

HEALTH HPO3050Y1

INTERNAL ASSESSMENT ACTIVITY

ACHIEVEMENT STANDARD 91463 (VERSION 2) HEALTH EDUCATION 3.3

Evaluate health practices currently used in New Zealand

Level 3, Internal assessment

5 credits

STUDENT INSTRUCTIONS

Overview:

In this assessment activity you will:

- investigate three health practices and evaluate their use in New Zealand to treat a health condition.

Conditions:

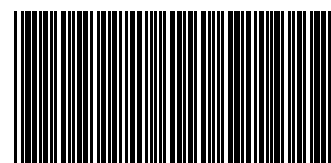
- You will work individually under open book conditions.
- You must not directly copy work from any source, and any sources you use must be referenced.
- There is no time limit for this activity- but you should expect the research and assessment writing to take 3–4 weeks (12–16 hours)
- Plagiarism detection software may be used to check this is your own work.

You will need:

- access to the internet and library resources of newspapers, magazines, journals etc to research the topic
- access to *My Te Kura*.

Supervisor requirements

- Supervision is not required for this assessment.
- Upload your assessment to the HPO3050Y1 assessment dropbox when you have completed it.



ASSESSMENT CRITERIA

ACHIEVEMENT STANDARD 91463 (VERSION 2) HEALTH EDUCATION 3.3

Evaluate health practices currently used in New Zealand

Achievement	Achievement with Merit	Achievement with Excellence
Evaluate health practices currently used in New Zealand.	Evaluate, in depth, health practices currently used in New Zealand.	Evaluate, perceptively, health practices currently used in New Zealand.

EXPLANATORY NOTES

Evaluate involves applying a critical perspective and evidence-based consideration of health practices through:

- explaining the procedures involved in each practice, the underpinning philosophy or knowledge foundation of each practice in relation to Western scientific medicine (WSM), complementary and alternative medicine (CAM) and/or traditional medicine (TM)
- explaining the advantages and disadvantages of each practice in relation to the concept of hauora.

Evaluate, in depth involves comparing the advantages and disadvantages of the selected practices and drawing conclusions supported by reasoned arguments.

Evaluate, perceptively involves making connections between a selection of underlying health concepts (hauora, socio-ecological perspective, health promotion, and attitudes and values), the underpinning philosophies of each practice, and the advantages and disadvantages of each practice; and drawing justified conclusions.

ASSESSMENT RESOURCES

1. Module HPO3051
2. **Cochrane Library:** a collection of regularly updated evidence-based health care databases that can help clinicians and consumers make decisions about appropriate and effective health care, provided by the Ministry of Health www.thecochranelibrary.com
3. **EPIC:** a venture that provides schools with free access to a worldwide collection of databases. School librarians will be able to provide school log-in details www.tki.org.nz/epic
4. **Rongoā:** medicinal use of plants, details from Te Ara: The Encyclopedia of New Zealand www.teara.govt.nz/en/rongoa-medicinal-use-of-plants
5. **Rongoā:** https://bpac.org.nz/bpj/2008/may/docs/bpj13_rongoa_pages_32-36.pdf
6. **Ministry of Health Rongoā:** www.health.govt.nz/our-work/populations/maori-health/rongoa-maori-traditional-maori-healing

Complementary and alternative medicine

7. www.healthnavigator.org.nz/medicines/c/complementary-and-alternative-medicine/
8. www.kidshealth.org.nz/complementary-and-alternative-medicine-general-advice-parents
9. www.mcnz.org.nz/assets/News-and-Publications/Statements/Doctors-and-CAM-Complementary-and-alternative-medicine.pdf

Traditional Chinese medicine-

10. www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2016/vol-129-no-1444-28-october-2016/7045
11. <https://nccih.nih.gov/health/whatiscam/chinesemed.htm>
12. **New Zealand College of Chinese Medicine:** <https://chinesemedicine.ac.nz/>
13. **University of Technology Sydney offers a degree in TCM:** www.uts.edu.au/future-students/find-a-course/bachelor-health-science-traditional-chinese-medicine

ASSESSMENT ACTIVITY

HEALTH

INSTRUCTIONS

- Read the tasks carefully before you begin.
- Write your report as a word or google document.

TASK 1 RESEARCH

Select a health circumstance that interests you (an existing health condition or one that may be prevented by health practices) and source information about it.

Note: Possible health circumstances (existing or to be prevented) that could be used include:

- a mental illness, for example, depression
- an addiction, for example, smoking
- a physical illness or disease, for example, a type of cancer, diabetes
- pain management, for example, back pain, arthritis, migraines, childbirth
- reproductive health, for example, birth, (in)fertility.

Once you have selected a health circumstance, choose three health practices that are currently used to treat or prevent this health circumstance in New Zealand.

- One should be a Western scientific medicine (WSM)
- One should be a Complementary and Alternative medicine (CAM) or Traditional medicine (TM)
- Choose another can be WSM, CAM or TM.

You will need to use a variety of resources (print, electronic and/or interviews) in your research, including general information resources about those health practices and resources specific to your chosen health circumstance (see assessment resources section).

You can consult with your teacher and work with other students during the researching phase to share information, but you must write your report individually.

You will use the information from your research, HPO3051 module and journal to write your report, but the research process itself will not be assessed.

TASK 2 WRITE YOUR REPORT

Write an individual report that evaluates your three chosen health practices.

In your evaluation:

- provide a comprehensive account of the procedures involved in treating or preventing the identified health circumstance with this health practice
- explain the philosophy or knowledge foundation that underpins each health practice in relation to WSM, CAM and/or TM and in regard to the treatment or prevention of the health circumstance
- discuss the advantages and disadvantages of each health practice in treating or preventing the health circumstance and draw justified conclusions as to which health practice(s) are likely to be more effective. You should cover the following aspects:
 - the effectiveness of the health practice specifically in treating or preventing the chosen health circumstance
 - the impact of the health practice on the well-being of individuals (including short-term and long-term side effects), including their relationships with others and the impacts for society as a whole
 - the financial costs of, availability of, or access to, the health practice
 - societal attitudes towards the health practice, its acceptability, people's rights to choose the health practice, and any challenges or controversy surrounding the health practice
 - whether the health practice is considered to be part of public mental health promotion initiatives.

Within your evaluation you should make connections between a selection of underlying concepts:

- hauora, socio-ecological perspective, health promotion and attitudes and values,
- the underlying philosophies,
- advantages and disadvantages of the health practices in regard to their use to treat/prevent the identified health circumstance.

Make sure you refer to and support all of your explanations with evidence from relevant resources.

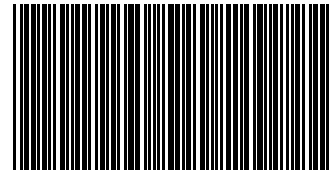


Contact your teacher (email or phone your teacher before you start to discuss the health condition and health practices you have chosen). Once you have contacted your teacher and agreed on the health condition and the health practices you can start your research and assessment writing.



Upload your completed assessment to the HPO3050Y1 assessment dropbox.

HP03050Y1



STUDENTS - PLACE STUDENT ADDRESS LABEL BELOW OR WRITE IN YOUR DETAILS.

Full Name _____

ID No. _____

Address _____
(If changed)