

SFHCHDED3

Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)



Overview

This standard is about encouraging people to adopt behaviour and undertake activities that reduce their risk of CHD.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

- You must be able to:*
- P1 identify and seize opportunities to encourage people to adopt behaviour and activities that reduce their own and other's risk of CHD
 - P2 plan your work environment and how you work with people in ways that encourage them to adopt behaviour and activities that reduce the risk of CHD
 - P3 communicate with people in ways that reinforce their behaviour and activities that reduce the risk of CHD
 - P4 enable people who disregard policies designed to reduce the risk of CHD to understand the reasons for the policies and align their behaviour and activities to them
 - P5 refer people to specialist services that may help them reduce their risk of CHD, if they wish to use such services

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Knowledge and understanding

You need to know and understand:

- K1 how to ask questions, listen carefully and summarise back
- K2 how to present information and advice in ways which are appropriate for different people
- K3 how to help people understand the reasons for policies and align their behaviour and activities to them
- K4 the information people need in order to be able to make informed lifestyle choices
- K5 the factors which determine the risk of CHD and the relative impact of these factors
- K6 how factors in people's lifestyles (ie physical activity, smoking, diet, stress, alcohol consumption) can affect their risk of developing CHD
- K7 the nature of CHD, its different forms and its physical, psychological and social effects on individuals and their families
- K8 research-based evidence of the impact of environmental, social, lifestyle and behavioural factors on the incidence of CHD
- K9 the potential effects that modification of lifestyle and risk factors may have on individuals
- K10 work environments and ways of working that encourage the adoption of behaviour and activities that reduce the risk of CHD
- K11 the opportunities you have to provide information and advice and encourage people to adopt behaviour and activities that reduce the risk of CHD both as part of your day-to-day work and on special occasions
- K12 specialist services available to help people reduce their risk of CHD

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB1 Promotion of health and wellbeing and prevention of adverse effects on health and wellbeing

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