

Assessment Task - Essay

Word limit: 2,500

Value/ Marks: 45%

Alignment with unit learning outcome(s): 1, 4

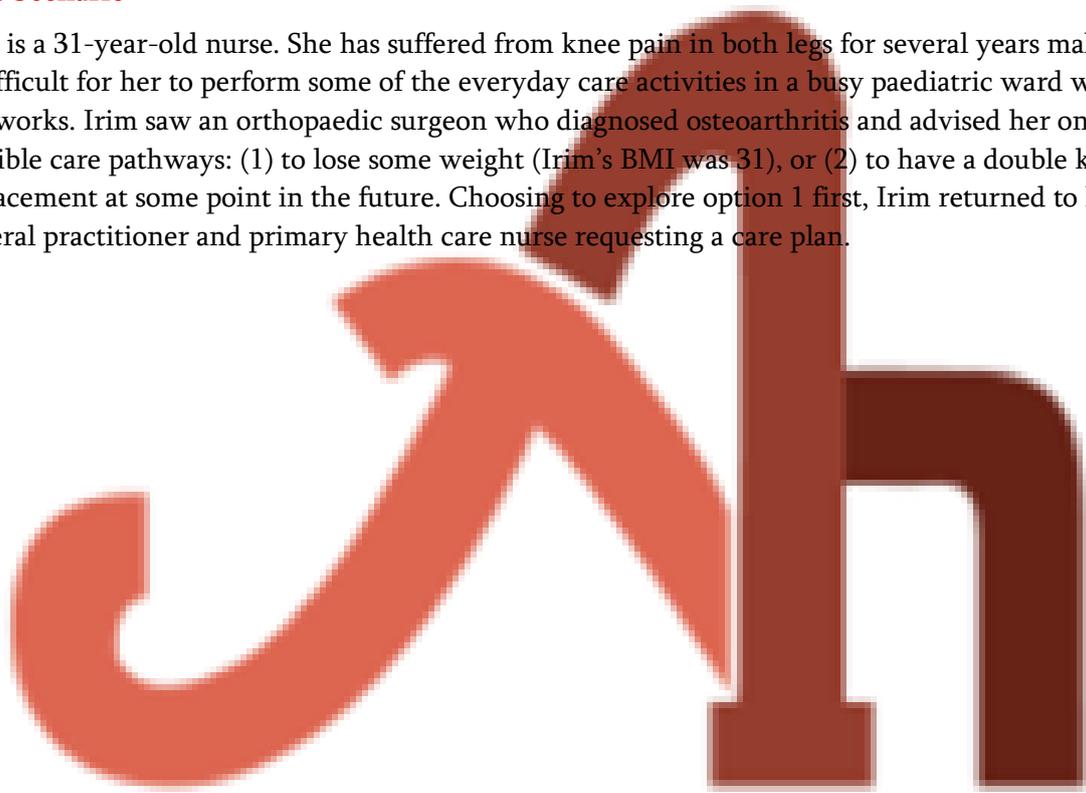
Introduction

Improved health literacy and better coordination of care are crucial elements of successful preventive health care plans. There is growing evidence that greater involvement of nurses and midwives in preventative health care is essential to improving peoples' overall health and making health care systems sustainable into the future.

This assessment task requires you to explore health education from the perspective of a patient who has osteoarthritis and to identify the key elements of an educative care plan.

Case Scenario

Irim is a 31-year-old nurse. She has suffered from knee pain in both legs for several years making it difficult for her to perform some of the everyday care activities in a busy paediatric ward where she works. Irim saw an orthopaedic surgeon who diagnosed osteoarthritis and advised her on two possible care pathways: (1) to lose some weight (Irim's BMI was 31), or (2) to have a double knee replacement at some point in the future. Choosing to explore option 1 first, Irim returned to her general practitioner and primary health care nurse requesting a care plan.



Details of the Assessment

1. Task Introduction (approx. 200 words) Introduce the topic and outline the aims and key elements of the paper. (introduce ...what is health education, importance of health education, talk about case study, what is importance of health education for irim& care plan)

2. Prevention in health care and the role of nurses and midwives. Discuss the role of the nurse (or midwife) in preventative health care as outlined in the Registered Nurse standards for practice (2016) or National competency standards of the Midwife (2006). (approx. 300 words)

There is no specific Preventive Health Care Standard" but in the Registered nurse standard for practice (2016) you will find many elements that relate to the role of the nurse in preventive health care. Please see the introductory sentence in the Standards and also "provides support and directs people to resources to optimise health related decisions", "provides information and education required to enhance people's control over health".

3. Health literacy (approx. 600 words)

Define health literacy and discuss the factors that can influence a person's level of health literacy.

Outline how improved health literacy can positively affect the lives of people and sustainability of health care systems. Please follow lecture notes and explain aspects of life such as age, language, culture etc can effect someone's health literacy... then we need related resources.

Above parts need to discuss generally... these don't need to relate to Irim

4. Osteoarthritis and an educative care plan (approx. 1300 words)

Osteoarthritis (approx. 200 words)

Provide a brief overview to osteoarthritis, including definition, prevalence and burden of the disease, comorbidities and cost to the Australian community.

5. Educative care plan (approx. 1100 words) this part need to relate to Irime case study

Outline the environmental considerations for effective education in the clinical setting as well as the principles of adult learning theory that you would take into consideration when planning to deliver Irim's health education.

Introduce the key elements of the education plan (e.g. face-to-face teaching strategy, patient information factsheets, websites etc.). Here you need to discuss the evidence base of these key elements, recommended resources, as well as the other health professionals who may be included in Irim's plan.

The educative care plan should provide a brief list and overview of the clinical components of the educative care plan (weight reduction, diet, exercise etc.) and then focus primarily on how you would go about educating Irin for improved health literacy and behaviour change for prevention in health care.

Conclusion (approx. 100 words)

Link back to the introduction and restate the main aim of your assessment task.

Summarize the main points of your assessment task.

Leave the reader with a final impression of the effectiveness of health education and health promotion (i.e. does it work? Why does it work?). This may include implications for nursing or midwifery practice.

Never introduce new information in the conclusion.

References are not usually included in the conclusion.

Resources

The following interview with a world-renowned Australian specialist in osteoarthritis highlights the importance of health education for prevention and management in this health context. Please listen to this interview before you start writing this assessment task.

ABC RN - Interview with Professor David Hunter - Osteoarthritis

<http://bmjopen.bmj.com/content/6/6/e011341>.

Presentation Requirements:

Headings and subheadings should be used as shown in the Overview of the Assessment. For example: Introduction; Prevention in health care and the role of nurses and midwives; Health literacy; Osteoarthritis and an educative care plan; Conclusion.

- The footer must contain (a) assignment number, (b) page number and (c) date of submission.
- Use A4 format only; use 11 or 12 font Arial or Times New Roman.
- Use 2.5cm margins on each side of the page with double line spacing between lines.
- Submit in Microsoft Word format only; do not submit as a PDF or Pages document.
- You are required to use APA (American Psychological Association) Referencing in the unit. An APA r
- Write within the suggested word count. The word count includes in-text citations and in-text references. Please refer to the Faculty of MNHS word count guidelines
- **Include the total word count after the Conclusion and before the Reference List.**