

*Graduate School of Nursing, Midwifery & Health
Course Outline*

NURS 541

Advancing Nursing Practice - Long Term Conditions Management

**Course Co-ordinator:
Jo Walton**

IMPORTANT NOTICE

The Graduate School of Nursing, Midwifery & Health at Victoria University of Wellington, uses all reasonable skill and care in an effort to ensure the information and course content information contained in this outline is accurate at the time of going to print.

Students should be aware, however, that in the event course timetables and venues need to be changed, all attempts will be made to notify the students.

Produced by the Graduate School of Nursing, Midwifery & Health,
81 Fairlie Terrace, Kelburn, Wellington 6021.

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STAFF TEACHING IN THIS COURSE

COURSE CO-ORDINATOR

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Web site: <http://www.victoria.ac.nz/nmh>

Office Hours: Monday to Friday 8.30am to 5.00pm

GRADUATE SCHOOL DATES

The Graduate School office will be open on Wednesday 3 January 2008 and close on Tuesday 23 December 2008.

In keeping with the practice of other years, academic staff will not be available on Fridays, except for the times they are involved in Schools.

ABOUT THE COURSE

This course concentrates on some of the major health concerns in New Zealand and the world today. In the course you will learn about the health impacts of chronic and long term conditions on individuals, families and communities. We will discuss how nurses can help reduce the multiple burdens of chronic illness, whatever the cause, and you will examine and critique policies and practices at international, national and local level that can contribute towards this goal.

The course involves both class time in the Schools, and self-directed reading, writing and reflection. You will be encouraged to investigate and critique your practice and develop your clinical skills to an advanced level. To meet these goals you will be assisted and encouraged to develop your abilities in clinical inquiry and evidence-based practice development and to enhance your knowledge and skills in professional practice.

People affected by chronic and long term conditions are found in every part of our society and health care system. We will explore the commonalities of the challenges of chronic conditions while also allowing flexibility in the course to enable you to focus on your own specific learning needs in relation to your work context and clinical interests.

COURSE AIMS

The Ministry of Health has a key strategy to reduce the burden of chronic illness in New Zealand society. This clinically orientated course is designed to advance nurses' knowledge and competency in managing patients with long term conditions such as diabetes, renal, cardiac or respiratory disease. Students will be given the opportunity to assess the major challenges experienced by people living with long term conditions in the community, and to determine effective health care services for improving quality of life for people with long term health needs.

While some students will be enrolling only in this course, the course is integrated with NURS 512 to award a Postgraduate Certificate in Clinical Nursing.

The following School dates include both courses of study:

1st School NURS 512: Monday 3 and Tuesday 4 March
 NURS 541: Wednesday 5 to Friday 7 March

2nd School NURS 512: Monday 25 and Tuesday 26 August
 NURS 541: Wednesday 27 to Friday 29 August

In addition, students funded by the CTA to complete the Post Graduate Certificate in Clinical Nursing (Long Term Conditions Management) will undergo training toward the 'Flinders Certificate of Competence in Patient Self-Management'.

Dates for this training are yet to be confirmed, but are tentatively set as 7th and 8th August (Wellington).

COURSE OBJECTIVES

On completion of this course, participants will be able to:

- Understand and assess the challenges long term conditions create for individuals, families/whanau and communities.
- Describe and discuss the impact of local, national and international policies/plans on the development of services to assist those affected by long term conditions and to prevent further health risk.
- Demonstrate advancing abilities in scholarly research inquiry to locate and interpret literature to inform practice and lead practice-based initiatives within their work setting.
- Demonstrate advancing expertise in patient assessment and the planning and implementation of nursing interventions in relation to long tem conditions.

