

<b>Module Title:</b>	Health, Wellbeing and Nutrition
<b>Language of Instruction:</b>	English
<b>Credits:</b>	10
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	No Programmes
<b>Teaching &amp; Learning Strategies:</b>	Presentations Case studies Class discussions & debates Co-operative learning Self- directed learning
<b>Module Aim:</b>	To highlight the importance of health, well-being and nutrition in social care work
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Illustrate a knowledge of the factors which impact on holistic health and wellbeing throughout the life course.
LO2	Outline how health is protected in social care settings.
LO3	Examine aging and care of the older person.
LO4	Explore the care of children and adults with disabilities, lifelong and life limiting conditions.
LO5	Understand the relationship between nutrition and population health and wellbeing in social care.
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b> <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b> <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b> <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

## Module Content & Assessment

### Indicative Content

#### Topic: Holistic health and wellbeing

Analyse health and wellbeing throughout the life course including cross cultural concepts of health and disease. (Pre natal health to older person health and wellbeing). Inequalities in health. Social determinants of health. Introduction to health promotion. Social model of health promotion. The role of the social care worker in health promotion in conjunction with multidisciplinary team. Structures of health care systems national & international including Intersectoral approaches to health and wellbeing.

#### Topic: Health protection/ ill health prevention.

Protecting health: Introduction to common infections e.g. infections of Respiratory Tract, Nervous system, Throat, Gastro- intestinal Tract, the Blood, the Skin, Sexual transmitted diseases (STD), HIV Aids. MANAGEMENT & PREVENTION. Recognising the sick person. Care of person with infection/ Introduction to personal care planning for health. The stages of the chain of infection for infection prevention . Immunisations. Adherence to national standards for infection prevention, HIQA guidelines for residential care. Medication Administration.

#### Topic: Care of the older person.

The ageing process. Promotion of healthy ageing. Planning a healthy retirement. Needs of older person when health is compromised. Care settings and services for older person. Care of person with Dementia.

#### Topic: Specific care needs in social care.

Care of adult/child living with a disability/ lifelong / life limiting condition - Down's syndrome. Fragile x syndrome. Cerebral palsy. Autistic Spectrum Disorder. Spina Bifida Hydrocephalus. Asthma/ Eczema. Diabetes. Epilepsy. Care of person living with mental health disorder. Care issues such as ..use of aids and appliances eg., hoist, catheter and colostomy care, eating aids. HIQA quality standards for residential care. Intimate care routines -HIQA guidelines.

#### Topic: The importance of nutrition for holistic health & wellbeing

NUTRITION AND SPECIFIC CLIENT GROUPS. Pregnancy / Infants and Children .Nutrition & person who is homeless /person with drug alcohol addiction / cognitive impairment or living with a dietary related illness e.g. coeliac disease, diabetes, food allergies, malnutrition, obesity and eating disorders, nutritional deficiency. Special diets e.g vegetarian, lactose free, religious or cultural implications on diet . Persons requiring assistance with feeding. Use of Food Diaries/ Fluid balance records. MANAGEMENT AND PLANNING OF MEALS • Nutritional significance • Inequalities related to nutritional choices Food preparation and cooking processes • Principles of cooking the food commodities listed above. FOOD SAFETY AND HYGIENE. • Food borne disease. • Storage of food • Personal hygiene of the person • Preparation and cooking /serving food Adherence to principles of Hazard analysis critical control point in food processing operations (HACCP).

Assessment Breakdown	%
Continuous Assessment	60.00%
End of Module Formal Examination	40.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Project / Paper/ Presentation/ Online testing	1,2,3	60.00	n/a

No Project

No Practical

### End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	n/a	4,5	40.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	30 Weeks per Stage	3.00
Estimated Learner Hours	30 Weeks per Stage	3.33
Total Hours		190.00

  

<b>Workload: Part Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	Every Week	1.50
Total Hours		1.50

