

Delivering Low Intensity Interventions in Long Term Health Conditions

Module Information

2022.01, Approved

Summary Information

Module Code	7204PQHEAL
Formal Module Title	Delivering Low Intensity Interventions in Long Term Health Conditions
Owning School	Nursing and Allied Health
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
Nursing and Allied Health

Learning Methods

Learning Method Type	Hours
Lecture	30
Practical	30

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	To enable experienced practitioners to deliver NICE recommended treatments for people presenting to services with long-term physical conditions such as diabetes, cardiac disease, respiratory disease, and cancer with accompanying low mood and/or anxiety. This training will have an emphasis on skills development, alongside knowledge acquisition.
------	---

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Demonstrate knowledge and awareness of the following long-term physical health conditions; type 1 and 2 diabetes, respiratory conditions and cardiac conditions and impact on functioning.
MLO2	2	Critically examine and synthesize key long term physical health conditions and their interaction with mood and anxiety, with reference to culture and diversity considerations and individual experiences
MLO3	3	Appraise, with critical awareness, the principles of chronic disease management, service models and care pathways in a range of settings
MLO4	4	Reflect, examine and critically evaluate assessment and engagement skills implemented with people with long term conditions
MLO5	5	Reflect, examine and critically evaluate the delivery of a range of evidence based low intensity interventions to work effectively with people with long term conditions
MLO6	6	Demonstrate competence in delivering low intensity evidence based approaches to care to meet the needs of people with long term conditions
MLO7	7	Demonstrate the ability to use supervision effectively in the management of people with long-term conditions with low mood/ anxiety

Module Content

Outline Syllabus

Chronic Disease Management/Context • the principles of chronic disease management and coordinated healthcare interventions and communications (this may include management of illness related disability and symptoms such as fatigue, pain and breathlessness alongside distress) • the principles of chronic disease management and coordinated healthcare interventions and communications (this may include management of fatigue alongside distress) • the incidence and prevalence of physical health problems across different cultures, ethnicities, and social classes • diversity in health and illness presentations, beliefs and behaviours • the person's individual experience of chronic physical illness • chronic physical diseases and their impact on mental health, wellbeing, and self-care, in particular for the self-management of diabetes, cardiac disease, respiratory disease, and cancer • common mental health problems in the context of long term physical health conditions (e.g. anxiety and depression co-occurring with diabetes, cardiac disease, respiratory disease, and cancer where there is an evidence-base for the effectiveness of low intensity interventions) • Understanding of service models to provide integrated physical and psychological healthcare within existing medical pathways and services in primary and secondary care • the principles underpinning a coordinated care pathway that includes: physical and mental healthcare provision in the same setting; continuity of care; multidisciplinary team working and sharing; removal of stigma; improving access • liaison within a multidisciplinary team with an in-depth understanding of how complex systems of community, acute sector, statutory and voluntary sector provision of services work together • factors that promote adjustment, behaviour change and self-management • lifestyle behaviours and conditions (e.g. smoking, drug, alcohol issues, exercise, weight management), and the need to provide interventions where appropriate and signposting to appropriate local and national resources as needed • NICE-recommended low-intensity interventions for specified conditions including: awareness of the NICE compliant treatment; knowledge and understanding of self-management interventions; awareness of how to operate within a chronic care stepped care model; knowledge and understanding of basic behaviour change principles Understanding Long Term Conditions The proposed focus will be on: diabetes (type 1 and type 2), respiratory conditions (COPD) and cardiac conditions (coronary heart disease and heart failure), chronic fatigue, and cancer with a positive prognosis. It is anticipated that this teaching could be delivered/augmented by using an online/electronic educational resource which would include engaging in exercises and reflecting on learning, with scheduled contact with course tutors throughout the three sessions. These three sessions on long term physical health conditions would not necessarily all take place on the same day. Teaching on each long-term condition would build on previous learning, with recognition of similarities as well as recognition of the key features of each of the conditions. • an overview of each long term physical health condition (to include: type I and type II diabetes; respiratory conditions; cardiac conditions) • the key features and course of each long term condition and their medical and psychological management • the adverse impact of living with a long term condition, adaptation and adjustment, work and family life • the impact of/interaction with mood and anxiety on the management of each long term physical health condition • key risk symptoms that indicate the need for medical assessment/intervention • psychological problems which commonly co-occur with the long term physical health condition (e.g. depression, anxiety) • the interplay between physical and psychological symptoms Assessment and Shared Understanding • how to draw on information

