Enabling Individuals to Achieve Health, Wellbeing and Independence
Module Code HCR3003

Credits / Level of Study 15 credits / Level 6

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 knowledge and understanding of the current health priorities
- Identify and explore concepts of behaviour change in relation to a specific health priority in their area of practice
- Evaluate the effectiveness of interventions to support individual behaviour change
- Review 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

Pre-requisites/co-requisites of study
None

Delivery of Module
The learning and teaching methods include:
- Lectures (including e-lectures)
- Seminars
- Guided study
- E-learning
- Action learning sets

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.

2500 words