

Unit code:	NSD105
Credit points:	12
Equivalent:	NSB105
Coordinator:	Loretta Smith lb.smith@qut.edu.au

Disclaimer - Offer of some units is subject to viability, and information in these Unit Outlines is subject to change prior to commencement of the teaching period.

Overview

This unit aims to develop knowledge, skills, and attributes for nurses to work in partnership with people to promote and maintain health across the lifespan. The unit focuses on developing an understanding of the importance of person-centred care and partnerships in health professional practice, using wellness across the lifespan as an organising principle. Health promotion strategies are explored in all healthcare settings, with a focus on primary health care. The impact of social determinants of health and the role of health promotion strategies are explored. The importance of empathic communication skills in professional interactions is also a key focus. This enables effective health assessment and clinical decision making.

Learning Outcomes

On successful completion of this unit you will be able to:

1. Explain key concepts and issues in relation to health and illness across the lifespan including the influence of social determinants on health and the provision of safe, person-centered approaches to health promotion.
2. Describe fundamental principles of socially and culturally informed partnership development with consumers in health care and demonstrate application of these principles across diverse settings.
3. Apply principles of health promotion and evaluate health promotion strategies in relation to selected National Health Priority Area problems (NHPAs) and key social determinants of health across the lifespan.

Content

Key topic areas:

- Concepts of health, health promotion, wellness and illness
- Global context of health including global burden of disease, World Health Organisation (WHO)
- Strategies for health promotion; Ottawa Charter.
- Social, behavioural and environmental determinants and relationship to health and disease in the Australian context
- National health priority areas (NHPAs)
- Consumer perspectives and experiences of health management and health promotion.
- Health promotion across the lifespan from birth to older age
- Health promotion in practice including the role of health professionals in health promotion, partnering with consumers
- Health literacy and communication with consumers to support effective consumer partnerships

Learning Approaches

This unit takes a blended approach to learning and teaching. You will be provided with both eContent and timetabled activities such as tutorials and workshops. eContent will be clearly identified on your Canvas site for you to engage with on a weekly basis before your classes. eContent could include videos, readings, self-reflection and/or peer activities designed to enhance your learning experience. During the timetabled activities, the unit coordinator and/or your tutor will further explain content and you will be provided with opportunities to explore this content in a collaborative learning environment. After your weekly classes, you should continue to engage with unit resources to ensure you consolidate your understanding of unit content. Teaching team members will also be available for one-on-one consultations to assist you with your learning journey.

Feedback on Learning and Assessment

You will receive feedback in various forms throughout the semester which may include:

- *Informal*: worked examples, such as verbal feedback in class, personal consultation
- *Formal*: in writing, such as checklists, rubrics, written commentary
- *Direct*: to individual students, either in written form or in consultation

- *Indirect:* to the whole class

Assessment

Overview

There are three summative assessments to be completed in this unit.

Unit Grading Scheme

7- point scale

Assessment Tasks

Assessment: Health Promotion Case Study

This assessment task will involve your analysis of a selected case study. This will include identifying and explaining the influence of the key social and behavioural determinants of health involved, and outlining key strategies to support health behaviour change.

This assignment is eligible for the 48-hour late submission period and assignment extensions.

Weight: 40

Length: 1200 words

Individual/Group: Individual

Due (indicative): Week 5

Related Unit learning outcomes: 1, 2, 3

Assessment: Digital Poster Presentation

You will develop and present a health promotion poster that is designed to effectively communicate life-stage related health promotion information to consumers about a selected health priority.

This assignment is eligible for the 48-hour late submission period and assignment extensions.

Weight: 40

Length: 500 words

Individual/Group: Individual

Due (indicative): Week 8

Related Unit learning outcomes: 2, 3

Assessment: Learning Evaluation

This assessment task requires you to prepare a succinct, scholarly summary of what you have learned about the concepts of health and illness and the importance of health promotion in the delivery of safe, effective healthcare.

This assignment is eligible for the 48-hour late submission period and assignment extensions.

Weight: 20

Length: 350 words

Individual/Group: Individual

Due (indicative): Week 9

Related Unit learning outcomes: 1, 2

Academic Integrity

Academic integrity is a commitment to undertaking academic work and assessment in a manner that is ethical, fair, honest, respectful and accountable.

The [Academic Integrity Policy](#) sets out the range of conduct that can be a failure to maintain the standards of academic integrity. This includes, cheating in exams, plagiarism, self-plagiarism, collusion and contract cheating. It also includes providing fraudulent or altered documentation in support of an academic concession application, for example an assignment extension or a deferred exam.

You are encouraged to make use of QUT's learning support services, resources and tools to assure the academic integrity of your assessment. This includes the use of text matching software that may be available to assist with self-assessing your academic integrity as part of the assessment submission process.

Course syllabus

[Jump to today](#)

[View the unit outline on HiQ.](#)

Schedule

[QUT Academic calendar](#)

	Topic	Activity/Assessment
1	Overview and introduction to Health, Wellness and Health Promotion	No tutorial in Week 1
2	Social and behavioural determinants; Primary/secondary/tertiary prevention	
3	Population health, National Health Priorities, Ottawa Charter	
4	Supporting behaviour change - Stages/Cycle of change	
?	Supporting behaviour change - Motivational Interviewing	
6	Supporting behaviour	ASSESSMENT 1

8:45

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6 Supporting behaviour change - Health literacy **ASSESSMENT 1**

7 The Early Years

8 The Early Years

9 Young adulthood through to mid-life

MID Semester

Break

10 Young adulthood through to mid-life

11 The Older Years **ASSESSMENT 2**

12 The Older Years

13 Bringing it all together **ASSESSMENT 3**

Course summary:

Date	Details	Due
0 Aug 2024	 Case study: Submission	due by 23:59
Fri, 11 Oct 2024	 Digital poster presentation: Submission	due by 23:59