

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

# **HEAL 522**

## **Cardiac Rehabilitation**

**Course Co-ordinators:**

**Judy Dewar & Alison Strong**



**2009**

### 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**

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Judy Dewar

Clinical Nurse Consultant – Cardiology

Ph: 04 570 9377 PAGER 525

Email: Judy.Dewar@huttvalleydhb.org.nz

Alison Strong

Clinical Nurse Specialist – Heart Failure

Ph: 04 570 9097 (Monday & Tuesday)

Email: Alison.Strong@huttvalleydhb.org.nz

Timothy O’Meeghan

Cardiologist

Head of Department

Cardiac Services

Email: Tim.O’Meeghan@huttvalleydhb.org.nz

## **POSTAL ADDRESS**

Cardiology Department

Hutt Valley District Health Board

Private Bag 31-907

Lower Hutt

Ph: 04 566 6999

## **PHYSICAL ADDRESS**

Hutt Hospital

622 High Street

Lower Hutt

Contacts hours: Monday to Friday 0830 – 1630

## **STUDENT ADMINISTRATOR**

Abbey McDonald

Ph: 04 463-6144

Email: abbey.mcdonald@vuw.ac.nz

# **CONTACT DETAILS - VUW**

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## **POSTAL ADDRESS**

Graduate School of Nursing, Midwifery & Health  
Victoria University of Wellington  
P O Box 600  
Wellington 6140

## **PHYSICAL ADDRESS**

The Fieldhouse Centre  
Victoria University of Wellington  
81 & 83 Fairlie Terrace  
Kelburn  
Wellington 6021

Phone: (04) 463-5363 or  
0800 108-005 Freephone Graduate School Administration

Fax: (04) 463-5442

Email: [nmh@vuw.ac.nz](mailto:nmh@vuw.ac.nz)

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 7 January 2009 and close on Tuesday 22 December 2009.

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# COURSE AIMS

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HEAL 522 Cardiac Rehabilitation is designed for health professionals working in the environment of cardiac rehabilitation to achieve speciality cardiac care and rehabilitation skills.

This course is delivered in collaboration with Hutt Valley District Health Board and the Graduate School of Nursing, Midwifery & Health at Victoria University of Wellington. It aims to:

- Foster a reflective and questioning approach to the care of the specific client group by building on knowledge and experience leading to improved care delivery.
- Enhance professional competence in client assessment working collaboratively across settings and within interdisciplinary environments.
- Positively influence the health of people with cardiac conditions.
- Develop a creative, innovative approach to client care, applying critical reasoning to issues and decisions.

A Postgraduate Certificate in Health (Cardiac Rehabilitation) will be awarded by Victoria University of Wellington upon successful completion of HEAL 522 Cardiac Rehabilitation & HEAL 512 – Practicum 1.

# LEARNING OBJECTIVES

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Through advanced professional practice, health professionals will interact in teaching/learning sessions in order to:-

- Define the scope of professional practice in health promotion, maintenance and restoration of health, preventing adverse sequelae, and rehabilitation (4.2.1 adapted).
- Describe diagnostic enquiry processes responding to actual and potential health needs, and characteristics of those in cardiac rehabilitation or heart failure (4.2.1).
- Generate new approaches to the extension of your professional knowledge and delivery of expert care (4.2.1).
- Explain the application/adaptation of advanced professional knowledge, expertise and evidence-based care to improve the health outcomes for clients across the care continuum within the scope of practice (4.2.1).
- Use professional judgement to assess the client health status, make differential diagnoses, implement health interventions/treatments and consult/refer the client to other health professionals appropriately (4.2.2).
- Use advanced diagnostic enquiry skills, utilising and interpreting laboratory and diagnostic tests (4.2.2).
- Develop a creative and innovative approach to your area of practice, achieving holistic care, and incorporating family needs when appropriate (4.2.2 adapted).

