutions to specialized and general audiences.

CB5. Students must develop the learning skills required to undertake postgraduate studies with a high autonomy level.

Universidad de Navarra

General competences

CG01. In the context of nursing, students must be able to provide technical and professional healthcare adequate to the health needs of the people they care for, in accordance with their stage in the process of acquisition of academic knowledge and the quality and safety levels established in applicable legal and ethical standards.

CG02. Planning and providing nursing care aimed at patients, families and groups and at achieving results in healthcare, and evaluating their impact using clinical-practice and patient-care guidelines, which describe the processes used to diagnose, treat and care for a health problem.

CG04. Understanding people's interactive behaviour based on their gender, group and community within their social and multicultural context.

CG06. Basing nursing interventions on scientific evidence and available resources.

CG07. Students must approach people without prejudice and without considering their physical, psychological or social appearance. They must treat them as independent individuals, respect their opinions, beliefs and values, and guarantee their right to privacy, confidentiality and professional secrecy.

CG08. Promoting and respecting the right of those under their care to participation, information, independence and informed consent when making decisions, in accordance with the way in which they experience their health-disease process.

CG09. Encouraging healthy lifestyles and self-care, and supporting preventive and therapeutic behaviour.

CG10. Protecting the health and welfare of the patients, families and groups treated and ensuring their safety.

CG11. Establishing effective communication with patients, families, social groups and peers, and encouraging health education.

Specific competences

CE07. Apply technology, as well as information and communication technologies, of healthcare.

CE16. Direct, evaluate and provide comprehensive nursing care, to the individual, the family and the community.

CE18. Understand the duties, activities and cooperative approach that professionals must develop as members of a primary care team. Encouraging individuals, families and groups to participate in the health-disease process

CE19. Identify health-related factors and environmental problems to be able to treat people in situations of health and disease as members of a community.

CE20. Identify and analyse the effect of internal and external factors on the health level of individuals and groups.

CE21. Apply methods and procedures required in a specific area to identify the community's most relevant health problems.

CE22. Analyse statistical data from population-based studies to identify the possible causes of health problems.

CE23. Provide education, facilitation and support for the health and well-being of community members whose lives are affected by health problems, risk, suffering, disease, disability or death.

Universidad de Navarra

PROGRAM

Theoretical program:

- Unit 1. Concepts of Health and Public Health
- Unit 2. Introduction to social determinants of health. Health promotion. Care Models.
- Unit 3. Health determinants: Human biology
- Unit 4. Health determinants: Health care System
- Unit 5. Health determinants: Living conditions and lifestyle.
- Unit 6. Health determinants:
  - 6.1 Social and political determinants
  - 6.2 Global Health
- Unit 7. Health determinants: The environment
- Unit 8. Community health. Introduction to community action

Theoretical-practical program:

- Seminar 1: Salutogenesis and health assets.
- Seminar 2: Brief advice
- Seminar 3: News analysis

EDUCATIONAL ACTIVITIES

Classroom teaching activities

Theoretical participative lectures (38 hours): Expository and participatory sessions where the teacher explains the most relevant aspects of the theoretical program with the support of audiovisual media. These classes will also include case studies and discussions, through which students will develop their critical capacity and reflect on the contents of the subject, applying them to a practical situation.

Seminars are included in which, on the one hand, students will work in content groups, specific of the subject through different activities that will be developed in the classroom. The Students will have enough time to work independently on the identification of sources and information and its analysis in the activities that require it. The indications will be facilitated in the classroom.

On the other hand, the students will do a *presentation* of the group work in front of the rest of students. Instructions and presentation dates will be provided in the classroom.

Students are reminded that sessions can be broadcast by videoconference and even recorded, and that are protected by copyright. More information can be obtained on the ADI access page.

One-to-one tutorials (1 hour): meetings previously scheduled between the student and the teacher to resolve doubts that may have arisen in relation to the contents of the subject and the work, as well as to guide learning. Appointment by email: mlavilla@unav.es

Exam (2 hours): The student will demonstrate the acquisition of knowledge, attitudes and skills of the corresponding competencies through a multiple choice test

Out of the classroom work

Group work (10 hours): consisting of carrying out an assets mapping of a neighbourhood of choice. Instructions for the group work will be explained beforehand in the classroom. Groups of 3 students maxim. This activity is for learning and will not be evaluated for the final grade.

Video recording of a Brief Advice (3 hours): recording a video of 4-5 minutes of two students (pairs defined by the teacher), performing a "brief advice", putting in practice the knowledge and skills acquired in the course. Each students' pair will record two videos so that both of them act as the nurse. Recorded videos must be posted in the folder "Videos Brief advice (Panopto)".

