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| Course Code NUTR-580 | Course Title Health Promotion, Communication & Behavioral Studies | ECTS Credits 7.5 |
| Prerequisites None | Department Life & Health Sciences | Semester 3 rd |
| Type of Course Required | Field Dietetics/Nutrition | Language of Instruction Greek /English |
| Level of Course 2 nd Cycle | Lecturer(s) Dr Eleni Andreou | Year of Study 2 nd |
| Mode of Delivery Face to face | Work Placement N/A | Co-requisites None |

Objectives of the Course:

The main objectives of the course are to:

- To provide students with an insight into theoretical framework of effective communication
- To facilitate the development of practical skills in communicating with individuals, groups and other health professionals
- To enable students to integrate ideas from educational theory and the study of communication techniques into the specific context of health promotion.
- To enable students to integrate ideas of the sociological contribution to the understanding of health and illness within different types of cultural belief systems
- To demonstrate the processes associated with the development of health beliefs and the psychological factors affecting or influencing health outcomes
- To demonstrate the key theoretical approaches to dietary behaviour change and their limitations
- To implement the key psychological influences on taking up and maintaining healthy eating behaviour
- To demonstrate the evidence for the effectiveness of behavioural approaches in dietary behaviour change

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Have an understanding of the nature and importance of communication skills in health care practice, including inter-professional communication.
2. Develop practical skills in communication for use in their dietetic practice; including oral communication with groups; written communication appropriate to different situations including medical notes.

3. Be able to identify barriers to communication and ways in which these can be overcome.
4. Begin to assess their own effectiveness as communicators and develop strategies to facilitate personal development in this area.
5. Be aware of educational theories and models of health behaviour related to patient learning and the development of health promotion strategies.
6. Be aware of the range of visual aids available and demonstrate the ability to select the most appropriate for a particular situation.
7. Be aware of the organisation of health education and health promotion services in Cyprus and abroad.
8. Be able to prepare material for use in a health education context.
9. Be able to plan and give a short presentation on a nutritional topic designed for a lay audience.

Course Contents:

1. Counselling for behaviour modification
2. Obesity (handling obese patients)
3. Working together MI and CBT interventions - Bibliographic briefing – Laboratory
4. Eating Disorders
5. Actions for cardiovascular
6. Actions for salt
7. Communication
8. Interview Skills
9. Principles and theories of learning
10. Design and implementation of learning

Learning Activities and Teaching Methods:

One-by-one discussion and review

Assessment Methods:

Written Project , Final Exam

Required Textbooks / Reading:

| Title | Author(s) | Publisher | Year | ISBN |
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| Literature relevant to the project subject | | | | |

Recommended Textbooks / Reading:

| Title | Author(s) | Publisher | Year | ISBN |
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| Cite It Right: The SourceAid Guide to Citation, Research, and Avoiding Plagiarism (Paperback) | Julia Johns , Sarah Keller | SourceAid, LLC | 2nd edition (September 1, 2005) | ISBN: 0977195708 |
| Research Successful Approaches | Elaine R. Monsen (American Dietetic Association) | Diana Faulhaber | 2nd edition 2003 | ISBN: 0-88091-199-9 |
| Introduction to Nutrition and Health Research (Hardcover) | Eunsook T. Koh , Willis L. Owen | Publisher: Springer; | 1 edition (September 15, 2006) | ISBN: 0792379837 |
| Counselling Skills for Dietitians | Judy Gable | Blackwell Publishing | 2007 | |
| Motivational Interviewing- Preparing People for Change | William R Miller and Stephen Rollnick | Guildford Publications, 2 Rev Ed edition | 2003 | |
| Motivational Interviewing in Health Care | Stephen Rollnick, William R. Miller and Christopher C. Butler | The Guildford Press | 2008 | |
| Patient-Centred Medicine Transforming the Clinical Method | Moira Stewart, Judith Belle Brown W Wayne Weston, Ian R McWhinney, Carol L McWilliam and Thomas R freeman | Radcliffe Second Edition | 2007 | |
| Communication and Education Skills for Dietetics Professionals | Betsey B. Holli, Richard J. Calabrese and Julie O' Sullivan Maillet | Lippincott Williams and Wilkins Fourth edition | 2003 | |

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| Promoting Health- A Practical Guide | Linda Ewles and Ina Simnett | Bailliere Tindall Fifth edition | 2003 | |
| Health Psychology in Practice | Michie, S and Abraham, C | London: BPS Blackwells | 2004 | |
| Health Behaviour Change: A Guide for Practitioners | Rollnick, S. Mason, P and Butler C | London: Churchill Livingstne | 1999 | |
| The Psychology of Eating – From Healthy to Disordered Behaviour | Jane Ogden | Wiley-Blackwell Second Edition | 2010 | |