COURSE CONTENT

Main themes to be covered in the course include but are not limited to:

- The epidemiology of chronic illness/long term conditions
- Social, economic and other determinants of health and illness
- Theoretical approaches to understanding chronic illness and its management
- Current research highlights in the treatment of chronic illness and related disability
- Living with long term conditions
- Policy and best practice in the management of long term conditions
- Improving health care services to meet patient need

PRE-READINGS

Before attending the first School, please familiarise yourself with the Leading for Outcomes website (link below under Ministry of Health).

RECOMMENDED READING/TEXT/ WEBSITES

There is no set text book for the course. Rather, you will be expected to search and read widely in the library, in journals and from reputable sources on the world wide web.

At the first School you will be introduced to the online platform “Blackboard” which will be used to suggest readings and other resources to you.

The websites listed below (all accessed 23/11/2007) contain useful, relevant and up to date information. You will find it useful to explore these sites early in the course.

Ministry of Health

<http://www.moh.govt.nz/moh.nsf>

<http://www.leadingforoutcomes.org.nz/>

<http://www.nhc.health.govt.nz/moh.nsf/indexcm/nhc-people-with-chronic-conditions>

WHO

<http://www.who.int/topics/en/>

http://www.who.int/topics/chronic_diseases/en/

Kings Fund

http://www.kingsfund.org.uk/health_topics/managing.html

BLACKBOARD INFORMATION

Students enrolling for this course will need access to the VUW flexible learning system (Blackboard) via the Internet.

Blackboard is an online environment that supports teaching and learning at Victoria by making course information, materials and learning activities available online via the internet. Blackboard provides web-based access to course content, assessment, communication and collaboration tools. Instructions for using this will be provided as part of timetable during the 1st School. Students will need to be able to access the Internet on a regular basis.

The following software, which is necessary for using material on Blackboard, is freely available to download from the internet if you don't already have it:

- Netscape Communicator v 4.78 or higher(v. 7.1 recommended) OR
- Microsoft Internet Explorer v. 5.2.x or higher
- MS Windows 2000 or XP/ MacOS 9 or Mac OS X.2 or higher

Other software: Adobe Acrobat Reader - free download from <http://www.adobe.com/products/acrobat/>

Microsoft Office or Microsoft Viewers. The viewers can be downloaded free of charge from: <http://www.microsoft.com/office/000/viewers.asp>

Computer skills required:

- Internet browsing skills
- Basic word processing skills

How to log onto Blackboard

- Open a web browser and go to myVictoria.ac.nz
- Enter your account username which you can find in your *Confirmation of Study* sheet
- It is usually made up of 6 letters of your last name and 4 letters of your first name
- Enter your password. If you have never used Victoria computer facilities your initial password is your student ID number
- Click on the Blackboard icon
- Alternatively, if you want to access Blackboard without going through the myVictoria portal, just log on at <http://blackboard.vuw.ac.nz>

Off Campus access

Blackboard is available from any location where you can access the Internet. This may be your home, work or an Internet café.

Problems with access? Contact ITS service desk **04 463 5050**

WORKLOAD

30 point courses in the Graduate School of Nursing, Midwifery & Health have an average workload of twelve hours per week.

MANDATORY COURSE REQUIREMENTS

In order to successfully complete this course you are required to attend all Schools unless under special circumstances prior arrangements have been made with the course co-ordinator.

Students must submit and pass all pieces of assessment to satisfactorily complete the course.

GENERAL UNIVERSITY STATUTES AND POLICIES

Students should familiarise themselves with the University's policies and statutes, particularly the Assessment Statute, the Personal Courses of Study Statute, the Statute on Student Conduct and any statutes relating to the particular qualifications being studied; see the Victoria University Calendar available in hardcopy or under "about Victoria" on the VUW homepage at:

http://www.vuw.ac.nz/home/about_victoria/calendar_intro.html

Information on the following topics is available electronically at:

<http://www.victoria.ac.nz/home/about/newspubs/universitypubs.aspx#general>

- Academic Grievances
- Student and Staff Conduct
- Meeting the Needs of Students with Impairments
- Student Support

ACADEMIC INTEGRITY AND PLAGIARISM

Academic integrity is about honesty – put simply it means no cheating. All members of the University community are responsible for upholding academic integrity, which means staff and students are expected to behave honestly, fairly and with respect for others at all times.