- Apply critical reasoning to health practice to facilitate decision – making (4.2.2 adapted).
- Evaluate the effectiveness of the client’s response to prescribed interventions, technology, treatments and medications, and monitor decisions, taking remedial action and/or referring appropriately (4.2.2).
- Demonstrate ethical decision making, and provide culturally safe practice to clients and their families (4.2.2 adapted).
- Recognise limits to own practice and consult appropriately (4.2.2).
- Collaborate and consult with the client, family and other health professionals, providing accurate information about relevant interventions, technology and treatment (4.2.2).
- Participate in teaching in clinical practice (4.2.3 adapted).
- Be an effective health resource through the application of interpersonal skills and integration of theory and practice. Lead case reviews or defusing/debriefing activities (4.2.3 adapted).
- Challenge and develop clinical standards (4.2.4).
- Determine evidence-based practice through scholarship and practice; explains the application of advanced Cardiac Care and Rehabilitation health knowledge and best practice guidelines in influencing client outcomes (4.2.5).
- Evaluate health outcomes and, in response, help to shape policy and professional practice; contribute and participate in national or local health/socio-economic policy or guideline development (4.2.4, 4.2.5).
- Demonstrate a commitment to quality care, risk management identification and resource utilisation; influencing purchasing and allocation through utilising evidence-based research findings (4.2.4,4.2.5 adapted).
- Reflect and critique the practice of self and others (4.2.5).

Note: The course objectives have been adapted from the Nursing Council standards and competencies for Advanced Nursing Practice courses which are identified by each objective (May 2001).

The course objectives should relate to your own profession and area of practice for example, for nurses – the nursing area of practice.

# COURSE CONTENT

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This course integrates with HEAL 512 Practicum 1, to award a Postgraduate Certificate in Health (Cardiac Rehabilitation). The Nursing Council of New Zealand Advanced Nursing Practice Competencies (May 2001) are explored throughout the year within the School framework and assessment work to:

- (4.2.1) Articulate scope of professional practice and its advancement.
- (4.2.2) Show effective practice working collaboratively across settings and interdisciplinary environments.
- (4.2.3) Show effective professional leadership and consultancy.
- (4.2.4) Develop and influence health/socio-economic policies and professional practice at local and national level.
- (4.2.5) Show scholarly research inquiry into nursing practice.

## PRE-READINGS

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New Zealand Guidelines Group. (2002). *Evidence-Based Best Practice Guideline Cardiac Rehabilitation*. Wellington: Author

Nursing Council of New Zealand. (2005). *Guidelines for Cultural Safety, the Treaty of Waitangi, and Maori Health in Nursing Education and Practice*. Wellington: Author

## RECOMMENDED READING/TEXT

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National Heart Foundation of New Zealand. (2001). *A Guideline for the Management of Heart Failure: Health Professionals Guide*. Auckland: Author

New Zealand Guidelines Group. (2003). *Evidence-Based Best Practice Guideline. The Assessment and Management of Cardiovascular Risk*. Wellington: Author

# RECOMMENDED WEBSITES

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- [www.medsafe.govt.nz](http://www.medsafe.govt.nz). This is an excellent drug information resource.
- [www.findarticles.com](http://www.findarticles.com). This is a useful search engine, free of charge.
- The Nursing, Midwifery & Health web site and link to Victoria University of Wellington web site  
[www.vuw.ac.nz/nsemid/](http://www.vuw.ac.nz/nsemid/)
- The Ministry of Health ([www.moh.govt.nz](http://www.moh.govt.nz)) has on-line publications nursing, listed are a few examples such as:
  - Nurse Practitioners in New Zealand
  - Nursing Sector Updates
  - NZ Public Health Reports
- The Health and Disability Commissioner website contains summaries of cases investigated:  
[www.hdc.org.nz](http://www.hdc.org.nz)
- NZ health promotion information: [www.health.ed.govt.nz](http://www.health.ed.govt.nz)
- NZ Health Technology Assessment Reports: useful literature reviews:  
[www.nzhta.chmeds.ac.nz](http://www.nzhta.chmeds.ac.nz)
- Evidence-based nursing/medicine:  
[www.joannabriggs.edu.au](http://www.joannabriggs.edu.au)  
[www.cochrane.org](http://www.cochrane.org)  
[www.emedicine.com](http://www.emedicine.com)
- World Health Organisation: [www.who.org](http://www.who.org)
- Medline Database (free) [http:// www.ncbi.nih.gov/entrez/query.fcgi](http://www.ncbi.nih.gov/entrez/query.fcgi)
- National Heart Foundation of New Zealand: [www.nhf.org.nz](http://www.nhf.org.nz)
- American Heart Association: [www.americanheart.org](http://www.americanheart.org)
- Evidence based practice guidelines: [www.nzgg.org.nz](http://www.nzgg.org.nz) Best practice NZ Heart failure and cardiac rehabilitation guidelines available on this website



