

<b>Module Title</b> <b>Improving Health and Well-being</b>	Reference NU2550 SCQF Level SCQF 8 SCQF Points 15 ECTS Points 7.5 Created July 2011 Approved April 2012 Amended June 2015 Version No. 2
<b>Keywords</b> Health Improvement; Health promotion; Public health; Health policy.	

## This Version is No Longer Current

The latest version of this module is available [here](#)

### Prerequisites for Module

Successful completion of Stage 1 or equivalent.

### Corequisite Modules

None.

### Precluded Modules

None.

### Aims of Module

To enable the student to develop an understanding of health and wellbeing improvement in contemporary practice for individuals, groups and communities.

### Learning Outcomes for Module

### Indicative Student Workload

*Contact Hours* Full Time

Lectures, tutorials, online learning. 30

*Directed Study*

Online learning activities, directed reading 50

*Private Study*

70

### Mode of Delivery

Lectures, tutorials, online learning.

### Assessment Plan

	Learning Outcomes Assessed
Component 1	1,2,3,4,5

On completion of this module, students are expected to be able to:

1. Explore a range of models and approaches to health and well-being improvement within nursing practice.
2. Examine current public health priorities.
3. Explain the implications for practice of health and wellbeing improvement policies within the student's field of practice.
4. Consider the role of the nurse in addressing health inequalities.
5. Utilise a range of sources of evidence to demonstrate understanding of health and well-being improvement.

### **Indicative Module Content**

Public Health - trends, issues, challenges; Health and well-being improvement from a variety of perspectives and in different contexts - local, national and international; Health promoting organisations and workplaces; Key perspectives in relation to individuals, families and communities - models and approaches for health and well-being improvement, e.g. challenging inequalities, assets / strengths-based approaches; Cultural perspectives; Nurses'

Written assessment.

### **Indicative Bibliography**

1. CHILTON, S. et al., eds., 2012. *The textbook of community nursing*. London: Hodder Arnold.
2. NAIDOO, J. and WILLS, J., eds., 2009. *Health studies: an introduction*. 2nd ed. Basingstoke: Palgrave MacMillan.
3. NAIDOO, J. and WILLS, J., 2009. *Foundations for health promotion*. 3rd ed. Edinburgh: Balliere Tindall.
4. PORTER, E. and COLES, L., eds., 2011. *Policy and strategy for improving health and wellbeing*. Exeter: Learning Matters.
5. SCOTTISH GOVERNMENT, 2008. *Equally Well: Report of the Ministerial Task Force on Health Inequalities*. Edinburgh: Scottish Government.
6. TONES, K. and GREEN, J., 2010. *Health promotion planning and strategies*. 2nd ed. London: Sage.

roles - modernising nursing in  
the community.