

Innovative Strategies: Engaging in Rehabilitation

(RHAB812) 15 points

Pathways, programmes/specialisations the paper is attached to

Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Health Practice in the Rehabilitation specialisation area.

Am I eligible to enrol in this paper?

The paper is for health professionals who will normally have completed the requirements of one of the following in a relevant field from a New Zealand tertiary institution or equivalent:

- A bachelor's degree
- Professional qualification recognised by the university as being equivalent to a bachelor's degree
- Evidence of professional experience deemed by the university to be equivalent to a bachelor's degree

Where entry qualifications do not meet the criteria for study at postgraduate level, completion of transitional studies may be required before the applicant is admitted to the programme.

What is this paper about?

Provides an overview of concepts, theories and research related to behaviour, beliefs and cognition and investigates how nursing, allied health professionals and others can apply them to practice in rehabilitation. Explores factors which influence adaptation to chronic illness and impairment and engagement in rehabilitation. Fosters critical thinking and encourages students to discuss practical strategies and apply them to their area of rehabilitation.

What can I expect to learn?

- Psychosocial consequences of illness, injury or disability
- Identity and rehabilitation
- Factors influencing engagement in rehabilitation and adaptation to chronic illness and disability
- Relevant theoretical models including health belief models, illness cognitions, self-regulation theory, and models of health promotion and behaviour change.
- Practical strategies for rehabilitation professionals including novel strategies for goal setting, motivational interviewing, facilitating physical activity, cognitive behavioural approaches.
- The therapeutic alliance and person-centred communication

How is this paper taught?

Location:	On campus at North Campus, AUT
Teaching Period(s):	Semester 2
Block Course:	Yes
Online:	Online learning tasks incorporated

How will I be assessed?

1. Written assignment 5000 words

students will receive formative feedback on online learning tasks to aid learning and development.

Who will be teaching me?

Paper Coordinator: Felicity Bright, PhD

Felicity Bright is a Senior Lecturer in Rehabilitation and a speech-language therapist. Felicity's research focuses on professional practices that are important for patient experiences in healthcare, including communication and therapeutic relationships, and how clinicians and services can better meet the long-term psychosocial needs of stroke survivors. She lectures in undergraduate physiotherapy and postgraduate rehabilitation programmes and supervises Masters and Doctoral students from a variety of professions.

Fees

Information about paper tuition fee for papers may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

Enrolment and enquires

New to AUT? Please submit an application for a programme on the AUT website - <https://www.aut.ac.nz/study/applying>.
When you are a confirmed student you will be able to indicate your paper selection. Any questions about applying to AUT please contact Debra Spinetto – fhes.enquiries@aut.ac.nz

Current students will receive an re-enrolment email each year – any enquiries please contact fhes.administration@aut.ac.nz

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