

Level 2 Award in Understanding Alcohol Misuse

August 2020

Guided Learning 6 hours
Total Qualification Time 10 hours

Ofqual Qualification Number 600/9949/5

Description:

The objective of this qualification is for individuals with an interest in health who are also interested in helping others develop a healthier lifestyle by addressing the issue of alcohol misuse. Learners will increase their knowledge and understanding of why individuals may misuse alcohol, the effects of alcohol misuse and how individuals can be helped and supported to improve their health by reducing their alcohol consumption.

Content:

	Page
Learning Outcomes and Assessment Criteria	3
Content	4
Assessment	5
Centre Guidance	6
Registration of candidates	6
Submission of completed candidate portfolios and workbooks	6
How to apply to offer this qualification	6
National Occupational Standards	6
Special Assessment Needs	7
Progression	7
Recommended qualifications and experience of tutors	7
Other information	7

Unit YHC 4 Understanding Alcohol Misuse

Guided Learning: 6 hours

Total Unit Time: 10 hours

Unit Level: 2

Unit reference number: K/505/2127

Summary of Learning Outcomes:

To achieve this qualification a candidate must:

1. **Understand factors that result in people misusing alcohol, by being able to meet the following assessment criteria:**
 - 1.1 Describe **THREE** social factors that could result in the misuse of alcohol.
 - 1.2 Outline **THREE** factors that are individual-specific which could lead to the misuse of alcohol.

2. **Understand the personal and social consequences of alcohol misuse, by being able to meet the following assessment criteria:**
 - 2.1 Outline **THREE** direct effects on health of alcohol misuse.
 - 2.2 Identify **THREE** possible indirect effects on the individual due to the misuse of alcohol.
 - 2.3 Identify **THREE** effects on family members, friends and wider society due to the misuse of alcohol by individuals.

3. **Know how to provide help and support to the individual, by being able to meet the following assessment criteria:**
 - 3.1 List **THREE** agencies / organisations which provide services for individuals affected by alcohol use and outline the services provided.
 - 3.2 Describe **THREE** ways by which an individual could be encouraged to reduce their risk of harm from alcohol misuse.
 - 3.3 Identify **THREE** barriers to changing behaviour with regard to alcohol and how these can be overcome.

Content:

1 Understand factors that result in people misusing alcohol

- 1.1 *Social factors that could result in the misuse of alcohol:* Socio-economic status, employment, education, culture, price, availability, media.
- 1.2 *Factors that are individual-specific which could lead to the misuse of alcohol:* Parents, friends and family, peer pressure, gender, age, health factors.

2 Understand the personal and social consequences of alcohol misuse

- 2.1 *Direct effect on health of alcohol misuse:*
- Accidents/injuries.
 - Liver disease including cirrhosis.
 - Cancers of the mouth, pharynx, larynx, oesophagus, breast and colon.
 - Early death.
 - Addiction.
 - Gastrointestinal system, including dyspepsia (indigestion), gastritis and pancreatitis.
 - Cardiovascular system, including cardiac arrhythmias, hypertension and stroke.
 - Reproductive system, including impotence, problems with libido and unexplained infertility.
 - Other effects including memory loss, seizures and eczema.
 - Mental health issues.
- 2.2 *Possible indirect effects on health due to the misuse of alcohol:* Poor nutrition / diet; diabetes due to weight gain; unprotected sex, unwanted pregnancy, unwanted sexual activity; increased risk of STIs, foetal alcohol syndrome, appearance of ageing, increased risk of infections due to decreased immunity.
- 2.3 *Effect on family members and wider society due to the misuse of alcohol by individuals:* Domestic violence; anti-social behaviour; criminal behaviour, cost to the NHS, drink driving, child neglect, effect on carers.

3 Know how to provide help and support to the individual

- 3.1 *Agencies / organisations which provide services for individuals affected by alcohol use:* Organisations such as Drink aware, Alcoholics Anonymous, NHS, Local agencies, Add Action.
- 3.2 *Ways by which an individual could be encouraged to reduce their risk of harm from alcohol misuse:* Support from peers and family, knowing facts about alcohol, awareness of behaviour, brief interventions, alcohol reduction strategies, counselling and emotional support.

- 3.3 *Barriers to changing behaviour with regard to alcohol and how these can be overcome:* Barriers such as denial, addiction / physical dependency, peer pressure and culture.

Methods for overcoming barriers such as education, aspirations, opportunities, motivation and self-efficacy.

Assessment:

Attainment of the Learning Outcomes for this qualification will be assessed by learners completing a workbook which covers each of the learning outcomes. The completed workbooks will be assessed by the centre and assessment decisions will be externally verified by RSPH.

Tutor and learner versions of the workbook are available from **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

The workbook is provided by RSPH but centres can apply to RSPH for permission to develop their own workbooks or to use an alternative assessment method such as written examinations or multiple-choice examinations. Alternative assessment methods or workbooks cannot be used without the written approval of RSPH.

Centre Guidance:

Registration of Candidates:

Candidates must be registered with RSPH and have a candidate number before any work can be submitted for external verification.

Candidate registration forms can be downloaded from the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Submission of completed candidate workbooks:

Centres should follow the RSPH procedures for submitting internally assessed work for external verification. These can be found under **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk). The workbooks (tutor and learner versions) can be obtained from **Resources**.

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:

AH10 Employ techniques to help individuals to adopt sensible drinking behaviour
AJ2 Enable individuals to change their offending behaviour
CHD ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)
CHD HA3 Provide support for individuals who express a wish to reduce their alcohol consumption
HT3 Enable individuals to change their behaviour to improve their own health and wellbeing

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

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 Encouraging physical activity
RSPH Level 2 Award in Encouraging a Healthy Weight and Healthy Eating
RSPH Level 2 Award in Understanding Sexual Health
RSPH Level 2 Award in Supporting Smoking Cessation
RSPH Level 2 Award in Understanding the Misuse of Substances
RSPH Level 2 Award in Understanding Emotional Wellbeing
RSPH Level 2 Award in Understanding Health Improvement

Recommended Qualifications and Experience of Tutors:

The Society would expect that tutors 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.

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:

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