

GENP70002 Preventive Health Care

Credit Points:	12.50
Level:	7 (Graduate/Postgraduate)
Dates & Locations:	2011, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught online/distance. Distance education
Time Commitment:	Contact Hours: This subject is conducted via distance education. Total Time Commitment: 120 hours
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	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. For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Overview, Objectives, Assessment and Generic Skills sections of this entry. It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and the Disability Liaison Unit: http://www.services.unimelb.edu.au/disability/
Coordinator:	Assoc Prof Kelsey Hegarty
Contact:	Assoc Prof Kelsey Hegarty k.hegarty@unimelb.edu.au (mailto:k.hegarty@unimelb.edu.au) Bernie Cooper cooperb@unimelb.edu.au (mailto:cooperb@unimelb.edu.au)
Subject Overview:	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.
Objectives:	At the completion of this subject students should be able to: <ul style="list-style-type: none"> # Critically appraise current theories on promoting health in primary care # Describe the social model of health and its application in primary care # Understand current evidence based strategies for promoting healthy weight and lifestyle and smoking cessation # Appreciate the facilitators and barriers to maintaining a healthy lifestyle # Explain key strategies for empowering patients to maintain a healthy weight and diet and to cease smoking # Conduct health assessments
Assessment:	1,000 word written assignment due mid semester (30%) 2,000 word written assignment due end of semester (50%) Health assessment audit equivalent to 500 words due mid-semester (20%) Reflective journal due end of semester up to 1000 words (pass/fail hurdle)

	requirement)Students must achieve a cumulative mark of at least 50% and a pass in the hurdle requirement in order to pass the subject.
Prescribed Texts:	None
Recommended Texts:	St john W and Keleher H (2007) Community Nursing Practice: Theory, Issues and Skills, Allen and Unwin, Crows nest NSW
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	At the completion of this subject, students should be able to demonstrate: <ul style="list-style-type: none"> # enhanced critical thinking skills # further enhanced clinical skills # further developed written and oral communication skills