

## Preventive Health Care

**Code:** 585-896

**Title of Subject:** Preventive Health Care

**Credit Points:** 12.5

**Semester Offered:** Semester 2

**Mode of Delivery:** Distance

**Level:** Postgraduate

**Coordinator:** Assoc Prof Kelsey Hegarty

**Prerequisites and/or Co-requisites:** Nil

**Estimated time commitment:** 120 hours (includes reading course materials, all activities, assessment and workshop attendance)

### Description:

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.

### Learning Objectives:

On completion of this subject students should be able to:

- 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

### Generic Skills:

- To enhance critical thinking skills
- To further enhance clinical skills
- To further develop written and oral communication skills

### Prescribed Texts: Recommended

- St John W and Keleher H (2007) Community Nursing Practice: Theory, Issues and Skills, Allen and Unwin, Crows Nest NSW.

### Assessment:

- 1 1,500-word written assignment due mid semester (30%)
- 2 2,500-word written assignment due end of semester (50%)
- 3 Health assessment audit equivalent to 500 words due mid-semester (20%)
- 4 Reflective journal due end of semester (pass/fail hurdle requirement)