Module Overview

Additional Information	<p>Some learning outcomes are assessed in both theory and practice. When assessed in practice, only the practice aspect of the learning outcome is assessed in the portfolio. All assessments must be passed independently. The assessment of clinical competency is evidence through completion of a practice portfolio which must include the following:</p> <ol style="list-style-type: none"> Two completed cases of assessment and intervention (and a total of at least 6 hours of contact time) where Low Intensity assessment and intervention has been delivered in the context of a long term physical health condition Evidence of reflection and learning from the training being applied to these cases Evidence of live supervision of this practice by an appropriately qualified supervisor, and sign off of competence by this supervisor. <p>1. The programme has taken account of the appropriate levels of the Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (FHEQ) and is aligned to level 7 descriptors. This is reflected in the module learning outcomes.</p> <p>2. The module involves classroom attendance, which is further supported by a range of learning support tools. The module is part time, delivered over 6 months.</p> <p>3. The criteria for admission to the programme requires that candidates must have an Honours Degree of 2:2 or above (or demonstrate equivalent portfolio evidence) and must be working in a health service setting which supports people with long-term conditions.</p> <p>4. The final award is a Continuing Professional Development – Delivering low intensity interventions in long term health conditions.</p> <p>5. The students will have access to a VLE site and the University's other range of electronic support such as access to the electronic library facilities. The module VLE site reflects contemporary reading lists and links to journal articles. The module VLE site also includes a number of presentations for students to access on areas such as critical writing and library support. The students also have access to the module leader through phone contact, emails and face to face meetings. A CPD Programme Guide is also provided, which guides students to the wider range of support available. Performance on any assessments will be fed back to the clinical lead in the employing/host service. This is so that any action to address concerns regarding competence gaps can be addressed in the service. During their clinical placement(s) students will be provided with access to regular individual specialist supervision which should be informed by audio recordings of telephone work and video or audio recordings of face-to-face clinical practice. Supervisors providing supervision to the student will have completed the 'Delivering low intensity interventions in long term health conditions' programme, and PWP supervisor training, and will provide the appropriate level of supervision required. They will deliver supervision within clinical skills group supervision in addition to individual case management supervision.</p> <p>6. The programme is assessed and run in line with the Academic Framework, https://www.ljmu.ac.uk/about-us/public-information/academic-quality-and-regulations/academic-framework with the exception of the following approved Variance; Students must pass each assessment component, including the assessment of clinical competency, independently in order to achieve an overall pass for this CPD.</p> <p>7. Attendance is required throughout the module; although some learning material will be available through the VLE site.</p> <p>8. Validated 2018/ 2019. The methods for improving the quality and standards of learning are as follows:</p> <ul style="list-style-type: none"> • Continuous Monitoring and Enhancements (CME). • Liaison and feedback from the students. • Reports from the External Examiner. • Programme team ensuring the module reflects the values of the current teaching and learning strategy. • Module leader updating knowledge and skills to ensure these remain current and relevant. <p>10. This is a standalone CPD. External Examiner r</p>
------------------------	--

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Competency	Health Practice			MLO1, MLO2, MLO3, MLO4, MLO5, MLO6, MLO7
Centralised Exam	Practice	50	0	MLO1, MLO2, MLO3, MLO4, MLO5, MLO6, MLO7
Essay	Essay	25	0	MLO1, MLO2, MLO3, MLO4, MLO5, MLO6, MLO7
Centralised Exam	Exam	25	1	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Christine Roberts	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------