# BLACKBOARD INFORMATION

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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 1<sup>st</sup> 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](http://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**

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

## **MANDATORY COURSE REQUIREMENTS**

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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**

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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 or go to the Academic Policy and Student Policy sections on:

<http://www.victoria.ac.nz/home/about/policy>

This website also provides information for students in a number of areas including Academic Grievances, Student and Staff conduct, Meeting the needs of students with impairments, and student support/VUWSA student advocates.

# ACADEMIC INTEGRITY AND PLAGIARISM

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Academic integrity means that university staff and students, in their teaching and learning are expected to treat others honestly, fairly and with respect at all times. It is not acceptable to mistreat academic, intellectual or creative work that has been done by other people by representing it as your own original work.

Academic integrity is important because it is the core value on which the University's learning, teaching and research activities are based. Victoria University's reputation for academic integrity adds value to your qualification.

The University defines plagiarism as presenting someone else's work as if it were your own, whether you mean to or not. 'Someone else's work' means anything that is not your own idea. Even if it is presented in your own style, you must acknowledge your sources fully and appropriately. This includes:

- Material from books, journals or any other printed source
- The work of other students or staff
- Information from the internet
- Software programs and other electronic material
- Designs and ideas
- The organisation or structuring of any such material

Find out more about plagiarism, how to avoid it and penalties, on the University's website: <http://www.victoria.ac.nz/home/study/plagiarism.aspx>

## USE OF TURNITIN

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Student work provided for assessment in this course may be checked for academic integrity by the electronic search engine <http://www.turnitin.com>.

Turnitin is an online plagiarism prevention tool which compares submitted work with a very large database of existing material. At the discretion of the Head of School, handwritten work may be copy-typed by the School and subject to checking by Turnitin.

Turnitin will retain a copy of submitted material on behalf of the University for detection of future plagiarism, but access to the full text of submissions is not made available to any other party.

# SCHOOL CATERING

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The Graduate School will provide tea & coffee for morning and afternoon break while students are attending Schools (**lunch is not provided**).

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

All our students have access to the 'Treehouse' at the back of 83 Fairlie Tce while here at Schools where you may wish to use appliances (toaster, microwave & oven).

While students are attending schools at Hutt Hospital there are a variety of cafes within walking distance you may wish to investigate.

# COURSE TIMETABLE

WEEK STARTING Monday	DATES	EVENT	ACTION
2 February	6 February	Waitangi Day	
9 February		Course commences	
16 February			
23 February			Reading underway
2 March			
9 March	<b>11- 13 March</b>	<b>1<sup>st</sup> School</b>	<b>HEAL 522</b>
16 March			
23 March			
30 March			
6 April	10 April	Easter Friday	
13 April	13 April	Easter Monday	
	14 April	VUW Holiday	
20 April	25 April	ANZAC Day	
27 April			
4 May			
11 May			
18 May			
25 May			
1 June	1 June	Queens Birthday	
8 June			
15 June	<b>15 June</b>	<b>Assessment 1. due</b>	<b>Critical Analysis of the literature</b>
22 June			
29 June			
6 July			
13 July			
20 July			
27 July			
3 August			
10 August			
17 August			
24 August	<b>26 - 28 August</b>	<b>2<sup>nd</sup> School</b>	<b>HEAL 522</b>
31 August			
7 September			
14 September			
21 September			
28 September			
5 October	<b>9 October</b>	<b>Assessment 2. due</b>	<b>The Health Needs of a Particular Patient Population</b>
12 October			
19 October			

# SCHOOL TIMETABLE

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Daily timetables will be posted or emailed to students prior to the School commencing with confirmation of venue and times.

