

MSc Dietetics

Faculty of Health, Education & Life Sciences

**Health Promotion Project**

**(Part of B Placement)**

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**Introduction**

In the second year of the MSc Dietetics programme, you will complete 21 weeks of practice placement, one week of which will be allocated to applying the nutrition and dietetic care process at a population level through the completion of a Public Health/Health Promotion project with a practice placement partner. This week will be staggered throughout semester one of the second year and will form part of Placement B.

You will plan and complete this project in pairs or threes, but each of you will need to produce a written project, which will be assessed by the Practice Educator using the ‘Project Assessment Tool’ contained in this workbook. On successful completion of the Health Promotion Project, you will be able to use the assessment tool as contributory evidence towards meeting the B placement professional capabilities. Throughout this project, you must ensure that you implement strategies to maintain client confidentiality.

Placements are a compulsory part of the Dietetics programme. If you do not successfully meet the professional capabilities at the required benchmark standard and the required number of practice hours for your placements, you will not meet the requirements for successful completion of the course. If you have any questions or concerns about your placement, it is important that you speak with your Practice Placement Educator or your Placement Tutor, sooner rather than later.

**General Aims and Professional Capabilities for the Public Health/Health Promotion component**

Successful completion of the Public Health/Health Promotion Project component will support you in meeting General Aim 3, of your B placement:

* **Develop the knowledge, skills and professional attributes required to implement health promotion and public health strategies**

Successful completion of this project can also provide evidence of competency in the B placement professional capabilities, with respect to health promotion/public health

The B Placement professional capabilities are outlined below:

|  |  |
| --- | --- |
| **Professional Capability** | **Description** |
| **In relation to knowledge:** |
| **K1** | Demonstrate comprehensive knowledge of all areas required to support dietetic practice on Placement B |
| **In relation to Communication:** |
| **C1** | Communicate effectively in all areas of dietetic practice experienced |
| **In relation to the Care Process** |
| **CP1** | Demonstrate the ability to identify, collect and interpret relevant information and evidence from the range of sources available |
| **CP2** | With minimal guidance, formulate and justify a reasoned nutrition/dietetic diagnosis (or need), which is used to inform aims and objectives |
| **CP3** | With decreasing direction:Use the information gathered and critical thinking to * formulate and justify desired outcomes of action plans
* design and implement suitable action plans to achieve the desired outcomes
 |
| **CP4** | With decreasing direction:Review, monitor and evaluate action plans  |
| **In relation to Professionalism** |
| **P1** | Demonstrate consistent professional behavior, in accordance with the legal and ethical boundaries of the dietetic profession and the requirements of the HCPC |
| **P2** | Self-evaluate knowledge and professional capabilities and formulate action plans to demonstrate ongoing commitment to personal and professional development. |

**The Project**

Public Health/Health Promotion project titles will be provided by practice placement providers and will be checked by the Programme Lead to ensure suitability. It is likely that some of you will be involved with undertaking a small part of a larger project or intervention, which has a timescale of longer than one week. It is therefore recommended that you undertake just one stage of the Process for Nutrition and Dietetic Practice, but that you develop your understanding of all stages in relation to dietetic practice within public health/health promotion. Some examples are outlined below:

1. Your project may involve conducting a needs assessment (stage one) on a given population, to identify nutrition and dietetic priorities. To cover the other stages of the Process, you might then choose to outline potential suitable intervention plans, how these could be implemented, monitored and evaluated.
2. Your project might be the evaluation of a public health/health promotion strategy or intervention (stage six). You would then need to demonstrate an understanding of the assessment, identification, planning and implementation stages of this strategy/intervention. You may also develop plans for future action.



Source: Model and Process for Dietetic Practice (BDA 2012).

Once your project has been agreed, you must complete the **Project Outline Form** on page 8. One copy will be sent to the practice team, one will be maintained at University and you must keep a copy in your portfolio.

**Assessment**

Following completion of your health promotion project, you will be expected to provide evidence of the output, e.g. findings from the needs assessment, findings from the evaluation, or a resource that you have developed.

You will complete a written report, which will be assessed by your Practice Educator using the **‘Health Promotion Project Assessment Tool’.** This form can be found within this workbook and it is recommended that you familiarise yourself with the details.The report is pass or fail; no grade or mark will be awarded. However, a passed project may be used as evidence of competency in the B placement capabilities, in relation to public health. If you fail the Project, you will get one opportunity to resubmit for reassessment. If you fail a second time, you will not be able to use the project as B placement portfolio evidence.

The project will also enable you to further develop your communication skills and professional attributes. Competence in the related capabilities (C1; P1; P2) will be assessed by your Practice Placement Educators and will be evidenced through the completion of the ‘**Health Promotion Partnership Form’.**

You will be expected to complete a **‘Health Promotion Project Self Review Form’,** whichwill be used to inform both verbal feedback and completion of the Health Promotion Project Assessment Tool.

