

## Liverpool John Moores University

Title: Behaviour Change to Prevent Ill Health  
Status: Definitive  
Code: **5102NRS** (127787)  
Version Start Date: 01-08-2020

Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Nursing and Allied Health

Team	Leader
Beverley Burnand	Y

**Academic Level:** FHEQ5  
**Credit Value:** 20  
**Total Delivered Hours:** 40  
**Total Learning Hours:** 200  
**Private Study:** 160

### Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	20
Workshop	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Case study	Case study that interrogates a real-life/placement based scenario to scrutinise the nurse's potential in supporting patients/service users to establish and maintain change. (3,500 words)	100	

### Aims

*Understand the nurse's role in raising awareness of risk factors and supporting behaviour change.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Examine the link between the social determinants of health, risk factors and lifestyle.
- 2 Explore the notion of health literacy.
- 3 Distinguish between differing approaches to behaviour change.
- 4 Review factors that inhibit or facilitate change

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Case study	1	2	3	4
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## Outline Syllabus

*Health Creation and the Importance of community health*

*Behavioural change models*

*Motivational interviewing*

*Health literacy*

*Social prescribing and the role of the third sector*

*Impact of media on health behaviour and lifestyles*

*Candidacy, barriers and enablers to change and recovery*

*The sick role*

*Resistance and self-sabotage*

*Peer support for change*

*Attachment and Adverse Childhood Experiences*

*Giving advice to, instruct and support persons needing care and their attachment figures*

*Empowering individuals, families and groups towards healthy lifestyles and self-care on the basis of the knowledge and skills acquired*

*preventive medicine*

*health education*

## Learning Activities

A range of learning activities will be used for module delivery including: lectures, group tutorials, web based activities, reflective practice, PDP, assessment, guided reading and independent study.

## Notes

In addition to the contact hours above there are 160 private study hours. 99 hours are guided, this includes online and assessment preparation. Online hours

are e-learning.

61 hours are independent study

Please note that workshop hours account for simulated theoretical learning, in accordance with NMC standard 3.4