

## SFHCVDED2

Provide information and advice about how to reduce the risk of Cardiovascular Disease



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### Overview

This standard is about providing people with information and advice about how they can reduce their risk of Cardiovascular Disease.

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 the opportunities you have for providing information and advice about how to reduce the risk of Cardiovascular Disease
- P2 assess people's knowledge about Cardiovascular Disease, the risk factors and what they need to know in order to reduce their own and others' risk of Cardiovascular Disease
- P3 enable people to correct any misunderstandings they may have about Cardiovascular Disease and the risk factors
- P4 provide the information and advice people need about Cardiovascular Disease and the risk factors in ways that are appropriate to the people concerned

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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 the information people need in order to be able to make informed lifestyle choices
- K4 the factors which determine the risk of Cardiovascular Disease and the relative impact of these factors
- K5 how factors in people's lifestyles (ie physical activity, smoking, diet, stress, alcohol consumption) can affect their risk of developing Cardiovascular Disease
- K6 the nature of Cardiovascular Disease, its different forms and its physical, psychological and social effects on individuals and their families
- K7 research-based evidence of the impact of environmental, social, lifestyle and behavioural factors on the incidence of Cardiovascular Disease
- K8 the potential effects that modification of lifestyle and risk factors may have on individuals
- K9 work environments and ways of working that encourage the adoption of behaviour and activities that reduce the risk of Cardiovascular Disease
- K10 the opportunities you have to provide information and advice and encourage people to adopt behaviour and activities that reduce the risk of Cardiovascular Disease both as part of your day-to-day work and on special occasions

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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

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<b>Developed by</b>	Skills for Health
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<b>Version number</b>	1
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<b>Date approved</b>	June 2010
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<b>Indicative review date</b>	June 2012
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<b>Validity</b>	Current
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<b>Status</b>	Original
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<b>Originating organisation</b>	Skills for Health
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<b>Original URN</b>	CVD ED2
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<b>Relevant occupations</b>	Health, Public Services and Care; Nursing and Subjects and Vocations Allied; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Cardiovascular Disease
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<b>Key words</b>	Cardiovascular Disease, heart
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