Ph.D. in Health Services  
Health and Human Behavior Specialization

Specialized Knowledge Area Module V  
Advanced Theory, Methods, and Practice in Health Services

Introduction

The face of health care is changing. There has been a resurgence of old diseases, an increase in intelligent viruses capable of evolving faster than new drugs can be developed to treat them, and an exponential growth in new knowledge concerning the immune system and neuro-immunological interactions. Also, increased consumer and health care professional interest in complementary practices, along with economic forces, may necessitate combining or at least critically evaluating allopathic and complementary procedures in many health care systems. This KAM is designed to enhance your knowledge of how individuals, groups within organizations, and populations act and react within the context of health, well-being, and illness in this rapidly changing health care system.

Overall Learning Objectives

When planning your work, remember that all three components of your KAM must be linked. Select a topic and explore it theoretically in the Breadth component, develop it and show how it applies to a specific issue or setting in the Depth component, and apply theory and research in the Application component by translating theory into practice. Upon completing this KAM, you will demonstrate the relationship between health/human behavior theory and health/well-being/illness. You should also infuse important ethical issues throughout. (KAM VI is specifically devoted to ethics, so only develop ethical dilemmas in this KAM when appropriate.)

In the Breadth component, you will examine current changes to health and wellness services and their relationship to psychosocial/anthropological concepts, spirituality, health promotion, macrosocioeconomic factors on health status, public health policy, health care consultation, evaluation of health programs, education and training of health professionals, the life span, and/or quality of life. In the Depth component, you will critically discuss contemporary concepts of various health care models and beliefs, including holistic and complementary procedures. You will also complete an annotated bibliography. In the Application component, you will apply selected health and human behavior concepts, theories, and methods in your professional role.

Developing an Index of Thesaurus Terms

Develop a list of thesaurus terms to help tap the data available in your chosen area of study. Conduct searches in a database in the thesaurus for terms that best describe the topic of your search. You will create a unique set of terms to use for your chosen topic for the Depth portion of your KAM, one that will not match another student’s search.
In KAM V the topic of the Depth component is much narrower than in previous KAMs. Still, this literature is extensive, and a list of thesaurus terms that could be used in searching for material would be several pages long for any given database. Also, it is assumed that you will be using a variety of scholarly databases; a list of thesaurus terms will have to be created for each of the databases, which often do not share the same thesaurus terms.

Learning to use a library database thesaurus is a vital skill. Walden does not provide lists of thesaurus terms because this would not assist you in conducting a quality search of databases. If you need help in finding databases and searching them for thesaurus terms, please contact the library: waldenlb@waldenu.edu, 1-800-437-0501, or www.lib.waldenu.edu.

Breadth Component
Health Services in the Contemporary Context

Learning Objectives

In this component you will examine contemporary theory and issues related to the changing health care system. You will critically review various psychosocial/anthropological, spiritual, holistic, health promotion, public health policy, health care consultation, education and training, lifespan, and/or quality-of-life issues related to the health care system. Upon completing this KAM, you will have analyzed contemporary theory and issues related to an ever-changing health care system. Theoretical perspectives may include psychosocial, anthropological, holistic, spiritual, health promotion, economic, public health policy, health care consultation, education and training, lifespan, managed care/HMOs, and/or quality of life.

Learning Resources and Bibliographic Guidelines

The learning resources provided in this knowledge area module are examples of contemporary and cross-cultural literature to enhance your understanding of health and human behavior. Create your own reading list in consultation with your faculty assessor. Select a minimum of five texts and at least one contemporary scholarly journal to serve as the foundation of your reading program. Your selection will also serve as the foundation of your reading program and the basis for your demonstrated competency in the Breadth component of this KAM. Please contact the library if you wish to explore resources beyond those listed please contact the library: waldenlb@waldenu.edu, 1-800-437-0501, or www.lib.waldenu.edu.


**Demonstration of Competence**

To demonstrate competence in the Breadth component, you will write a scholarly paper of 25-30 double-spaced pages that analyzes current issues in contemporary health services, using as a context health and human behavior. The intent of this paper is to show the utility of theory in guiding the practice of providing health services. Your paper should analyze a specific issue using at least three different theoretical perspectives. Some questions to answer include the following: What guidance does theory provide in analyzing health behavior? How does theory help identify causes of and solutions to specific health conditions? How may theory help one select an appropriate intervention and explain outcomes?