**Guidance on the report:**

The written report should be 1,500 words, fully referenced, Arial font size 12 and 1.5 line spaced. You should follow the Birmingham City University Harvard referencing style guidance.

The following provides a guide as to what should be included in the report; however, the content may vary in accordance with the stage of the NDP that has been undertaken:

**Background:**

* Describe the target population, including nutritional and health needs, and the relevant determinants of health targeted by the practice placement provider, referring to published literature where available
* Justify why the population were targeted
* Provide context to the project- what did it hope to achieve in relation to public health/ health promotion outcomes?

**The intervention**

* List the aims and objectives
* Provide a description of the intervention, and the actions taken
* Provide a clear rationale for the process or approach taken to implement the intervention, including a focus on empowerment, engagement and behaviour change/ modification.
* What were the key findings of the intervention? *If the intervention has not yet been undertaken, refer to one in the published literature that is relevant to the target population*
* Describe the SMART outcomes

**Evaluation**

* Critically evaluate the project in relation to the stated outcomes.
* Outline the rationale behind each aspect of your evaluation methodology
* Consider the success of the project- did it meet the aims and objectives?
* Were there any identified limitations to the project? Could it have been done differently?
* Have you identified any potential impact upon, or recommended changes to future practice?

*If you did not have direct experience of evaluating an intervention, describe what aspects you would evaluate, supported by a rationale, and describe how they would be measured.*

**Tables, Figures and Appendices**

Each table and figure should be numbered, titled and cited in sequence. Tables, figures and appendices do not count toward the final word count. However, you should avoid excessive use of tables, figures and appendices.

**Project Outline**

|  |  |
| --- | --- |
| **Title of project** |  |
| **Name of peer(s):** |  |
| **Practice partner:** |  |
| **Project remit:** |  |
| **Who are the main stakeholders in relation to this project?** |  |
| **Which stage of the Process will you undertake?** |  |
| **What will the project output be?** |  |

**This has been discussed with the course team at University**

**Signature of staff: Date:**

**Name (printed):**

**Signature of Learner: Date:**

**Health Promotion Partnership Form**

Learner’s Name: Date:

Practice Educators Name: Role:

## To be completed by the Practice Educator

*Please place a tick in the relevant box to indicate whether the attributes/skills have not been observed, need improvement, or have been demonstrated to an adequate standard on this occasion. Please add comments to support your assessment.*

|  |
| --- |
| **N/A (Not observed/not applicable):** No opportunity to demonstrate**NI- Needs Improvement:** Needs more work/Not performing at required standard yet. ***Please use comments to explain the improvement needed.*****Yes this time:** Successfully completed to required standard |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this****time** | **Comments** |
| **Professional Behaviour** |
| Appropriately seeks and uses supervision through the project planning and delivery (C1; P1) |  |  |  |  |
| Completes assigned tasks on time and uses time effectively (P1) |  |  |  |  |
| Appropriately seeks consent when/if required (P1) |  |  |  |  |
| Maintains confidentiality e.g. adheres to data protection (P1) |  |  |  |  |
| Uses IT effectively (P1) |  |  |  |  |
| Demonstrates a proactive attitudee.g. recognises own learning needs and looks up information as required (P1) |  |  |  |  |
| Accepts and responds appropriately to feedback and comments (P1) |  |  |  |  |
| Words and actions (spoken/written) do not discriminate with respect to: race, religion, age, gender, sexual orientation, learning disability, physical disability, marital status, pregnancy/maternity (P1) |  |  |  |  |
| **Communication** |
| Asks appropriate questions as required throughout the project delivery (C1; P1) |  |  |  |  |
| Demonstrates the ability to listen (C1; P1) |  |  |  |  |
| Responds appropriately to questions (C1; P1) |  |  |  |  |
| Uses an appropriate level of language, in verbal and written communication, tailored to the audience (C1) |  |  |  |  |
| Demonstrates the ability to communicate accurately and appropriately via a range of means: telephone, email, face to face (C1) |  |  |  |  |

**This tool can / cannot be used as evidence of competency.** *(Please delete as appropriate)*

**This could be used as evidence within the B placement portfolio for (please circle)**

 **C1 P1**

**Signed Learner:**

**Signed Practice Educator: Date:**

**Print Name:**

**Health Promotion Project Assessment Tool**

Learner’s Name: Date:

Practice Educators Name: Role:

## To be completed by the Practice Educator

|  |  |
| --- | --- |
| **Date:** |  |
| **Title of Project** |  |
| **Signed learner:****Signed dietitian: Date:** **Print Name:**  |

Please indicate whether the project is a Pass or Fail by circling as appropriate:

