MODULE SPECIFICATION

KEY FACTS

<table>
<thead>
<tr>
<th>Module name</th>
<th>Promoting Physical, Mental and Social well-being</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module code</td>
<td>APM016</td>
</tr>
<tr>
<td>School</td>
<td>School of Health Sciences</td>
</tr>
<tr>
<td>Department or equivalent</td>
<td>Division of Nursing</td>
</tr>
<tr>
<td>UK credits</td>
<td>15</td>
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<tr>
<td>ECTS</td>
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<td>Level</td>
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MODULE SUMMARY

Module outline and aims

This module is aimed at health professionals, nurses, social work and social care professionals working with people living with long term conditions who need long term care in a variety of different environments (hospital and at home, including care homes).

You will gain a critical understanding of key concepts related to managing the physical, mental and social well-being needs of people and their families living with long term conditions.

You will be equipped to respond to increasing pressures on the current health care system, including the rapid rise in the ageing population, increase in the number of people with long term conditions, and the growing need to work creatively across traditional boundaries. You will be able to integrate your learning about meeting the physical, mental and social well-being needs into your role as a health professional working with people with long term conditions in a variety of contexts.

Content outline

The context of health and social care for long term conditions and long term care
- Policies
- Processes
- Governance

A population approach to long term conditions and long term care
- Demographics
- Assessing population needs
- Commissioning for health and social care

Exploring the evidence base for long term conditions and long term care
- Quality of life vs. quality of care
- Person-centred vs. relationship-centred approaches
- Partnership working to support quality

Understanding the lived experience of long term conditions and long term care
- Service users
Carers
Providers

Assessing the needs of service users, carers and providers in settings that support long term conditions and long term care
- Physical, mental and social well being
- Identifying and critiquing assessment tools to support quality of life
- Ethical considerations

Developing new ways of working
- Asset based approach with individuals
- Appreciative approaches to partnership working
- Leadership to support culture change

Reflecting on long term conditions and long term care
- Critiquing policy
- Critiquing practice
- Critiquing research

WHAT WILL I BE EXPECTED TO ACHIEVE?
On successful completion of this module, you will be expected to be able to:

Knowledge and understanding:
- Demonstrate in-depth knowledge and understanding of current theoretical perspectives, evidence and research findings in the area of meeting the needs of people with long term conditions and those in need of long term care.
- Critically discuss the difference between quality of life and quality of care and how this impacts on assessing needs and measuring outcomes.
- Critically appraise measurement tools to assess physical, mental and social well-being.
- Show a critical understanding of the nature of health and social care provision and further develop your role as an advanced practitioner in a visionary way to challenge outmoded practices and offer advocacy where appropriate.
- Explore and debate ethical dilemmas in measuring quality of life and quality of care.
- Discuss how supporting the physical, mental and social-wellbeing needs of people with long term conditions links to long term care regulation, personalised outcomes and personal budgets.

Skills:
- Critical appraisal of theories, concepts, assessment tools and research.
- Ability to empower colleagues and clients, through dialogue, sharing expertise, facilitating, mentoring and role modelling. Lead professional developments and innovative practice improvements in the management of long term conditions and long term care.
• Continually and critically monitor standards of care.
• Develop and share skills in working with people.
• Advance health and social care for people with long term conditions by contributing positively to the dialogue related to working with people who require long term care.
• Demonstrate written and verbal communication skills appropriate to Masters Level.
• Develop positive self-care strategies that promote your welfare and that of others in the provision of quality care.

Values and attitudes:
• Challenge ageism and other inequitable attitudes
• Demonstrate insight, understanding and respect for the experience of service users with long term conditions, carers and colleagues.
• Provide practical advice for colleagues, service users and their carers that are needs based, value free and non-discriminatory.
• Demonstrate an understanding of the importance of complying with ethics requirements both in practice and for conduct of research with human participants
• Foster enhanced partnership working between lay and professional/health and social care/public and private providers, through valuing and respecting their contributions.
• Ensure advocacy is offered to all people who are vulnerable (including those whose first language is not English) to ensure their physical, mental and social well-being needs are met.

HOW WILL I LEARN?
A variety of learning and teaching methods will be used including: lectures, group work, seminars, technology supported learning, self-reflection, academic reading and peer review processes.

We will encourage you to contribute to your learning through actively participating within the class setting. You will be asked to relate to, and draw upon, your professional practice and share this with others.

Teaching pattern:

<table>
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<tr>
<th>Teaching component</th>
<th>Teaching type</th>
<th>Contact hours (scheduled)</th>
<th>Self-directed study hours (independent)</th>
<th>Placement hours</th>
<th>Total student learning hours</th>
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<tbody>
<tr>
<td>Seminar</td>
<td>Seminar</td>
<td>22</td>
<td>128</td>
<td>0</td>
<td>150</td>
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Totals: 22 128 0 150
WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Assessment

For this assessment you will be required to:

- Interview an individual, together with their relative if appropriate, regarding what it is like for them living with a long term condition
- From this interview identify their physical, mental and social well being needs, relating this to relevant literature
- Make recommendations on how these needs could be met through assessment, practice, education and the commissioning process.
- Discuss how your recommendations are informed by a critique of current practice, policy and the evidence base for best practice in relation to long term conditions and long term care

Assessment pattern:

<table>
<thead>
<tr>
<th>Assessment component</th>
<th>Assessment type</th>
<th>Weighting</th>
<th>Minimum qualifying mark</th>
<th>Pass/Fail?</th>
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<tbody>
<tr>
<td>Summative</td>
<td>3000 word written assignment (case study)</td>
<td>100%</td>
<td>50%</td>
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Assessment criteria

Information on the above module assessment criteria and grade-related criteria can be found on the module space in Moodle.

Feedback on assessment

Following an assessment, students will be given their marks and feedback in line with the assessment regulations and policy. More information on the timing and type of feedback that will be provided for the assessment will be available from the module leader.

Assessment Regulations

The Pass mark for the module is 50%. Any minimum qualifying marks for specific assessments are listed in the table above. The weighting of the different components can also be found above. The Programme Specification contains information on what happens if you fail an assessment component or the module.

INDICATIVE READING LIST


Nicol, J (2011) Nursing Adults with Long Term Conditions. Exeter: Learning Matters LTD


Web publications


Associated documentation: http://longtermconditions.dh.gov.uk/

http://www.netscc.ac.uk/hsdr/files/project/SDO_FR_08-1819-216_V01.pdf


http://www.nhsconfed.org/Publications/Documents/Long_Term_Health_Gains_Briefing.pdf


### Other web resources

NHS Networks: Commissioning for long term conditions  

Department of Health: Improving quality of life for people with long term conditions  

Version: 2.0  
Version date: July 2014  
For use from: 2014-15

#### Appendix: see  
[http://www.hesa.ac.uk/component/option,com_studrec/task,show_file/Itemid,233/mnl,12051/href,JACS3.html/](http://www.hesa.ac.uk/component/option,com_studrec/task,show_file/Itemid,233/mnl,12051/href,JACS3.html/) for the full list of JACS codes and descriptions

### CODES

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<td>B</td>
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<tr>
<th>JACS Code</th>
<th>Description</th>
<th>Percentage (%)</th>
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<tbody>
<tr>
<td>B702</td>
<td>Clinical practice nursing*</td>
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*Also relevant to other professional disciplines working in health and social care*