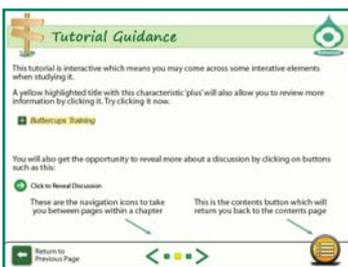


## Level 2 Award in Understanding Health Improvement

QCA Qualification number 600/0592/0

The Level 2 award in Understanding Health Improvement is a nationally recognised award accredited by The Royal Society for Public Health (RSPH). The course aims to enable participants to gain better understanding and appreciation of how inequalities in health may develop and what the current policies are for addressing these. It explores how effective communication can support health messages and how improvements in health and well-being may be promoted to individuals. Finally it looks at the impact of change on improving an individual's health and well-being.



This training course is designed for pharmacy staff who may work in pharmacies which are, or plan to be, engaged in the Healthy Living Pharmacy programme or indeed anyone in a position to give healthy messages to the community.

The course is delivered by e-learning as four interactive modules. Following completion of the modular study the participant will be entered for the exam which consists of 30 multiple choice questions.

The course fee is £55 plus VAT plus £17.00 plus VAT for each examination entry.



### Summary of Outcomes:

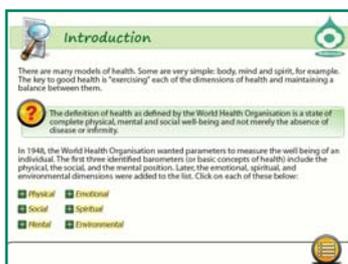
To achieve this unit a candidate must:

1. Know how inequalities in health may develop and what the current policies are for addressing these, by being able to:

- 1.1 Give an example of health inequality, its effects and possible impact on local communities
- 1.2 Identify the factors leading to health inequalities
- 1.3 Outline the policies and methodologies for reducing inequalities in health

2. Understand how effective communication can support health messages, by being able to:

- 2.1 Identify the communication skills that are effective in communicating health messages
- 2.2 Identify barriers to communication that may affect the understanding of health messages and strategies for overcoming these
- 2.3 State the role of effective communication in the promotion of health messages





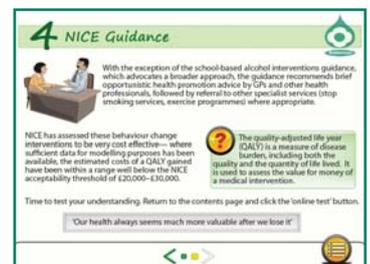
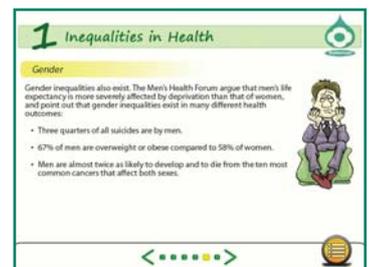
3. Know how to promote improvements in health and well-being to individuals, by being able to:
  - 3.1 Give the western scientific model and World Health Organisation definitions of the term 'health and well-being'
  - 3.2 Identify positive and negative influences on health and well-being
  - 3.3 Give an example of a strategy for the promotion of health and well-being
  - 3.4 Identify resources that can be used for promoting health and well-being
  - 3.5 State how individuals can promote health and well-being
4. Understand the impact of change on improving an individual's health and well-being, by being able to:
  - 4.1 Give an example of behaviour change that can improve an individual's health and well-being
  - 4.2 Outline how individuals can be encouraged to change their behaviour
  - 4.3 Identify positive and negative influences on behaviour change

The aim of this course is to provide you with knowledge and understanding of the principles of promoting health and well-being and equip you to provide practical support for individuals trying to attain a healthier lifestyle.

You'll learn about inequalities in health in the UK, reasons for this and what the Government is doing to tackle the issues.

You'll learn that effective communication can support health messages and promote well-being. You'll know how to promote improvements in health and well-being to individuals.

You'll become aware of the impact that changes in behaviour can make to improve an individual's health and well-being.



The course (available from 21/09/11) can be commenced at any time and requires a minimum of seven hours study.

On successful completion applicants will be registered for the RSPH examination. All candidates will have access to the usual first class Buttercups support and can call us for help at any time.