Social determinants of health (2 hours): group of 2 students, choose a piece of current news, and analyse it through the lens of the social determinants of health. This activity is for learning and will not be evaluated for the final grade.

Personal study (45 hours): students will be responsible for organizing their own work as well as for acquiring the subject knowledge at their own pace. Students are also responsible of reading the complementary material indicated by the teacher for a better understanding of the content.

EVALUATION

Evaluation system:

Task	Evaluation system	%
Brief advice video	Evaluation of video with rubric	20%
COIL	COIL presentation + reflective journal	20%
Final exam	Multiple choice test	50%
Assistance and classroom participation	Attendance and participation record	10%

Attendance at the seminars is mandatory. Unjustified absences will result in a deduction of 1 or 2 points from the final grade.

Attendance and participation is a 10% of the final mark.

Regarding the evaluation criteria:

- The **exam** will consist of 60 multiple-choice. It will have negative marking: one correct answer will be deducted for every four incorrect answers.
- **Class participation** must be substantial and will be assessed based on the professor's judgment.
- The **brief advice video** will be graded using the rubric available to students on ADI. Plagiarism, reading from a script, or editing the video for the brief advice activity are grounds for automatic failure. It is necessary to pass the brief advice video in order to pass the course.
- Participation in the **COIL project** will be assessed through a PowerPoint presentation and a reflective journal.

In case of failing the exam, the grades for class participation and the video will be retained for the extraordinary call. If the student fails the video, they will be required to attend the extraordinary call, even if they have passed the written exam and class participation, whose grades will be preserved.

Active participation in class will be considered positively.

ORDINARY CALL

- The final grade for the course will be the result of the grades obtained in the evaluating tasks. To pass the course, it will be compulsory to have achieved a minimum grade of 5 in the final written exam, in the group work and in the video of the brief advice. Not presenting the video or no attending the final exam supposes failing the subject.

EXTRAORDINARY CALL

- Students who have not attend the exam, have not done any of the proposed activities or have not obtained at least a 5 in the exam, will have to do the extraordinary call and/or hand in/do the part that had not been handed in. The marks of the parts that had been passed or presented (in the ordinary call) will be hold for the calculation of the final mark.

Final marks: in accordance with the provisions of article 5 of Royal Decree 1125/2003, the results obtained by the student will be scored according to the following numerical scale from 0 to 10, with an expression of one decimal place, to which its corresponding qualitative qualification may be added:

0 – 4,9: Fail (SS).

5,0 – 6,9: Pass (AP).

7,0 – 8,9: Notable (NT).

9,0 - 10: Outstanding (SB)

The Honorable mention (HM) is awarded to students who, having obtained an Outstanding, have excelled both in learning content and in the acquisition of specific competences.

Final Written Exam Review: Students will be able to review the exam and other activities evaluated in an interview with the teacher, after the publication of the qualifications, making a prior appointment via email (mlavilla@unav.es).

Students with special educational needs

Students with special educational needs must contact the Academic Coordination Office of the (faculty/school) in advance to obtain the corresponding authorization for any adaptations (for example, extra time in exams). This authorization must then be sent by the student to the professor. It is recommended that this procedure be completed at the beginning of the semester.

OFFICE HOURS

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Dra. Anna Giné March

E-mail: aginem@external.unav.es

BIBLIOGRAPHY AND RESOURCES

BASIC:

Manual de Enfermería Comunitaria I. Editorial Universidad de Almería. Ruiz Fernández, M. D., & Jiménez Rodríguez, D. (2024). Find this book in the library

Public health and community nursing: frameworks for practice / edited by Dianne Watkins, Judy Cousins; foreword by Dean Whitehead. Edinburgh ; New York : Elsevier Bailliere Tindal, 2010. Language: English. Find this book in the library

Introduction to Community Nursing Practice Arnott, Jane. Maidenhead, England : McGraw- Hill Education. 2012

Public health nursing : population-centered health care in the community / [edited by] Marcia Stanhope, Jeanette Lancaster. St. Louis, Missouri : Elsevier, [2016] Find this book in the library

RECOMMENDED:

Practices in children's nursing : guidelines for hospital and community / Ethel Trigg, Toby Aslam Mohammed. Edinburgh ; New York : Churchill Livingstone, 2010. Language: English. Find this book in the library

Oxford Handbook of Primary Care and Community Nursing. Vari Drennan; Claire Goodman. Series: Oxford Handbooks in Nursing. Edition: Second edition. Oxford : OUP Oxford. 2014.