

Level 2 Award in Understanding the Delivery of an NHS Health Check

August 2020

Guided Learning Hours: 7 hours

Total Qualification Time: 8 hours

Ofqual Qualification Number 601/5893/1

Description:

The NHS Health Check programme (England) aims to help reduce the incidence of heart disease, stroke, diabetes and kidney disease. It includes an alcohol assessment and, for the 65-74-year age group, dementia awareness-raising. Local authorities are legally responsible for the provision of the NHS Health Check, and staff that deliver it are expected to develop and demonstrate the competence and understanding needed to carry out the assessments and to communicate to the individual the results of the tests and their risk of cardiovascular disease.

The objective of this qualification is to provide the learner with the knowledge and understanding to support them in carrying out an NHS Health Check assessment and to inform the client of the significance of their results and their risk, providing brief advice if required. It provides underpinning knowledge for the core competences and technical competences described in the NHS Health Check competence framework produced by Public Health England.

This qualification does not provide for programme requirements at a local level eg: specialist training on the practical use of locally procured equipment; data capture and performance management and local IT/data management systems; local quality assurance and data protection protocols; or information regarding referral pathways and support services, specific to any locality. However, the qualification is designed for local delivery where training providers can arrange with local commissioners for these areas to be addressed, while also providing nationally accredited and assessed underpinning knowledge and understanding

This qualification will enable learners to understand the key indicators which are used to assess an individual's risk of cardiovascular disease and the procedures for carrying out an NHS Health Check assessment.

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Unit: Understand how to Deliver an NHS Health Check

Total Unit Time: 8 hours
Guided Learning: 7 hours
Unit Level: 2
Unit reference number: A/507/1006

Summary of Learning Outcomes:

To achieve this qualification a candidate must:

- 1. Understand how the NHS Health Check uses key indicators to assess an individual's risk of cardiovascular disease, with reference to:**
 - 1.1 why health checks are important.
 - 1.2 non-modifiable risk factors for cardiovascular disease.
 - 1.3 modifiable risk factors for cardiovascular disease.

- 2. Understand the procedures for carrying out an NHS Health Check, with reference to:**
 - 2.1 the legal, ethical and professional requirements for carrying out an NHS Health Check.
 - 2.2 how an NHS Health Check should be conducted.
 - 2.3 how an NHS Health Check can assess and interpret the risk of cardiovascular disease.
 - 2.4 how the risk of cardiovascular disease and opportunities for reducing this risk may best be communicated to clients.

Candidates successfully achieving this unit will have knowledge and understanding of facts, procedures and ideas around the delivery of the NHS Health Check to complete well-defined tasks and address straight-forward problems. They will be able to interpret relevant information and ideas and will be aware of a range of information that is relevant to the NHS Health Check.

Examination questions may be set on any part of the content that is shown below

Content:

1 Understand how key indicators can help to assess an individual's risk of cardiovascular disease,

1.1 *Why health checks are important:*

Mandatory requirements of The Local Authorities Regulations 2013; invitation of the eligible population in line with call/recall requirements; specific risks identified by an NHS Health Check; data to be recorded; requirements for data of client to be forwarded to GP; requirement for continuous improvement in take-up rate of numbers attending the NHS Health Check.

The scope and purpose of the NHS Health Check as an intervention designed to assess, communicate and support the management of the risk of cardiovascular disease (CVD) by earlier identification and signposting appropriate individuals to lifestyle services.

Age range of people invited for an NHS Health Check; reason why this age range is selected due to risk of disease and cost-benefit analysis of intervention; exclusion criteria; recall interval of eligible population.

Physical, psychological and social effects that CVD can have on individuals, families and society; significance of health inequalities; trends in prevalence of morbidity and mortality due to CVD; definition of CVD as a collective term for all diseases affecting the circulatory system; examples of cardiovascular diseases.

Content of an NHS Health Check; assessment, communication and management of risk and adherence to current Best Practice Guidance.

1.2 *Non-Modifiable risk factors for cardiovascular disease:*

Definition and significance of non-modifiable risk factors; how familial history, age, ethnicity and gender can affect the risk of CVD; groups which have the greatest risk of CVD; considerations regarding targeting of the intervention.

1.3 *Modifiable risk factors for cardiovascular disease:*

Effect of Body Mass Index (BMI), blood cholesterol, blood pressure and lifestyle choices on the risk of CVD; lifestyle choices to include smoking, alcohol intake, physical activity and diet; effect of lifestyle choices on BMI, blood cholesterol and blood pressure; threshold values as defined by best practice guidance for BMI, blood pressure and cholesterol and their significance.

2 Understand the procedures for carrying out an NHS Health Check

2.1 *Legal, ethical and professional requirements for carrying out an NHS Health Check:*

Professional practice requirements and need to work within own level of competence; legal requirements relating to client consent to the intervention and to sharing of data, record keeping, information governance, infection control and clinical waste; need to ensure accuracy and reliability of instruments / devices used in an NHS Health Check; quality assurance systems; procedures for communication of the NHS Health Check results to GPs; codes of conduct for staff involved in carrying out an NHS Health Check; local programme protocols such as immediate action, reporting incidents, compliance with the Equality Act.