**Depth Component**

**Current Concepts and Methods in Health Services: Health and Human Behavior Analysis of Contemporary Health Care Models and Beliefs**

**Learning Objectives**

In this component, you will analyze contemporary concepts of various health care models and beliefs, including allopathic, complementary, combined allopathic/complementary, self-care, health promotion, holistic, spiritual/religious, and managed care. You will define each model; compare and contrast differences in perspective, beliefs, assessment, treatment, and evaluation; and present research studies to support your conclusions.

Upon completing the Depth component of this KAM, you will be able to analyze various contemporary health care models and beliefs. For each model and belief system, you will be able provide definitions; compare and contrast differences in perspective; present assessment, treatment and evaluation methods; provide research support for your conclusions; and isolate a specific health and human behavior issue or setting and show the utility of theory for understanding that issue or practice in that setting.
Learning Resources and Bibliographic Guidelines

Please contact the library if you wish to explore additional resources: waldenlb@waldenu.edu, 1-800-437-0501, or www.lib.waldenu.edu.


Demonstration of Competence

Demonstration of competence in the Depth area includes a two-part assignment: an annotated bibliography and a written project.

Compile an annotated bibliography of sources related to health care models and beliefs. The bibliography must include a summary and critical analysis for a minimum of 15 sources and should be drawn primarily from current (past three years) research-based articles in scholarly journals. Classics in the field or less-recent research may also be used to develop this KAM in consultation with your faculty. See Appendix B for a list of suggested journals to consult.

Complete one of the following scholarly projects:

1. Define a population and present psychosocial/anthropological aspects and implications of health care services. Describe the issues and identify health professional roles.
2. Define a population and present current standards of complementary health care delivery, analyzing the roles and responsibilities of providers at different levels of care. Demonstrate
how each discipline may enhance the quality of health care by combining complementary and allopathic health care approaches.

3. Describe and analyze the process of consulting in a health care setting. Synthesize research findings demonstrating the effect of the consultation process on health care. Analyze the influence of social change on the consultation process.

4. Describe and analyze one health care program. Synthesize the research on evaluation of health care programs. Analyze the weaknesses of the chosen health care program and propose solutions, including specific steps that need to be taken to improve quality of health care in that setting and how the changes may be evaluated.

5. Describe and analyze current issues in the education and training of one group of health professionals. Synthesize research findings demonstrating current education and training issues for the selected group of health professionals. Devise a specific and detailed education and training program for the selected group of health professionals that reflects current social, economic, professional, and organizational issues.

6. Describe and analyze one health policy issue. Synthesize the research findings related to that health policy issue. Suggest valid interventions to correct or enhance treatment outcomes related to that issue, backing up your suggestions with theory and research findings.

7. Select one health promotion issue and analyze its current status. Synthesize the research findings related to that health promotion issue. Propose a health promotion program to address that issue. Delineate at least three ways to evaluate the health outcomes as a result of the proposed health promotion program and identify specific research methods to evaluate outcomes.

8. Describe and analyze current quality-of-life issues. Select one population and, based on theoretical and research findings, describe a specific program to address the issues you have described and analyzed.

Application Component

Integrative Professional Practice in Health Services: Health and Human Behavior Integrating Theory, Concepts, and Methods into Practice

Learning Objectives

In this component, you will apply theories, concepts, and methods to a suggested intervention in your field of practice. Select a health care model or belief system and then choose an appropriate change target population (Breadth). Analyze the need for a health or wellness intervention presenting data to justify the need (Depth), and design an intervention appropriate to your selected population (Application). Your paper must reflect an integrated approach to theory and
practice in the context of health and human behavior. Complete a project similar to those examples in the Demonstration section below. The examples given use complementary/allopathic practice for illustrative purposes only.

After completing the Application component of this KAM, you will demonstrate the ability to select a theoretical model or belief system, analyze the need for an intervention (based on data), and design an intervention appropriate to your chosen population.