Plagiarism is a form of cheating which undermines academic integrity. The University defines plagiarism as follows:

The presentation of the work of another person or other persons as if it were one's own, whether intended or not. This includes published or unpublished work, material on the Internet and the work of other students or staff.

It is still plagiarism even if you re-structure the material or present it in your own style or words.

Note: It is however, perfectly acceptable to include the work of others as long as that is acknowledged by appropriate referencing.

Plagiarism is prohibited at Victoria and is not worth the risk. Any enrolled student found guilty of plagiarism will be subject to disciplinary procedures under the Statute on Student Conduct and may be penalized severely. Consequences of being found guilty of plagiarism can include:

- an oral or written warning
- cancellation of your mark for an assessment or a fail grade for the course
- suspension from the course or the University.

Find out more about plagiarism, and how to avoid it, on the University's website:
www.vuw.ac.nz/home/studying/plagiarism.html

SCHOOL CATERING

The Graduate School will provide **a light snack for lunch** while students are attending Schools, and tea & coffee for morning and afternoon break. While we try to cater for the majority of students please feel free to bring your own supplies if your needs are not being met.

During the lunch breaks you may wish to investigate a variety of student cafes within walking distance on campus and several cafes at Kelburn shops approximately 10 mins walk from the School.

COURSE TIMETABLE

WEEK STARTING Monday	DATES	EVENT	ACTION
4 February	6 February	Waitangi Day	
11 February			
18 February			
25 February			
3 March	5- 7 March NURS 541	1st School	
10 March			
17 March	21 March	Good Friday	
24 March	24 March 25 March	Easter Monday VUW holiday	
31 March			
7 April			
14 April			
21 April	25 April	ANZAC Day	
28 April	30 April		Assignment 1 due
5 May			
12 May			
19 May			
26 May			
2 June	2 June	Queens Birthday	
9 June			
16 June			
23 June			
30 June			
7 July			
14 July			
21 July			
28 July			
4 August	7-8 August	Flinders training for CTA funded cohort (Dates and venue to be confirmed)	
11 August			
18 August			
25 August	27- 29 August NURS 541	2nd School	
1 September			
8 September	8 September		Assignment 2 due
15 September			
22 September			
29 September			
6 October			
13 October			
20 October			
27 October	27 October	Labour Weekend	

SCHOOL TIMETABLE

1ST SCHOOL

Dates: Wednesday 5, Thursday 6 and Friday 7 March

Times: 8.30am – 4.30pm

VENUE: 83 Fairlie Terrace, Kelburn, Wellington

2ND SCHOOL

Dates: Wednesday 27, Thursday 28 and Friday 29 August

Times: 8.30am -4.30pm

VENUE: 83 Fairlie Terrace, Kelburn, Wellington

ASSIGNMENTS

Assignment information including grade descriptions, the procedures for submitting assignments and referencing information is available on the Graduate School's Website.

Assignment cover sheets and acknowledgement postcards are attached at the back of this outline. Please ensure you complete an assignment cover sheet and attach it to the front of each assignment you submit. All assignments are to be sent to **Abbey McDonald, Student Administrator**, who will record the details and pass it to the appropriate marker. **Please do not address assignments to members of the academic staff, as they are not necessarily the markers of the assignment.** If you want to have receipt of your assignment acknowledged, complete an acknowledgement postcard and attach it to the front of your assignment.

The Graduate School of Nursing, Midwifery & Health has set a number of assessment tasks and due dates to best meet the outcomes of the course. In keeping with the Graduate School's stated philosophy that no assessment work shall serve the Graduate School alone, it is possible to negotiate alternative assessments and schedule. This should be undertaken in consultation with the course co-ordinator.

