



## **Module Specification**

# **Managing Fatigue in Long Term Health Conditions**

Version: 2023-24, v2.0, 20 Jul 2023

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## Part 1: Information

**Module title:** Managing Fatigue in Long Term Health Conditions

**Module code:** UZYSJA-15-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

**Faculty:** Faculty of Health & Applied Sciences

**Department:** HAS School of Health and Social Wellbeing

**Partner institutions:** None

**Field:** Allied Health Professions

**Module type:** Module

**Pre-requisites:** None

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** Yes

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** Not applicable

**Features:** Not applicable

**Educational aims:** See Learning Outcomes.

**Outline syllabus:** The module topics will be informed by current research evidence relating to chronic fatigue and its management in long term health conditions. Key areas that will be addressed include:

Definition of fatigue in the context of long term conditions

Physical, contextual, and cognitive and behavioural factors underlying fatigue

Current evidence about fatigue symptoms and factors associated with fatigue development in clinical conditions such as chronic fatigue syndrome, cancer, long term neurological conditions such as multiple sclerosis and long term musculoskeletal conditions such as rheumatoid arthritis

Assessments of fatigue including patient reported outcome measures

Introduction to pharmacological interventions for fatigue management and examination of the evidence base for non-pharmacological interventions including cognitive-behavioural approaches, and physical exercise and the role of the multidisciplinary team, family and social support

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** This module has 150 allocated hours and a variety of learning approaches will be used to support distance learning. Students will be required to engage with online materials and discussion forums and to support this with essential reading. Typically up to 3 hours of virtual contact will be scheduled for group discussion and tutor support; preparation will be required for virtual scheduled sessions. We expect that approximately 3 hours will be directed/scheduled learning and 147 hours will be selfdirected learning and includes assessment preparation and completion time.

Self-directed learning is a key element of the learning strategy to enable students to engage in areas that directly relate to their professional practice and clinical interest. Tutor supported discussions will facilitate students to undertake their independent study. The assessment also supports self-directed learning related to clinical practice and assessment preparation will be encouraged and supported through scheduled

activities and discussions.

Students will need to have access to a computer and internet access to be able to engage with the teaching and learning methods for this module.

Scheduled learning includes tutorial and online group discussion activities.

Independent learning includes hours engaged with online activities and materials, essential reading, case study preparation, assignment preparation and completion.

These sessions constitute an average time per level. Scheduled sessions may vary slightly depending on the module choices you make.

Contact Hours:

The module will be delivered as a distance learning module. The majority of the module is based on self-directed learning using a range of online resources, directed reading, independent reading and discussion forums. A small number of contact hours (typically up to 3 hours) will be scheduled during the module for online group discussion and tutor support.

**Module Learning outcomes:** On successful completion of this module students will achieve the following learning outcomes.

**MO1** Critically discuss the phenomenon of chronic fatigue and appraise fatigue as a symptom of disease/illness

**MO2** Critically examine current scientific understanding of the development and persistence of fatigue and its assessment

**MO3** Show critical awareness of evidence-based interventions and management approaches for fatigue in clinical populations

**MO4** Critically apply current evidence to a case within their current area of practice

**Hours to be allocated:** 150

**Contact hours:**

Independent study/self-guided study = 147 hours

Face-to-face learning = 3 hours

Total = 150

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzysja-15-m.html) via the following link <https://uwe.rl.talis.com/modules/uzysja-15-m.html>

## Part 4: Assessment

**Assessment strategy:** The summative assessment will be a 3000 word written assignment as a case report. Students will be required to identify an appropriate case from their area of professional practice and present an evidence based discussion of management of the case. This approach enables students to draw from their professional practice and to direct and apply learning to practice. The case report will be structured to provide guidance and ensure that students meet the learning outcomes of the module.

Formative assessment will take place through scheduled activities.

### Assessment tasks:

#### Report (First Sit)

Description: Structured case report (3000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

#### Report (Resit)

Description: Structured case report (3000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

## **Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Rehabilitation [DL][Glenside] MSc 2022-23