

## 585-896 Preventative Health Care

<b>Credit Points:</b>	12.50
<b>Level:</b>	9 (Graduate/Postgraduate)
<b>Dates &amp; Locations:</b>	Distance education
<b>Time Commitment:</b>	Contact Hours: 2-day orientation session at commencement of course Total Time Commitment: 120 hours
<b>Prerequisites:</b>	None
<b>Corequisites:</b>	None
<b>Recommended Background Knowledge:</b>	None
<b>Non Allowed Subjects:</b>	None
<b>Core Participation Requirements:</b>	Students are required to have access to a computer with e-mail application and a web browser. Technical support is not available from the University of Melbourne in setting up such a system.
<b>Subject Overview:</b>	This subject will explore the theory and practice of health promotion and illness prevention in primary care. It will discuss the social model of health that recognises that a range of social, cultural and economic factors influence people's health and well-being. It will focus on weight, diet, and exercise as well as on smoking and other risk behaviours and their impact on health. It will also prepare students to undertake health assessments. Strategies for empowering individual patients and communities to maintain a healthy lifestyle will be explored.
<b>Objectives:</b>	At the completion of this subject students should be able to: <ul style="list-style-type: none"> <li># Critically appraise current theories on promoting health in primary care</li> <li># Describe the social model of health and its application in primary care</li> <li># Understand current evidence based strategies for promoting healthy weight and lifestyle and smoking cessation</li> <li># Appreciate the facilitators and barriers to maintaining a healthy lifestyle</li> <li># Explain key strategies for empowering patients to maintain a healthy weight and diet and to cease smoking</li> <li># Conduct health assessments</li> </ul>
<b>Assessment:</b>	1,500-word written assignment due mid semester (30%)2,500-word written assignment due end of semester (50%)Health assessment audit equivalent to 500 words due mid-semester (20%)Reflective task due end of semester (pass/fail hurdle requirement)Attendance at orientation session Pass/fail hurdle requirementStudents must achieve a cumulative mark of at least 50% and a pass in the hurdle requirement in order to pass the subject.
<b>Prescribed Texts:</b>	None
<b>Recommended Texts:</b>	St john W and Keleher H (2007) Community Nursing Practice: Theory, Issues and Skills, Allen and Unwin, Crows nest NSW
<b>Breadth Options:</b>	This subject is not available as a breadth subject.
<b>Fees Information:</b>	Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>
<b>Generic Skills:</b>	At the completion of this subject, students should be able to demonstrate: <ul style="list-style-type: none"> <li># enhanced critical thinking skills</li> <li># further enhanced clinical skills</li> <li># further developed written and oral communication skills</li> </ul>
<b>Related Course(s):</b>	Postgraduate Certificate in Primary Care Nursing