Graduate School guidelines for submission and return of student assignments:

1. All assignments are to be submitted to the Graduate School by 5.00pm on the nominated due date.
 - 1.1 An extension to the due date may only be given in exceptional circumstances. Such circumstances would typically be sickness (as evidenced by a medical certificate) or bereavement.
 - 1.2 Application for an extension must be made to Course Co-ordinators at least 24 hours before the due date.
 - 1.3 Course Co-ordinators may grant an extension of up to 2 weeks.
 - 1.4 Any extension requested for longer than 2 weeks must be agreed to and signed off by the Teaching and Learning Co-ordinator or in her absence the Head of School.
2. Dean's extensions
 - 2.1 are available in exceptional circumstances for only the final piece of assessment in any course,
 - 2.2 must be applied for in writing at least 48 hours prior to due date,
 - 2.3 may be approved for up to 4 weeks by the Teaching and Learning Co-ordinator or Head of School with the appropriate documentation provided,
 - 2.4 may be extended beyond 4 weeks with written approval by, and an interview with, the Teaching and Learning Co-ordinator or Head of School.

3. Student coursework assignments submitted by the due date will be returned with feedback within four weeks of the due date. Students who do not submit within this timeframe may be subject to delays in their assignment being returned and may not receive comprehensive feedback.
4. Assignments which remain outstanding for up to two weeks without due cause beyond the due date will be marked, but cannot attract a grade higher than a 'C' (pass) grade.
5. Assignments that remain outstanding beyond two weeks from the due date without due cause will attract an 'E' (fail) grade. These assignments will not be marked and will not be able to be resubmitted for grading.
6. In exceptional circumstances withdrawal from assessment is a mechanism that may be recommended by the Course Co-ordinator to the Head of School when all avenues for extension have been exhausted and the Course Co-ordinator is satisfied that the student will be able to complete the required work in the negotiated timeframe. This timeframe will normally be to the end of the following trimester and will not extend beyond three trimesters.

Final assignments will not be accepted by email.

Students must submit and pass all pieces of assessment to satisfactorily complete the course.

ETHICAL CONSIDERATIONS

At all times students must act within the boundaries of professional Codes of Conduct, relevant legislative frameworks and the governance, rules and contracts of their employing organisation. Further information with regard to student's ethical responsibilities and relevant templates can be accessed on the Blackboard site or will be provided in class if required.

ASSIGNMENT WRITING: GUIDELINES FOR FORMAT AND PRESENTATION

The Graduate School recommends the use of APA referencing for all assignments and information on APA referencing can be found by searching online:

Publication Manual of the American Psychological Association: 5th ed. (2001).

Students can also request a copy of the Referencing the APA Style A Brief Guide (Brochure) from Student Learning Support Services or view on:

http://www.vuw.ac.nz/st_Services/slss/studyhub/reference/APA.pdf

- Assignments should be concise and relevant; when a word limit applies students should avoid exceeding it. Keep within 10% of the stated limit, e.g. 3000 words means 2750 - 3300. Word count includes references
- Font size 12, Times New Roman or Arial only
- Double or 1.5 line spacing. Justify all text
- 4.5-5 cm margin on the left side for marker's comments.
- Assignments must be typed and printed clearly on one side of A4 size white paper only, with all pages fastened together by staple or secure clip.
- All pages should have a footer which includes the following:
 - Course number, assignment number and student ID number (left aligned), e.g. *NURS 512, Assignment 2, 300011122*
 - Page number (right aligned)
- Include a title page and always attach an assignment cover sheet on top. The cover sheets are included with the Course Outline.
- Appendices: These are additional materials related to the text but not suitable for inclusion because of its length or format (e.g. policy documents, etc). These are not marked or counted in the word limit, but should be clearly referred to as appropriate within the main text (e.g. see Appendix A).
- Do not use plastic sheets, clear files or folders to put the assignment in (except for your portfolio), as these make it difficult for markers to handle.
- Ensure you keep a copy of your assignment until it is returned from being marked.

