

Summary Information

Module Code	5102NRS
Formal Module Title	Behaviour Change to Prevent Ill Health
Owning School	Nursing and Allied Health
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Rachel Howard	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Rachel Duncan	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Nursing and Allied Health

Learning Methods

Learning Method Type	Hours
Lecture	20
Workshop	20

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-CTY	CTY	January	12 Weeks
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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

After completing the module the student should be able to:

Code	Description
MLO1	Examine the link between the social determinants of health, risk factors and lifestyle.
MLO2	Explore the notion of health literacy.
MLO3	Distinguish between differing approaches to behaviour change.
MLO4	Review factors that inhibit or facilitate change

Module Content

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

Module Overview
The aim of this module is to understand the nurse's role in raising awareness of risk factors and supporting behaviour change.

Additional Information

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

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Report	Case study	100	0	MLO4, MLO3, MLO1, MLO2