

Short Title:	Health and Well-Being in Social Care APPROVED
Full Title:	Health and Well-Being in Social Care
Language of Instruction:	English

Module Code:	HLTH H2002
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Credits:	5
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Field of Study:	Humanities
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Module Delivered in	1 programme(s)
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Reviewed By:	Helena Doody
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Module Author:	Keith Murphy
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Module Description:	<p>This module will enable the student to understand and appreciate the concepts of a healthy lifestyle and various aspects of health promotion and self-care. It also provides the learner with an overview of health definitions, policies and an understanding of various aspects of health and well-being. The module will also examine people's lived experiences, the absence or presence of disease, individual health and how risk behaviour may contribute to poor health. As health and well-being is an ongoing and dynamic subject, the syllabus content will be expanded or modified, as the case may be, to reflect developments within social care. In order to progress, all components of module assessment must be passed by students – failure to successfully to complete any component will require repeat assessment/exam.</p>
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Learning Outcomes

<i>On successful completion of this module the learner will be able to:</i>	
LO1	Provide a broad definition and description of health, well-being, policies and procedures around health and list the evolution and principles of health promotion.
LO2	Develop a basic understanding of the functioning of a number of major body systems to provide education and promotion of healthy lifestyles to clients within social care.
LO3	Identify the correlation between mental, physical, social, emotional and spiritual health and their promotion within social care and the cultural and political influences on these aspects.
LO4	Describe and evaluate a number of health promotion initiatives based on case studies used in class and their impact within social care.
LO5	Develop an awareness of the needs and health challenges across the lifespan.
LO6	Examine the concepts of self-care and compassionate fatigue, and the impacts of these on the self and those in our care.

Module Content & Assessment

Course Work				
<i>Assessment Type</i>	<i>Assessment Description</i>	<i>Outcome addressed</i>	<i>% of total</i>	<i>Assessment Date</i>
Presentation	Students will complete a health promotion project in singular or small groups.	1,2,3,4	50.00	n/a

End of Module Formal Examination				
<i>Assessment Type</i>	<i>Assessment Description</i>	<i>Outcome addressed</i>	<i>% of total</i>	<i>Assessment Date</i>
Formal Exam	End of Semester Formal Examination	1,2,3,4,5,6	50.00	End-of-Semester

TU Dublin – Tallaght Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time				
<i>Workload Type</i>	<i>Workload Description</i>	<i>Hours</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	No Description	2.00	Every Week	2.00
Tutorial	No Description	1.00	Every Week	1.00
Independent Learning Time	No Description	3.00	Every Week	3.00
Total Weekly Learner Workload				6.00
Total Weekly Contact Hours				3.00

Workload: Part Time				
<i>Workload Type</i>	<i>Workload Description</i>	<i>Hours</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	No Description	2.00	Every Week	2.00
Independent Learning	No Description	3.00	Every Week	3.00
Total Weekly Learner Workload				5.00
Total Weekly Contact Hours				2.00

Module Resources

Required Book Resources

Karban, K 2012, *Social Work and Mental Health*, Policy Press. Cambridge
Naidoo J 2009, *Foundations for Health Promotion*, BailliereTindall London
Ryan, D, Mc Namara, P & Deasy, C. 2006, *Health Promotion in Ireland.*, Gill Macmillian Dublin

Recommended Book Resources

Smullen, S 2015, *Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions*, NASW Press Washington
Sarafino, E & Smyth, T. 2014, *Health Psychology*, 8th Ed., Wiley and Sons London
Skovholt, T and Trotter-Mathison, M. 2001, *The Resilient Practitioner, Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions.*, 3rd Edition Ed., Routeledge London

Recommended Article/Paper Resources

2001 *Family well-being and family policy. A review of research on benefits and costs.*, Department of Health and Children. Ireland.
2001 *Quality and Fairness: A Health System for You.*, Department of Health and Children. Ireland.
Self-Care in Social Care Work: Vicarious Trauma, Vicarious Resilience, and Self-Compassion
<http://www.empowerireland.ie/uncategorized/self-care-in-social-care-vicarious-trauma-vicarious-resilience-and-self-compassion/>

Other Resources

Website: <http://library.it-tallaght.ie/>
Website: <https://irishheart.ie/>
Website: <http://www.yourmentalhealth.ie>
Website: <https://www.sexualwellbeing.ie/sexual-health/>
Website: <https://www.livescience.com/22616-respiratory-system.html>

Module Delivered in

Programme Code	Programme	Semester	Delivery
TA_HSASC_B	Bachelor of Arts (Honours) in Applied Social Care	4	Mandatory