

## MEDI6145: Motivating Health Behaviour Change

Online

Semester 1 - 2024



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

## OVERVIEW

**Course Description** Students will develop an understanding of the theoretical concepts and basic skills underlying effective interventions. Modules cover: change during the life cycle; change without expert help; stages of change; motivational interviewing; harm minimisation; brief interventions; medication compliance therapies; relapse prevention and Health Behaviour change with cancer and chronic pain patients.

Motivating Health Behaviour Change is a skills-based course. Skills-based courses prove a knowledge and skills-base for assessment and intervention with people with AOD problems in various settings.

Students who have completed MEDI6140 - Clinical Approaches to D/A Problems are not able to enrol in this course.

**Academic Progress Requirements** Nil

**Assumed Knowledge** Students who work in a health employment setting, allow approximately 7 days of clinical work with clients who report alcohol or other drug use. (Please note that this is not a placement and that appropriate work settings include accident and emergency, on the ward, community nursing and mental health services). Mentoring will be required for a minimum of 2 meetings across the semester.

If you are currently unemployed, you will need to meet with your mentor regularly so that you can practice the skills required for this course.

**Contact Hours** **Online**

**Online Activity**

Online  
4 hour(s) per week(s) starting Week 1

**Self-Directed Learning**

Self-Directed  
6 hour(s) per week(s) starting Week 1

**Unit Weighting** 10

**Workload** Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.

# COURSE OUTLINE

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# CONTACTS

<b>Course Coordinator</b>	<b>Online</b> Dr Cassandra Lane <a href="mailto:C.Lane@newcastle.edu.au">C.Lane@newcastle.edu.au</a> (02) 4924 6676
<b>Teaching Staff</b>	Other teaching staff will be advised on the course Canvas site.
<b>School Office</b>	<b>School of Medicine and Public Health Education Office</b> <a href="mailto:SMPH-edoffice@newcastle.edu.au">SMPH-edoffice@newcastle.edu.au</a> (02) 404 20550

# SYLLABUS

<b>Course Content</b>	<ol style="list-style-type: none"><li>1. Change during the life cycle</li><li>2. Change without expert help</li><li>3. Stages of change</li><li>4. Motivational interviewing</li><li>5. Medication compliance</li><li>6. Harm minimisation</li><li>7. Brief interventions</li><li>8. Relapse prevention</li><li>9. Health behaviour change with cancer and chronic pain patients</li></ol>
<b>Course Learning Outcomes</b>	<b>On successful completion of this course, students will be able to:</b> <ol style="list-style-type: none"><li>1. Describe reasons for modest optimism regarding the role of expert help;</li><li>2. Identify a client's stage of change;</li><li>3. Demonstrate motivational interviewing or compliance therapy strategies;</li><li>4. Describe research evidence concerning the effectiveness of motivational interviewing;</li><li>5. Describe compliance therapy strategies;</li><li>6. Describe brief intervention approaches; and</li><li>7. Describe relapse prevention strategies.</li></ol>
<b>Course Materials</b>	All course material is accessed via Canvas

# ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Discussion Board	See Canvas for due date.	Individual	30%	1, 2, 3, 4, 5, 6, 7
2	Critical Analysis	See Canvas for due date.	Individual	30%	1, 2, 3, 4, 5, 6, 7
3	Skills Demonstration Recording and Critique	See Canvas for due date.	Individual	40%	1, 2, 3, 4, 5, 6, 7

## Late Submissions

The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

## Assessment 1 - Discussion Board

<b>Assessment Type</b>	Online Learning Activity
<b>Description</b>	See Canvas for assignment details.
<b>Weighting</b>	30%
<b>Due Date</b>	See Canvas for due date.
<b>Submission Method</b>	Online

## Assessment 2 - Critical Analysis

<b>Assessment Type</b>	Practical Demonstration
<b>Description</b>	See Canvas for assignment details.
<b>Weighting</b>	30%
<b>Due Date</b>	See Canvas for due date.
<b>Submission Method</b>	Online

## Assessment 3 - Skills Demonstration Recording and Critique

<b>Assessment Type</b>	Role Play
<b>Description</b>	See Canvas for assignment details.
<b>Weighting</b>	40%
<b>Due Date</b>	See Canvas for due date.
<b>Submission Method</b>	Online

# ADDITIONAL INFORMATION

## Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

\*Skills are those identified for the purposes of assessment task(s).

## Communication Methods

Communication methods used in this course include:

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.

## Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

## Oral Interviews (Vivas)

As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination \(viva\) Procedure](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

## Academic Misconduct

All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

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**Adverse  
Circumstances**

The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s).

Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. the assessment item is a minor assessment item and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

**Important Policy  
Information**

The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at <https://www.newcastle.edu.au/current-students/respect-at-uni/policies-and-procedures> that support a safe and respectful environment at the University.

*This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified and an amended course outline will be provided in the same manner as the original.*

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