



LYDIA  
OSTEOPOROSIS  
PROJECT



Queen Margaret University  
EDINBURGH

# Guidance for Logging on to Caring for My Bones

Open Access Course

Margaret Smith

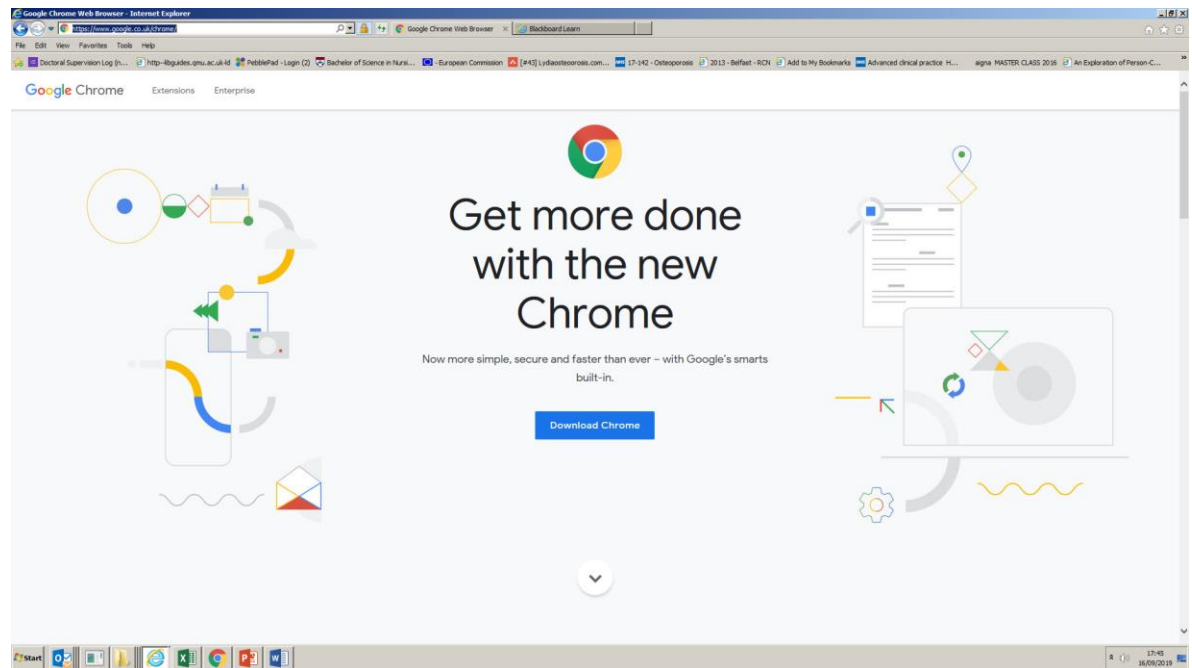
Queen Margaret University

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# Please use Google Chrome browser!

<https://www.google.co.uk/chrome/>

Blackboard Openeducation does not work on Safari as this is not up to date- you will need to use Google Chrome (free to download). You need to use a Computer- Blackboard is not designed for iPads or smart phones... sorry!



# Click link

[https://openeducation.blackboard.com/mooc-catalog/courseDetails/view?course\\_id=2427\\_1](https://openeducation.blackboard.com/mooc-catalog/courseDetails/view?course_id=2427_1)

- Look for the box '**Enrol**' to the right, and click this to register yourself on the Blackboard Openeducation site - there is no charge for our course.
- You will be asked to provide a current email address, set up a username (e.g. Margaret Smith) and create a password – also confirm your entries when prompted).
- Passwords should have 7 characters, and contain a capital letter and a number

# Gaining access ...

## Returning to site...

After setting up account when you return to you just click here and enter your log in details (username and password). Password should have 7 characters or more, a capital letter and a number.

Blackboard Learn - Internet Explorer

https://openeducation.blackboard.com/mooc-catalog/courseDetails/view?course\_id=\_24

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### Caring for my Bones

[Queen Margaret University](#)

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Starting on 21st January 2019, the course covers Osteoporosis (or porous bones) and increased risk of Fragility Fractures, an urgent and rapidly expanding public health problem in the ageing population.

The course is open to everyone with an interest in Osteoporosis and increased risk of Fragility Fractures who wants to know more about the implications of this disease for Health and Social Care Practice (including promoting mobility and safe and effective person-centred moving and handling with older persons). The course is online and will be accessible worldwide. Some activities will require you to be working as a health and social care practitioner.

