

ASSESSMENT BRIEF 2 PART B	
Subject Code and Title	SCP103 - Self-Care Practices
Assessment	Portfolio: Part B
Individual/Group	Individual
Length	1,000 words (+/- 10%)
Learning Outcomes	This assessment addresses the Subject Learning Outcomes outlined at the bottom of this document.
Submission	By 11:55pm AEST/AEDT Sunday on completion of Module 6.1 (Week 11)
Weighting	35%
Total Marks	100 marks

### Context:

The portfolio aims to help you demonstrate your knowledge and understanding of self-care practices by analysing their influence on health and wellbeing as a nurse. It gives you the opportunity to reflect on the application of your acquired knowledge in this subject, while further developing your critical analysis and writing skills.

This portfolio: part B requires you to apply your knowledge of stress and burnout to recognise their signs and their long-term implications in a nurse, as well as to educate this nurse on stress and burnout prevention and resilience building.

### Instructions:

In portfolio: part b, you should:

- Consider the nurses' profiles provided in the *Assessment Resources* folder for this assessment task in Blackboard.
- **Select one nurse profile** from the ones provided.
- Reflect on the nurse profile characteristics and, drawing from your learning resources and independent research,:
  1. **Provide a definition of stress and burnout that the nurse will be more likely to experience, including examples of physiological, emotional and behavioural stressor responses.**
  2. **Identify and explain potential impacts of long-term stress and burnout, focusing specifically on the nurse's stressors: financial situation, relationships and professional career.**

**3. Outline and explain the way you would educate this nurse on stress and burnout prevention and resilience building. Consider factors such as age, culture, religion and professional boundaries in this answer.**

- Draft points 1 to 3 above as three (3) entries in your personal *reflective journal* in Blackboard. These entries are confidential and only your learning facilitator will review them to check your work progression.
- Compile your reflective journal entries into one (1) Word document **under an introduction paragraph** for your final assessment submission.
  - In the introduction paragraph, present your chosen nurse profile's main characteristics.

**Submission Instructions**

- Use suitable headings and subheadings for the information presented, and page numbers should appear on each page of the document- ideally in either the header or the footer.
- All work must be word-processed, spell-checked, grammatically acceptable, and professional in appearance.
- The assessment should include a correctly constructed Reference List and accompanying in-text citations as per University guidelines (APA 6<sup>th</sup> ed. referencing style). Please refer to the Academic Skills page on Blackboard for information on referencing in APA 6<sup>th</sup> ed. style: [https://laureate-au.blackboard.com/webapps/blackboard/content/listContent.jsp?course\\_id= 20163\\_1&content\\_id= 2498847\\_1&mode=reset](https://laureate-au.blackboard.com/webapps/blackboard/content/listContent.jsp?course_id= 20163_1&content_id= 2498847_1&mode=reset)
- Submit **your final Portfolio: Part B in a Word document** via the *Assessment* link in the main navigation menu in *SCP103 Self-Care Practices*. The learning facilitator will provide feedback via the *Grade Centre* in the LMS portal. Feedback can be viewed in *My Grades*.
- *The Learning Rubric* below is your guide to how your assessment task will be marked. Please be sure to check this rubric very carefully before submission.

## Assessment rubric

Assessment Attributes	Fail (Unacceptable) 0-49%	Pass (Functional) 50-64%	Credit (Proficient) 65-74%	Distinction (Advanced) 75 -84%	High Distinction (Exceptional) 85-100%
<b>Knowledge and understanding</b>  <i>Demonstrates an understanding of the key concepts of stress, burnout and resilience. Identifies possible implications of long-term stress for the nurse profile.</i>  <b>35%</b>	Demonstrates a limited understanding of stress, burnout or resilience. Possible long-term implications of stress for the nurse profile not identified.	Demonstrates some understanding of stress, burnout or resilience. Possible long-term implications of stress for the nurse profile superficially identified.	Demonstrates adequate understanding of stress and burnout and the possible long-term implications for the nurse profile. Information substantiated by evidence from course materials.	Demonstrates thorough understanding of stress and burnout and the possible long-term implications for the nurse profile are satisfactory. Information substantiated by evidence from individual research and course materials.	Demonstrates highly developed understanding of stress and burnout. Explanation of the possible long-term implications for the nurse profile demonstrates a deep awareness of the topic. Demonstrated capacity to explain and apply concepts using individual research and course materials.
<b>Application of knowledge</b>  <i>Reflects on and discusses ways to build resilience in others; considers professional boundaries and cultural sensitivities in nursing.</i>  <b>40%</b>	Limited application/ recommendations of resilience building demonstrated. No consideration for professional boundaries or cultural sensitivities.	Demonstrates limited ability to apply new knowledge to dealing with stress and building resilience. Demonstrates limited ability to interpret relevant information and literature. Some consideration of professional boundaries and/or cultural sensitivities.	Demonstrates adequate ability to apply new knowledge of stress, burnout and resilience to the education and prevention of others. Refers to professional boundaries and demonstrates cultural sensitivities.	Demonstrates thorough ability to apply new knowledge of stress, burnout and resilience to the education and prevention of others. Refers to professional boundaries and demonstrates deep awareness of cultural sensitivities.	Demonstrates highly developed ability to apply new knowledge of stress, burnout and resilience to the education and prevention of others. Refers critically to professional boundaries and demonstrates deep awareness of cultural sensitivities.

<b>Effective Communication</b>  <i>Appropriate writing style and clearly organised structure.</i>  <b>15%</b>	Poor writing style lacking in standard English, clarity, language used, and/or frequent errors in grammar, punctuation, usage, and spelling. Needs substantial work.	Average and/or casual writing style that is sometimes unclear and/or with some errors in grammar, punctuation, usage, and spelling. Needs work.	Adequate writing style and logically organised using standard English with some errors in grammar, punctuation, usage, and spelling.	Above average writing style and logically organised using standard English with minor errors in grammar, punctuation, usage, and spelling.	Well written and clearly organised using standard English, characterised by elements of a strong writing style and basically free from grammar, punctuation, usage, and spelling errors.
<b>Correct citation of key resources</b>  <b>10%</b>	Does not include correct references or in-text citations; does not use APA 6 <sup>th</sup> ed. style.	Attempts to include references or in-text citations; however, these are sometimes insufficient or incorrect; uses APA 6 <sup>th</sup> ed. style, however may contain some citation or referencing errors.	Includes in-text citations and references from suitable sources; uses APA 6 <sup>th</sup> ed. style, however may contain minor citation or referencing errors.	Includes in-text citations and references from suitable sources; uses APA 6 <sup>th</sup> ed. style, containing minimal and or no errors.	Includes in-text citations and references from suitable sources; uses APA 6 <sup>th</sup> ed. style, containing no errors.
<b>The following Subject Learning Outcomes are addressed in this assessment</b>					
<b>SLO d)</b>	Define the concept of stress, burn out and resilience and outline the physiological, emotional and behavioural responses to stress.				
<b>SLO e)</b>	Describe the potential physical, psychological, social and professional outcomes of acute and/or sustained stress.				