

Unit 127: Advise and Inform Individuals on Managing Their Condition

Level:	3
Unit type:	Optional
Credit value:	5
Guided learning hours:	36

Unit Aim

This unit develops the learner's ability to establish the information and advice needs of individuals in order to adapting their lifestyle.

Knowledge and understanding of the effects of change is required as is knowledge of health conditions encountered and information gathering techniques.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcomes 4 and 5 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand good practice in identifying information requirements	1.1 Summarise the current legislation, national guidelines, regulatory and inspection requirements, policies, protocols and good practice guidelines which inform own job role in advising and informing individuals on how to manage their condition
	1.2 Explain the importance of identifying appropriate information to enable individuals and relevant carers or family to make informed lifestyle choices

Learning outcomes The learner will:	Assessment criteria The learner can:
	1.3 Explain how to recognise the information and advice an individual and relevant carers or family may require but may be unable to express 1.4 Explain the procedures for dealing with issues beyond own role, in accordance with local protocol
2 Understand health conditions	2.1 Describe the range of conditions encountered within the scope of own role 2.2 Describe the effects of health conditions on individuals and relevant carers or family
3 Understand the effects of change on individuals' lifestyles	3.1 Explain how change can be perceived by an individual and identify strategies for overcoming resistance to change 3.2 Identify how adapting a lifestyle can empower an individual and relevant carers or family 3.3 Describe the impact that empowering an individual to manage their own conditions has upon the individual , their family/carers and health services
4 Be able to ascertain the information and advice needs of individuals	4.1 Gain valid consent and explain to the individual who you are and what your role is in providing confidential advice and information 4.2 Identify whether an advocate or family member needs to be present 4.3 Identify the communication and information needs and abilities of the individual and relevant carers or family 4.4 Access information about the individual's lifestyle 4.5 Work with the individual to identify their information and advice requirements relating to their health condition 4.6 Present information and advice in a format that is appropriate to the individual's communication needs and abilities

Learning outcomes The learner will:	Assessment criteria The learner can:
	4.7 Review a range of local and national advice and information services
	4.8 Explain how to refer the individual to other sources of information and advice
5 Be able to agree plans with individuals to adapt their lifestyle	5.1 Explain to the individual the possible benefits of adapting their lifestyle while respecting their culture, needs and right to make their own decisions
	5.2 Obtain valid consent from the individual to share information with other agencies
	5.3 Communicate information in a way that is sensitive to the personal beliefs and preferences of the individual
	5.4 Develop realistic plans and objectives with the individual to adapt their lifestyle within the scope of own role
	5.5 Agree targets with the individual to optimise their health and well-being within the scope of own role
	5.6 Discuss with the individual any concerns raised about adapting their lifestyle
	5.7 Agree dates to review the individual's progress
	5.8 Record and store information in line with organisational policy

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Valid consent (must be in line with agreed UK country definition) may include:

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.

Preferences may be based on:

- Beliefs
- Values
- Culture.