CONFERENCE & SCHOOL PRESENTATIONS

Students of the Graduate School of Nursing, Midwifery & Health are encouraged to present their work at professional conferences and as papers for publication. Students should discuss this with the course co-ordinator in the first instance. Dissemination of findings from academic work is a very important part of graduate education and assists clinical teams and professional groups to access up-to-date and new knowledge. Course co-ordinators will provide academic guidance in relation to the targeted activities, and also in relation to the proper academic processes of authorship and acknowledgement.

For all conference, professional and workplace presentations our VUW Power Point template should be used. You are also required to use this template for all school presentations as part of your assignment requirements. This template is available and can be accessed by those students using Blackboard or you can email: abbey.mcdonald@vuw.ac.nz for a copy of the template to be sent to you.

As a general rule, presentations and papers should cite yourselves as post-graduate students, and name the Graduate School of Nursing, Midwifery & Health as the organisation. In keeping with academic conventions course co-ordinators and teaching associates who help with the ideas and preparation of the paper/presentation should be directly acknowledged or named as co-authors.

REPORTING STUDENT ACHIEVEMENTS AND AWARDS

At the end of each year the Graduate School reports to the University details of student special achievements (such as awards, grants, presentations, and publications).

You are required to complete and submit this form Record of Special Achievements related to Study at Victoria (attached to back of outline) with your final assignment for this course.

If you would prefer to complete and submit this form electronically, a copy of the form can be located on Blackboard, our website <http://www.victoria.ac.nz/nsemid/research/student-achievements.aspx> or you could contact Abbey.mcdonald@vuw.ac.nz to request a copy.

ASSIGNMENT NUMBER ONE

Assignment Name: The Health Needs of a Particular Patient Population

Due Date: 30 April 2008

Length: 2500 - 3000 words

This assignment is marked as 50% of your final grade.

This assignment requires exploration of the health needs and characteristics of a particular population group affected by chronic illness. It provides the opportunity to apply advanced nursing knowledge and expertise, and examine evidence-based care to improve the outcomes of a certain group of patients.

Select a population group with actual or potential health needs (eg, CVD, diabetes, renal disease, rheumatoid arthritis, respiratory disease, a long term mental health problem etc). Discuss the epidemiology, aetiology, pathophysiology, symptomatology, physical, social and emotional challenges and management strategies associated with this condition (or conditions: co-morbidities are common in people with long term conditions). You might find it helpful to use a case study (remember to use pseudonyms) to illustrate your discussion. Pay particular attention to addressing the nursing considerations of your chosen population group. Examine current literature to identify assessment and treatment trends, and any issues you think are of concern, and recommended best practice with regards to meeting the health needs of this group of patients.

We will discuss the assignment further during class time at the 1st School.

ASSIGNMENT NUMBER TWO

Assignment Name: Strategic Document Review

Due Date: 8 September 2008

Length: 3000 – 3500 words

This assignment is marked as 50% of your final grade.

Preamble: National and local strategic documents or plans influence the context in which you work. This assignment creates the opportunity for you to become familiar with a range of local and national strategic documents or plans that impact on health service provision and planning, and your work environment. You will consider their potential or current impact on your employing organisation and the delivery of services to people affected by long term conditions.

Assignment: Choose an aspect of health services relevant to your workplace and scope of practice. Then analyse how current local, national and international documents on long term conditions and their management currently shape, or could potentially shape, the ongoing development of health care services in your workplace. Using this information write a report, including an executive summary, that details your findings and/or recommendations. Support your writing by reference to other relevant resources, such as a government strategy document, national/international literature and evidence of discussions/consultation with other pertinent sources.

NB: We will discuss the assignment in more detail at the School.