**PASS FAIL**

|  |
| --- |
| **If the project is at the required standard for a pass, it could be used as evidence within the B placement portfolio for (please circle)** |
| **K1** | **C1** | **CP1** | **CP2** | **CP3** | **CP4** | **P1** | **P2** |  |  |

|  |
| --- |
| **N/A (Not observed/not applicable):** No opportunity to demonstrate**NI- Needs Improvement:** Needs more work/Not performing at required standard yet. ***Please use comments to explain the improvement needed.*****Yes this time:** Successfully completed to required standard |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this****time** | **Comments** |
| **PREPARATION** |
| Has appropriately planned, including process, e.g., Gantt charts, time available, who will be involved, equipment/resources (CP3; P1, P2) |  |  |  |  |
| Practises in accordance with the Standards of Conduct, Performance and Ethics (P1) |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this****time** | **Comments** |
| **BACKGROUND** |
| Searches for, identifies, and interprets relevant information and evidence from a range of sources (K1; CP1) |  |  |  |  |
| Describes the target population, their nutritional and health needs and identifies the relevant determinants of health (K1; CP1) |  |  |  |  |
| Able to justify why this project was needed and why this population was targeted, using the supporting evidence base, alongside relevant policies and frameworks (K1; CP1; CP2) |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this****time** | **Comments** |
| **AIMS/OBJECTIVES** |
| Presents a clear aim and objectives for the project (CP2) |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this****time** | **Comments** |
| **INTERVENTION**  |
| Presents SMART outcomes and outcome measures (CP3) |  |  |  |  |
| Presents a well-structured and logical outline of the project intervention and the actions taken to implement it (C1; CP3) |  |  |  |  |
| Is able to articulate a clear rationale for the process/approach taken, including a focus on empowerment, engagement and behavior change/modification (CP3) |  |  |  |  |
| Correctly interprets the key findings (K1; CP4) |  |  |  |  |
| Information presented is relevant and accurate (K1) |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this time** | **Comments** |
| **EVALUATION** |
| Critically evaluates the project in relation to the stated outcomes (K1; CP4) |  |  |  |  |
| Provides a clear rationale for the evaluation methods, supported by the evidence base (K1; CP4) |  |  |  |  |
| Discusses whether aims and objectives have been met (CP4) |  |  |  |  |
| Able to reflect on what could have been done differently (CP4; P2) |  |  |  |  |
| Able to identify and justify any potential impact on/changes to future practice (K1, CP3; CP4) |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **N/A** | **NI** | **Yes this time** | **Comments** |
| **TABLES AND FIGURES** |
| Numbered, cited and titled (C1) |  |  |  |  |
| Tables used appropriately (C1; P1) |  |  |  |  |
| **APPENDICES** |
| Named and referred to appropriately within the project report (C1; P1) |  |  |  |  |

**Three strengths of this work were:**

**1.**

**2.**

**3.**

**Three areas to work on/ action points are:**

**1.**

**2.**

**3.**

**Self-Review Form for Health Promotion Project**

|  |
| --- |
| * You can use this formative/reflective outline to help you develop competence from your project
* Discuss your thoughts with your assessor after completing the form and use it to help set your personal action plan for learning.
 |

|  |  |
| --- | --- |
| **Date:** |  |
| **Title of project** |  |
| **Summary:** |
| **This has been discussed with my supervising dietitian**:**Signed learner:****Signed dietitian: Date:** **Print Name:**  |

|  |
| --- |
| **This could be used as evidence within the B placement portfolio for (PE to circle if appropriate)** |
| **P2** |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Criteria:** | **COMMENTS e.g. areas that went well, areas that didn’t go well, aspects I would like to improve on.** |
| 1. **Preparation**

Has appropriately planned, including process, e.g., Gantt charts, time available, who will be involved equipment/resources Practises in accordance with the Standards of Conduct, Performance and Ethics  |  |
| 1. **Background**

Searches for, identifies, and interprets relevant information and evidence from a range of sources Describes the target population, their nutritional and health needs and identifies the relevant determinants of health Able to justify why this project was needed and why this population was targeted, using the supporting evidence base, alongside policies and frameworks |  |
| 1. **Aims/objectives**

Presents a clear aim and objectives for the project |  |
| 1. **Intervention**

Presents SMART outcomes and outcome measuresPresents a well-structured and logical outline of the project intervention and the actions taken to implement it Is able to articulate a clear rationale for the process/approach taken, including a focus on empowerment, engagement and behavior change/modification (CP3)Correctly interprets the key findingsInformation presented is relevant and accurate |  |
| 1. **Evaluation**

Critically evaluates the project in relation to the outlined outcomes Provides a clear rationale for the evaluation methods, supported by the evidence baseDiscusses whether aims and objectives have been metAble to reflect on what could have been done differentlyAble to identify and justify any potential impact on/changes to future practice |  |
| 1. **Tables and figures**
 |  |
| 1. **Appendices**
 |  |
|  |  |

**Key strengths that I have identified**

**Key areas that I plan to focus on for improvement**