Learning Resources and Bibliographic Guidelines

Please contact the library if you wish to explore additional resources: waldenlb@waldenu.edu, 1-800-437-0501, or www.lib.waldenu.edu.


Demonstration of Competence

Complete one of the following projects:

1. Select a granting body (federal agency, professional organization, or foundation) and write a program or research grant proposing a combined complementary/allopathic approach to a major condition (e.g., breast cancer, prostate cancer, heart/blood vessel disease, arthritis, HIV/AIDS, Alzheimer’s, etc.).

2. Develop and carry out a pilot study comparing outcomes of complementary and allopathic treatments for a small population diagnosed with a specific condition. Write up your findings and present them to the organization related to the population under study (e.g., American Lung Association).

3. Lead and videotape a professional group of complementary and allopathic practitioners in a discussion of integrating complementary and allopathic treatments to enhance patient/client care. Devise a series of questions that will enhance communication between the two groups and invite creative problem solving of issues that have been identified in the literature or by the group. Summarize the group’s findings, and invite each complementary practitioner to sign a contract with an allopathic practitioner to try out one of the creative solutions and report back to the group in two months on their findings. Write up the results in a format suitable for publication.

4. Write three 500-word columns suitable for publication in a small local newspaper or other publication on a topic related to spirituality, quality of life, public health policy, health promotion, influence of macrosocioeconomic factors on health, or gerontology. At the bottom of each column, ask for writer feedback to specific questions posed in your columns. Write up your results in a format suitable for publication. You need not actually submit your columns for publication. This is an exercise in developing publishable columns that connect with the community about important health care issues, not necessarily in submitting them for publication.

5. Identify a population that needs help with health promotion and is willing to work with you to meet their health promotion needs. Teach the population the skills they need to enhance their health. Develop an evaluation form to obtain feedback on your facilitation skills and deficits. Develop a program to enhance your ability to work with the identified population. Implement the program and write up your results. Indicate additional learning as needed.
6. Write a scholarly paper on the integration of complementary and allopathic treatment approaches, a health policy issue, education and training of health professionals, health care consultation processes, or a health promotion or quality-of-life issue, and submit it to a peer-reviewed health services journal or professional meeting.
Appendix A
Criteria for Assessment

Assessment of your competence in this knowledge area encompasses four modes: breadth, depth, application, and scholarly format and effective writing, as listed below. You will be evaluated on the quality of your demonstration of the critical issues (breadth), your presentation of the research supporting the critical issues (depth), and the usefulness of this knowledge to your profession (application). You will determine the specific nature of your readings and assignments in concert with your faculty assessor. While general assignments for each section of the KAM have been suggested, you are encouraged to develop your own approach. In all cases, the project chosen must be the equivalent of a final project in a 5 credit doctoral seminar (4 credits for the Application component).

Use a format acceptable to refereed journals.

1. Avoid long introductions. Get to the point and make it clearly and simply.

2. To enhance clarity and readability, always place the author(s)’ name and the date of publication to which you are referring in parentheses, preferably at the end of that sentence. Hypothetical example: Only two studies were found that provided evidence for the positive treatment effect of reflexology (Singleton, 2000; Timmer, 2001).

3. Use APA format for the list of references.

4. When using terms not widely known, define the word the first time you use it.

5. Spell out all abbreviations the first time they are used and place the abbreviation in parentheses behind the spelled-out words [e.g., American Medical Association (AMA)].

6. Avoid quoted comments unless absolutely necessary; they usually reduce readability. For the most part, compare, contrast or paraphrase concepts or study findings; cite the information source in the text and in the reference list.
   Example: Several behavioral and health care scholars have studied the effect of managed care on well-being (Camden, 1998; Sassy, 1999; Urticaria, 2000).

Use principles of effective writing.

1. Use a topic sentence for each paragraph, and make sure every sentence in that paragraph advances that topic.

2. Liberally use section headings that relate to the content in that section.

3. Make sure your objectives for each section are actualized in the demonstration component. For example, avoid stating in your Depth objectives that you will analyze
factors that influence social change and then write about human development or some other topic in your Depth section.