The course runs over six weeks. We ask you to submit an evaluation of the module upon completion. The course is organised into two parts, with three learning units in each part:

- **Part A** focuses on introducing what we know about Osteoporosis and the increased risk of fracture and indicates the relevance of this knowledge to practitioners in Health and Social Care settings.
- **Part B** focuses on application to practice by combining core principles of safe and effective moving and handling and person-centred approaches when caring for older persons with Osteoporosis and/ or frail older adults and increased risk of fracture.

When taking part in the course you will have opportunities to watch videos, read some online materials, participate in online discussions with fellow students and tutors, and complete some online quizzes.

**LYDIA OSTEOPOROSIS PROJECT**

Enrol

#### Course Details

- Duration: 45 weeks
- Workload: Minimum 1 hour per week
- Language taught in: English (United Kingdom)

#### Stay Connected

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- [facebook.com/queenmargaretuniversity/](https://facebook.com/queenmargaretuniversity/)

Click here 1st time

# When you return next time- click on top right 'Login'

- Please access the course at your convenience
  - (we recommend allocating one hour per week to work through the units of learning).
- You can return to the site at any time.
- We will keep the course open to users until end of February 2020.

Your Instructor Profile is incomplete. Please [update your profile](#).

# Welcome, Margaret

Search or browse the course catalogue to get started

Find the Right Course for You!



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### [Caring for my Bones](#)

[Queen Margaret University](#)

Instructors

[Claire Pearson](#)

[Dave Cheseldine](#)

[Denny Roberts](#)

[Margaret Smith](#)

[Susi Peacock](#)

[System Admin](#)

Start Date

Monday, 21 January 2019

Duration

45 weeks

Manage Course

Your view  
will state  
'log in'  
or  
access,  
click to  
enter

## Blackboard

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# You should see the course page..

The screenshot shows a Blackboard Open Education course page. At the top, it says "Open Education powered by Blackboard". The user is logged in as "Margaret Smith". The main navigation bar includes "HOME", "COURSE CATALOGUE", "INSTITUTIONS", "ABOUT", and "SUPPORT". The page title is "Home".

On the left, there is a sidebar for the course "Caring for my Bones". It includes a "Home" link, a description "About this Module: Caring for my Bones", and two parts of the course: "Part A: Introduction to osteoporosis" (Units 1-3) and "Part B: Moving and handling and application to practice" (Units 4-6). There are also links for "Discussions" and "Definitions of terms". Below this is a "COURSE MANAGEMENT" section with a "Control Panel" and various tools like "Content Collection", "Course Tools", "Evaluation", "Grade Centre", "Users and Groups", "Customisation", "Packages and Utilities", and "Help".

The main content area features a large banner for "Caring for my bones LYDIA OSTEOPOROSIS PROJECT" with a skeleton image. Below the banner, there are statistics: "Estimated hours 10" and "6 units". There is a video player for "Caring for my bones - Dr Margaret Smith" and a YouTube video titled "Caring for My Bones Dr Margaret A Coulter Smith" from the "LYDIA OSTEOPOROSIS PROJECT".

At the bottom, there is a section for "Course learning objectives for practitioners" with the first objective: "1. Increase knowledge of osteoporosis and high risk of fracture in older people".

The Windows taskbar at the bottom shows the Start button, several application icons (Outlook, Word, Excel, Chrome, PowerPoint, Word), and the system tray with the date "16/09/2019" and time "18:01".

If the text is too small you can zoom in to enlarge it...just use the menu at the top

# Any glitches please get in touch!

- If you have any technical difficulties at any stage please contact [msmith1@qmu.ac.uk](mailto:msmith1@qmu.ac.uk) and/or [cpearson@qmu.ac.uk](mailto:cpearson@qmu.ac.uk) for assistance - the best way to do this is via the 'Help' forum in the Discussions Area (when in the course this is found on the menu to the left).
- Otherwise, please contact Margaret Smith by email [msmith1@qmu.ac.uk](mailto:msmith1@qmu.ac.uk) and she will get back to you as soon as possible (and normally within 24 hours).



# Certificate of Course Completion



- At the end of the online course please access the short course evaluation form and take a few minutes to complete and submit this following the instructions alongside the evaluation form.
- We can then issue a QMU certificate of course completion that you can use as evidence for professional revalidation.