

UNIT TITLE: Understanding Health Promotion in Care Settings

LEVEL: Two
CREDIT VALUE: 3
NOCN UNIT CODE: PA9/2/QQ/002
ACCREDITED UNIT NO: M/103/0170

This unit has 4 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Demonstrate an understanding of the concept of health promotion. (CU1, O1) ¹	1.1. Outline what is meant by health promotion. 1.2. List the services that are involved in health promotion in health and social care. 1.3. Outline his/her role in health promotion and explain how to assist Individuals to access any of these services. 1.4. Describe how you would address the issue of an Individual refusing to accept any advice and guidance on health matters. 1.5. Discuss how personal preferences and beliefs can have an impact on health promotion.
2. Promote principles of a healthy lifestyle. (HSC225KS 3, 4)	2.1. Outline the differences between your lifestyle and that of an Individual. 2.2. Explain the reasons behind the difference and relate these to healthy life styles. 2.3. Describe how the following have an impact on healthy living: <ul style="list-style-type: none"> a) Rest. b) Healthy eating. c) Exercise. d) Safe sex. e) Smoking. f) Alcohol. g) Drugs. h) Contact with a social world. i) Home/working environment.

¹ Health and Social Care National Occupational Standards Sept 04

Please note: Achievement of this unit does not provide evidence against the Care Standards Act requirements

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
3. Recognise potential conflicts related to health promotion. (HSC225KS 2, 3, 4)	3.1. Identify situations where the care workers' standards may differ from those of: a) The Individual. b) Other colleagues. 3.2. Discuss the potential conflict that these differences could cause. 3.3. Explain ways of working through these conflicts.
4. Understand the importance for care workers of keeping safe and healthy. (HSC225KS 1, 5, 6)	4.1. Identify and explain the personal risks to care workers' safety and well-being. 4.2. Outline and explain the safeguards that can be implemented to minimise these risks. 4.3. Explain why it is necessary to unwind in an appropriate way after a period of work.

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to the NOCN Centre Handbook for definitions of each activity and the expectations for assessment practice and evidence for moderation.

The assessment activities for this unit are indicated in the table below:

Key: **P = Prescribed** – this assessment method *must* be used to assess the unit.
O = Optional – this assessment method *could* be used to assess the unit.

Case study		Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	
Report	O	Group discussion	O
Oral question and answer		Performance/exhibition	
Written description	O	Production of artefact	
Reflective log / diary		Practice file	

Signposting Key Skills

This unit offers clear opportunities for learners to provide evidence of achievement in Key Skills achievement in the following skill area/s:

Key Skill		Wider Key Skill	
Communication	✓	Working with others	
Information Technology		Problem solving	✓
Application of Number		Improving Own Learning and Performance	