Description

Introduction to Behavior Change.   
What makes people tick?   
Behaviour change is a relatively new discipline which has developed from advances in the subject of behavioural science. As well as recognising that the lifestyle choices people make can impact their health outcomes it is vital for nurses to have an understanding of how Social Determinants also play a part in health outcomes.   
Social determinants of health include economic stability, education, social community context, health and health care, neighbourhood/built environment. The choices we make can deeply affect elements of our lives. For example, substance misuse; can cause or exacerbate depression, cause health problems, financial problems, damage relationships/family dynamics, loss of employment and even follow with a term in prison. But when a person makes these poor choices, how much of this is influenced by the Social Determinants that they have little or no control over?   
Health promotion advocated by healthcare professionals can support people to make better judgements and promote improved outcomes within the limitations of wider determinants. However, we must approach those in our care with a holistic view, understanding the factors that influence and build a relationship. Gaining trust and insight is essential before we approach education and health promotion.    
Behaviour Change Case Study. (3500 words)   
The Case Study must incorporate 5102PRN Aims and Learning Outcomes:   
Learning Outcomes   
1.      Examine the link between the social determinants of health, risk factors and lifestyle.   
2.      Explore the notion of health literacy.   
3.      Distinguish between differing approaches to behaviour change.   
4.      Review factors that inhibit or facilitate change.   
Aims   
Understand the nurse's role in raising awareness of risk factors and supporting   
behaviour change.   
The Assessment for 5102PRN   
This Case Study is an academic submission and requires you to examine the process of behaviour change, relating it to the wider factors within society that impact on your future patient’s ability to make healthy decisions. You will also be asked to reflect on your own experience of behaviour change and then use your insights to examine the role of the Registered Nurse in the behaviour change process for patients.   
Attention to presentation and Harvard referencing system for Level 5 writing is essential.   
·        Section one: Watch this video; https://www.youtube.com/watch?v=Bhx3jKEwbFA

and create a case study of Amina Jr. Examine how Social Determinants have impacted on her life and outcomes.