

# SFHCHDEE1

Enable individuals to understand and reduce the risk of Coronary Heart Disease (CHD)



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## Overview

This standard is about working with people, individually or in groups, to help them understand how lifestyle factors affect the risk of CHD. It also covers assisting and supporting individuals to change their lifestyles so that they can reduce the 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 create an environment suitable for frank, confidential discussion
- P2 find out if individuals belong to high risk groups
- P3 find out individuals' level of knowledge about the nature of CHD, modifiable risk factors associated with CHD, and any misconceptions that they have
- P4 identify the gap between what individuals know and do and what they need to know and do to reduce their risk of CHD
- P5 find out what information and advice individuals want
- P6 provide individuals with the information and advice they want, referring them to specialist sources of information and advice, if necessary
- P7 help individuals understand their level of risk of CHD and what this means for them
- P8 explain the benefits of adopting a healthy lifestyle in a straightforward, convincing and non-judgemental way, using appropriate language and communication methods
- P9 check individuals' understanding of the links between their lifestyles and the risk of CHD
- P10 encourage individuals to articulate their motivations and concerns for changing their lifestyle and whether they want to change their lifestyle
- P11 assist individuals to understand the possible consequences (ie what might happen and the chances of it happening) of continuing with their current lifestyle
- P12 explore alternative behaviours with individuals and help them evaluate the benefits and drawbacks of these alternative behaviours
- P13 enable individuals to develop plans with achievable targets to change their lifestyle including:
  - P13.1 specific actions they will take
  - P13.2 agreed support they will receive
  - P13.3 intermediate targets
  - P13.4 review points to measure progress
- P14 agree dates to review individuals' progress in changing their lifestyle and maintaining these changes

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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 individuals
- K3 how to help individuals understand how information applies to them
- K4 how to create environments suitable for frank, confidential discussions
- K5 how to guide discussions with individuals and groups to achieve intended
- K6 basic cardiovascular anatomy, physiology and biochemistry
- K7 motivational interviewing approach and techniques, and how to apply them with different individuals and groups
- K8 the range of motivations individuals may have for changing their lifestyle, and how to discover their motivations
- K9 the range of reasons individuals may have for resisting change, and how to identify and overcome these reasons
- K10 the stages in behavioural change and how to support individuals through these stages
- K11 how to enable individuals to develop realistic and achievable plans to change their behaviour
- K12 the importance of monitoring and reviewing progress towards behavioural change, and how to do so
- K13 the information individuals need in order to be able to make informed lifestyle choices
- K14 the nature of CHD, its different forms and its physical, psychological and social effects on individuals and their families
- K15 the factors which determine the risk of CHD and the relative impact of these factors
- K16 high risk groups including those with other conditions, such as diabetes, hypertension, hyperlipidaemia, and those with a genetic predisposition
- K17 validated tools to assess individuals' level of risk of CHD, and how to use them effectively
- K18 how factors in individuals' lifestyles (ie physical activity, smoking, diet, alcohol consumption) can affect their risk of developing CHD
- K19 the potential effects that modification of lifestyle and risk factors may have on individuals
- K20 the range of services available locally and nationally for individuals who need information and support in making and maintaining changes in their behaviour
- K21 the range of different settings in which it would be appropriate to carry out this activity, and how you may need to adjust the activity for different settings

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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 to health and wellbeing

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