## 1<sup>ST</sup> SCHOOL

Dates: HEAL 512 Monday 9 & Tuesday 10 March  
**HEAL 522 Wednesday 11, Thursday 12 & Friday 13 March**

Times: 9 am - 5 pm Monday – Thursday, Friday 9am – 1pm

Venue: Monday 9 & Tuesday 10 meet at Room 203 83 Fairlie Tce, Kelburn, Wellington  
**HEAL 522 For the rest of the week you will be at Hutt Hospital.**

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## 2<sup>ND</sup> SCHOOL

Dates: HEAL 512 Monday 24, Tuesday 25 August  
**HEAL 522 Wednesday 26, Thursday 27 & Friday 28 August**

Times: 9 am - 5 pm

Venue: Monday 24 & Tuesday 25 meet at Room 203 83 Fairlie Tce, Kelburn, Wellington  
**HEAL 522 For the rest of the week you will be at Hutt Hospital.**

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**Timetables will be posted prior to the Schools commencing.**

# ASSIGNMENTS

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

**All assignments for HEAL 522 are to be submitted electronically via Blackboard and this will be discussed further during the 1<sup>st</sup> School.**

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 received at the GSNMH by the nominated due date.
  - 1.1 An extension to the due date may be given in exceptional circumstances.
  - 1.2 An application for an extension must be made in writing to Course Co-ordinators at least 24 hours before the due date. Email application is acceptable.
  - 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 made in writing to the course co-ordinator **and** the Teaching and Learning Co-ordinator or in her absence the Head of School. Email application is acceptable. The decision will be made by the Teaching and Learning Co-ordinator or in her absence the Head of School.
  - 1.5 All extensions are to be notified by the Course co-ordinator and the Teaching and Learning Co-ordinator or in her absence the Head of School to the Student Administrator for recording.
2. Student coursework assignments submitted by the due date will normally be returned with feedback within four weeks of the due date. Students who do not submit assignments within this timeframe may be subject to delays in their assignment being returned and may not receive comprehensive feedback.
3. Assignments without an approved extension which remain outstanding for up to two weeks beyond the due date will be marked, but cannot attract a grade higher than a 'C' (pass) grade.
4. Assignments without an approved extension that remain outstanding beyond two weeks from the due date will attract an 'E' (fail) grade. These assignments will not be marked and will not be able to be resubmitted for grading.

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

# ETHICAL CONSIDERATIONS

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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

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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](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 in text.
- 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
- 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

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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](mailto: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

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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](mailto:Abbey.mcdonald@vuw.ac.nz) to request a copy.

# ASSIGNMENT NUMBER ONE

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**Assignment Name:** Critical Analysis of the literature

**Due Date:** Monday 15<sup>th</sup> June 2009

**Word guide:** 3500 words

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

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Choose a topic relating to an area of practice in cardiac care and rehabilitation. This topic for review can be selected from Phase one, Phase two or Phase three of the cardiac rehabilitation process or from a heart failure perspective.

Potential areas of interest may include:

- Inpatient cardiac rehabilitation
- Inequalities in cardiac rehabilitation for Maori or Pacific people
- Nurse led clinics
- Heart failure exercise groups
- Rehabilitation for post cardiac surgery patients
- Rural cardiac rehabilitation

This list is not exhaustive and you should choose a topic that you are interested in. If you are unsure please contact one of the course supervisors.

**This assignment should include:**

- A brief outline of your current practice in relation to your chosen topic.
- A thorough exploration of the issue chosen.
- A critical analysis of current national and international best practice guidelines and literature.
- A discussion regarding the implications of the literature and research findings within your own practice area.

**All assignments for HEAL 522 are to be submitted electronically via Blackboard.**

# ASSIGNMENT NUMBER TWO

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**Assignment Name:** The Health Needs of a Particular Patient Population

**Due Date:** Friday 9<sup>th</sup> October 2009

**Word guide:** 3500 words

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

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This assignment requires exploration of a specific health need of a particular population group who are eligible for cardiac rehabilitation or heart failure services. It provides the opportunity to apply advanced nursing knowledge and expertise and examine evidence based care to improve the health outcomes for a certain group of patients.

Choose one of the topics listed below. Use a case study to illustrate your discussion of the issue and management strategies. Examine current literature to identify treatment trends and recommended best practice with regards to meeting the identified health need of this group of people.

- Lipids
- Obesity
- Diabetes
- Exercise
- Psychological issues / Depression
- Heart failure
- Sleep apnoea
- Adherence/compliance issues

**All assignments for HEAL 522 are to be submitted electronically via Blackboard.**



**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](mailto: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**