Enabling Individuals to Achieve Health, Wellbeing and Independence
Module Code HCRM003

Credits / Level of Study
15 credits / Level 7

Module Aims
This module aims to:
- Explore the current health agenda in relation to a specific area of health care
- Enable the student to develop strategies to empower individuals to engage in health changing behaviour leading to positive health outcomes
- Develop the student’s ability to evaluate effectiveness of individual behavioural change

Learning Outcomes
On successful completion of this module, students will be able to:
- Demonstrate an in-depth knowledge and understanding of the current health priorities
- Identify and critique concepts of behaviour change in relation to a specific health priority in their area of practice
- Appraise the effectiveness of interventions to support individual behaviour change
- Critically evaluate opportunities to overcome resistance and barriers to behaviour change.

Module Content
Indicative content includes:
- Exploring current health priorities
- Identifying opportunities to work with individuals to empower them to change health behaviours
- Application of motivational interviewing
- Developing skills to evaluate health interventions with individuals
- Analysis of barriers to change

Assessment
A summative assessment comprising of:
A plan of how you would work with an individual or family to maximise their health and wellbeing potential in relation to a specific area of health and/or wellbeing. 3000 words

Key Information

Study Dates
November 2017: 17, 24
December 2017: 1, 8, 15

*Please check our website to ensure that there have been no revisions to the course dates listed

Location
Duke of Kent Building
University of Surrey

Cost £950.00

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How to Apply
Application forms can be printed from our website