NHS Health Check Competency Framework Portfolio for Community Based Providers

(To accompany the Learner Workbook)

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Learner Name:

Assessor Name:

Workplace:

Commencement Date:

## Unit 1: NHS Health Check programme knowledge

### Date:

1. Learner was observed preparing and conducting an NHS Health Check (check list used)

Feedback:

2. Learner is able to communicate risks i.e. Qrisk2, clinical measurements that are out of normal parameters i.e. cholesterol results, lifestyle risks (i.e. smoking, weight, physical activity, alcohol etc).

Feedback:

3. Learner offers reassurance and positive feedback for healthy behaviours and is aware of and knows how to access referral pathways (for clinical and lifestyle follow up).

Feedback:

4. Learner receives regular feedback (develop universal questions) from a person receiving a health check.

Please add copies of client/patient feedback questionnaires:

5. What areas do you need to further develop based on the feedback received?

## **Unit 2: Information governance during NHS Health Check assessments**

### Date:

1. Please specify where to find your organisation's policies around consent, confidentiality, data protection and information sharing.

2. Worker to sign here to confirm the policies have been read and understood

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**3.** Please choose one of the policies above and write about how you put this in to practice, what further development needs do you have and what are your next steps?

4. When would you signpost a person back to their GP Practice (Walk-in-Centre if out of hours), and how?

## Unit 3: Obtain valid consent when carrying out NHS Health Check assessments

### Date:

1. What is meant by valid consent?

2. How will you ensure the client understands why valid consent is so important?

3. How will you document that consent was given?

# Unit 4: Carry out NHS Health Check assessments with clients at risk of developing cardiovascular disease

## Date:

- 1. Attach NHS Health Check training presentation on anatomy and physiology (see on line resource).
- 2. Identify any areas within the presentation where you need to increase your understanding.
  - i)
  - ii)
  - ii)
- 3. Facilitated group session discussing physiology and anatomy.

Key learning:

- i)
- ii)

# Unit 5: Perform first line calibration on clinical equipment ready for use during NHS Health Check assessments

## Date:

1. I can demonstrate that I am competent and confident with the use of equipment, including fault finding, identifying when equipment needs to be serviced and also taking care of the equipment appropriately.

2. I can demonstrate that I am able to carry out the internal QA procedure of the cholesterol machine on a daily basis and that this is be noted in the log book (with the machine).

## Unit 6: Perform point-of-care testing during NHS Health Check assessments

### Date:

QA NEAR POINT TESTING (SPECIFC TO CHOLESTEROL MACHINE ONLY)

1. I can explain the principles behind Point of Care Testing.

2. My observations and reflections upon the locally developed video regarding cholesterol testing (video is available).

**3.** I can demonstrate how to check the calibration and routine quality control in accordance with the manufacturer's guidance.

4. I understand and can demonstrate the process used for external QA and why this is important.

5. I can evidence correct procedure for disposal of waste

# Unit 7: Undertake routine clinical measurements for NHS Health Check assessments

## Date:

1. Explain what physiological measurements are and what the major factors are that influence changes in physiological measurements.

2. Explain the principles of blood pressure and the distinction between systolic and diastolic blood pressure.

3. Explain the principles of pulse rates.

# Unit 8: Agree courses of action following NHS Health Check assessments to address health and wellbeing needs of clients

### Date:

1. Use some case studies to provide examples of being able to sensitively explain and discuss test results with a client, providing a clear synopsis of the meaning of any results.

2. Have good local knowledge and be able to provide clients with options regarding onward referrals and local services. Please share some examples below:

# Unit 9: Communicate with NHS Health Check clients about promoting their health and wellbeing

## Date:

 Discuss the benefits of a healthy lifestyle; in particular, what factors can reduce the risk of CVD. (try using the online heart age tool, to identify risks i.e. smoking, and demonstrate how this can improve the person's heart age)

2. Use case studies and discussion to demonstrate an understanding of the principles of motivational interviewing and to give an illustration of how motivational interviewing can actively encourage positive change.

# Unit 10: Support NHS Health Check clients to access information on services and facilities

## Date:

1. Use case studies and discussion to demonstrate an understanding of the importance of being able to support individuals to access services and information.

2. Identify barriers that may prevent an individual from accessing support and services.

## Unit 11: Report results from NHS Health Check assessments

## Date:

1. Give practice-based examples of being able to collate and process data following NHS Health Check assessments.

2. Describe the process of sending forms back to GP practices.