Here is a list of the kind of documents that might be of interest (there are many more and you will be looking for material that relates to your specific interests and working context):

- The District/Regional Health plan for your region.
- Your service/organisation's strategic plan
- *Meeting the needs of people with chronic conditions* (2007) Wellington: Ministry of Health.
- *The Evaluation of the Eleven Primary Health Care Nursing Innovation Projects* (2007) Wellington: Ministry of Health
- *Health Targets. Moving toward healthier futures* (2007) Wellington: Ministry of Health
- *The New Zealand Health Strategy* (2000) Wellington: Ministry of Health.
- *He Korowai Oranga: Maori Health Strategy* (2002) Wellington: Ministry of Health.
- *Implementing the New Zealand Health Strategy 2001* (2001) Wellington: Ministry of Health.

- *The New Zealand Disability Strategy: Making a world of difference Whakanui Oranga* (2001) Wellington: Ministry of Health.
- *Whakatataka: Maori Health Action Plan 2002-2005* (2002) Wellington: Ministry of Health.
- *The Primary Health Care Strategy* (2001) Wellington: Ministry of Health.
- *Health of Older People Strategy: Health sector action to 2010 to support positive ageing* (2002) Wellington: Ministry of Health.
- *Child Health Strategy* (1998) Wellington: Ministry of Health.
- *The Pacific Health and Disability Action Plan* (2002) Wellington: Ministry of Health.
- *Nurse Practitioners in New Zealand* (2002) Wellington: Ministry of Health.

The MOH documents are all available on the Ministry of Health Web site: http://www.moh.govt.nz/moh.nsf/wpg_Index/Publications-Index and (unless indicated above) can be ordered at no cost in hard copy or freely down loaded from the Ministry of Health Website

You are required to complete and submit this form Record of Special Achievements related to Study at Victoria (attached to back of outline) with your final assignment for this course.

If you would prefer to complete and submit this form electronically, a copy of the form can be located on Blackboard, our website <http://www.victoria.ac.nz/nsemid/research/student-achievements.aspx> or you could contact Abbey.mcdonald@vuw.ac.nz to request a copy.

GRADUATE SCHOOL OF NURSING, MIDWIFERY & HEALTH
Record of Special Achievements related to Study at Victoria

At the end of each year the Graduate School reports to the University details of student special achievements (such as awards, grants, presentations, and publications). Please complete this form and **submit with your final assignment for the course**. If you would prefer to complete and submit this form electronically, a copy of the form can be located on Blackboard, our website <http://www.victoria.ac.nz/nsemid/research/student-achievements.aspx> or you could contact Abbey.mcdonald@vuw.ac.nz to request a copy.

Student Name: _____

Course Code: _____

Industry sponsorship

Name of Sponsor	Notes in relation to the conditions of sponsorship	Value	Year
eg, C&C DHB	50% Student fees paid on successful completion of the course of study	\$	2008

Special awards, Prizes & Scholarships

Name of Award/ Prize/ Scholarship	Source/Provider	Notes in relation to the prize/award/scholarship	Value/ Form	Year
eg 'Best clinical innovation'	Mental Health College of Nurses	A project that I developed while doing my practicum course resulted in our clinical team changing the way in which we met with and involved families in patient care	\$500 Award Certificate	2008

Professional presentations / Seminars /Conferences

If you gave any professional presentations, seminars or conference papers during the year please provide the details below use APA style for referencing these

Example: Student, A. (2008). New models of nursing documentation and their relevance to orthopaedic practice. Paper presented at the Orthopaedic Nurses study day 'Stepping towards the future' held in Wellington, 14 August 2008.

Publications (Book reviews, editorials, journal articles, chapters, monographs, books etc)

Example: Student, A & Teacher, B. (2008). Mental Health Consumers speak about their Health Education Needs. *Contemporary Nurse*, 5(4), 114-126.

Other Special Achievements

If you have had any other special achievements during the year please provide the details.

Attach and submit with your final assignment thank you