2.2 *How an NHS Health Check should be conducted:*

Interaction with the client; respecting the client's responsibility for their own health; need to put client at ease and explain the purpose of the NHS Health Check and what will happen during the check; methods of ensuring effective communication such as active listening, effective hearing, reflecting back, understanding and use of body language, showing empathy; methods of ensuring understanding such as facial expressions, eye contact, repetition, level of language. Use of motivational interviewing approaches throughout the intervention to elicit information relating to familial history and lifestyle choices; to engender a collaborative, person-centred approach; to identify barriers to change; and to identify client-led options for risk management.

Individual tests / point of care testing / measurements required; tools used to assess lifestyle risks such as AUDIT score for alcohol and GPPAQ for physical activity; factors that contribute to or affect the accuracy of measurements; how measurements can be affected by stress or anxiety; why tests might have to be repeated; need for accurate recording and data entry; dementia awareness-raising with qualifying clients.

2.3 *How an NHS Health Check can assess and interpret the risk of cardiovascular disease:*

What data goes into risk engines, how data is used; information provided by risk engine and time-frame of risk (eg: in next 10 years); action to take if referral threshold values are reached; the diabetes filter; understanding and interpretation of the risk score with reference to modifiable and non-modifiable risk factors; understanding and interpretation of individual test results; recognition that the risk score is an aid to clinical decision making.

2.4 *How the risk of cardiovascular disease and opportunities for reducing this risk should be communicated to clients:*

Brief advice; communication of risk score in context of overall risk profile and how that informs a personalised risk management plan; how to ensure understanding of risk score; key points to be communicated; how changes to modifiable risk factors and behaviours could affect the risk score /individual test results; information regarding behaviour change; assessing motivation to change; working with the client to access and use information to assess options available; appropriate sign-posting to local support programmes/interventions/services and ways to access them; action to take in the event of a recall or onward referral being required; ensuring the client understands what happens to them, and their data, next.

Assessment:

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination, including a case study. The multiple choice examination is provided by RSPH. A candidate who is able to satisfy the learning outcomes will **achieve** a score of at least 17 out of 25 in the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

The duration of the examination is 45 minutes.

Learner Guidance:

Suggested Reading:

Burnard, P (1997).	<i>Effective Communication Skills for Health Professionals.</i> London. Nelson Thornes.
Department of Health (Mar 2013)	Cardiovascular Disease Outcomes Strategy: improving outcomes for people with or at risk of cardiovascular disease
Fisher. D (1993).	<i>Communication in organizations</i> (St Paul, West)
Diamond L (2007).	<i>Stop Talking!: A Guide to Listening</i> (Listener's Press)
NICE (Dec 2008)	Clinical Knowledge Summaries: CVD risk assessment and management http://cks.nice.org.uk/cvd-risk-assessment-and-management#!scenario
NICE (Feb 2014)	Encouraging people to have NHS Health Checks and supporting them to reduce risk factors (NICE local government briefings)
Prochaska, J.O. & DiClemente, C. C. (1982)	" <i>Transtheoretical therapy: Toward a more integrative model of change</i> " from 'Psychotherapy: Theory, Research, and Practice', 19, 276-288.
Public Health England (2014).	NHS Health Check competence framework

See also the list of publications available on the NHS Health Check national guidance website below.

Useful Websites:

<http://www.healthcheck.nhs.uk/>

http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/national_guidance/

This website provides national guidance for the NHS Health Check programme, a list of relevant publications and access to resources for carrying out the NHS Health Check.

<http://www.provenmodels.com/554/sier-hierarchy-of-active-listening/kittie-w.-watson-larry-l.-barker--lyman-k.-steil/>

<http://www.faculty.londondeanery.ac.uk/e-learning/appraisal/skilful-questioning-and-active-listening>

<http://www.jiscinfonet.ac.uk/infokits/influencing-others/active-listening>

Recommended prior learning:

There are no recommended prior learning requirements for this qualification.

Centre Guidance:

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

National Occupational Standards

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

HT2 Communicate with individuals about promoting their health and wellbeing
CVD EF3 Carry out assessment with individuals at risk of developing Cardiovascular Disease
CHS19 Undertake routine clinical measurements
CHS45 Agree course of action following assessment to address health and wellbeing needs of individuals
CHS167 Obtain valid consent or authorisation
CHS221 Report results from healthcare investigations
CHS227 Conduct health screening programmes

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

The qualification is also mapped to the following dimensions of the NHS Knowledge and Skills Framework:

Communication: Communicate with a range of people on a range of matters

Dimension HWB1: Promotion of health and well-being and prevention of adverse effects on health and well-being

Dimension HWB2: Assessment and care planning to meet health and wellbeing needs

Special Assessment Needs:

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustments and Special Consideration Policy; this is available from RSPH Qualifications and RSPH Qualification's web site (www.rsph.org).

Progression

Learners who achieve this qualification can progress to the following qualifications:

RSPH Level 2 Award in Understanding Health Improvement

RSPH Level 2 Award in Understanding Behaviour Change

Recommended Qualifications and Experience of Tutors:

RSPH would expect tutors to have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience. Detailed and up-to-date knowledge and experience of the requirements of the NHS Health Check is also required.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with RSPH.

Any enquiries about this qualification should be made to:

The Qualifications Department,
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