4. Avoid using unnecessary or cumbersome words or phrases (e.g., in so much as, when one thinks of, as one might expect, in this regard, etc). Rule of thumb: If you don’t use the word in ordinary conversation (unless it’s a special term), avoid it.

5. Use apostrophes appropriately: that’s (for that is), author’s (singular possessive), authors’ (plural possessive), and so on.

6. Use the shortest word possible to make your point: but (not “however”), is (not “nevertheless is”), this model (not “curiously, although this model”), how (not “the way in which”), and so on.

7. Avoid using the same word several times in the same sentence or paragraph.

8. Use the shortest sentences possible to describe what you mean.

9. Each paragraph should have at least two sentences.

10. Start a new paragraph when you start a new idea.

11. Check for consistency in your writing. For example, with plural nouns such as consumers, use they, not he or she. When listing components or objectives, make sure they are in the same form throughout (e.g., analyze and compare, not analyzing and compare).

12. Reread your work, preferably aloud to yourself or someone else, to make sure it makes sense.

13. Use the spellcheck feature of your word processing program, and read your paper at least once backwards to catch any additional spelling errors.
Appendix B
Resources in Advanced Theory, Methods and Practice in Health Services

Selected Journals

Activities, Adaptation and Aging
Adolescence
Alternative and Complementary Therapies
Alternative Health Practitioner: The Journal of Complementary and Natural Care
Alternative Therapies in Health and Medicine
American Journal of Cardiology
American Journal of Chinese Medicine
American Journal of Clinical Hypnosis
American Journal of Clinical Nutrition
American Journal of Epidemiology
American Journal of Public Health
American Journal of Respiratory and Critical Care Medicine
Annals of Internal Medicine
Archives of Disease in Childhood
Archives of Medical Research
Archives of Neurology
Archives of Ophthalmology
Archives of Psychiatric Nursing
Arthritis and Rheumatism
Behavioral Neuroscience
Behavior Therapy
Biofeedback and Self-Control
British Journal of Nutrition
British Medical Journal
Cancer Epidemiology, Biomarkers and Prevention
Cancer Investigation
Clinical Nursing Research
Developmental and Behavioral Pediatrics
European Journal of Pharmacology
European Spine Journal
Headache Quarterly
Health Affairs
Health Psychology
Heart Lung
Image: Journal of Nursing Scholarship
International Journal of Clinical Practice
International Journal of Cancer
Journal of Advanced Nursing
Journal of Advancement in Medicine
Journal of Alternative and Complementary Medicine
Journal of Behavioral Medicine
Journal of Clinical Pharmacology
Journal of Consulting and Clinical Psychology
Journal of Developmental and Behavioral Pediatrics
Journal of Ethnopharmacology
Journal of Gerontological Nursing
Journal of Health and Social Behavior
Journal of Holistic Nursing
Journal of Hypertension
Journal of Marital and Family Therapy
Journal of Nurse Midwifery
Journal of Psychosomatic Research
Journal of the American College of Nutrition
Journal of the American Dietetic Association
Journal of the American Geriatrics Society
Journal of the American Medical Association
Journal of the National Cancer Institute
Journal of Traditional Chinese Medicine
Medicine and Science in Sports and Exercise
New England Journal of Medicine
Nursing Research
Nutrition Reports
Perceptual Motor Skills
Psychological Reports
Research in Nursing and Health
Social Science and Medicine
Stress Medicine
Subtle Energies
Web sites

Http://nccam.nih.gov
This is the National Center for Complementary and Alternative Medicine’s Website. Reports of the Center’s work, including the latest research studies, are found here.

Http://www.nlm.nih.gov/pubmed
The National Library of Medicine provides abstracts of the latest research in medical, psychological, nursing, and health-related topics.

Http://www.graylab.ac.uk/omd
This is a searchable medical dictionary with over 65,000 definitions.

Http://www.medscape.com
This is one of the Internet’s biggest collections of peer-reviewed articles.

Http://www.fda.gov
The U.S. Food and Drug Administration provides information on prescription drugs, medical devices, and food safety, including dietary supplements.

Http://www.healthscout.com
Healthscout helps identify the better health-related sites.

Http://www.health.gov/healthypeople
This government source provides information about the status of national health promotion and disease prevention objectives.