

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Arthritis Awareness
Unit Reference Number:	K/507/6718
Level:	Level 2
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand what arthritis is	1.1 Define the term 'arthritis'
	1.2 Outline the most common types of arthritis
	1.3 Explain how the most common types of arthritis affect the joints
	1.4 Describe the signs and symptoms of the most common types of arthritis
	1.5 Outline the possible causes of arthritis
	1.6 Outline the risks for arthritis
2. Understand the treatment options and support services that are available to individuals with arthritis	2.1 Explain how arthritis is diagnosed
	2.2 Outline the treatment options available, to include: a) Medication b) Surgery c) Physical therapies d) Complementary and alternative therapies

	2.3 Outline the support services available to individuals with arthritis, to include: a) The individual's GP b) Rheumatologists c) Physiotherapists d) Occupational therapists e) Podiatrists
3. Understand the experience of living with arthritis and strategies for managing the condition	3.1 Describe strategies that individuals can use to manage the pain associated with arthritis
	3.2 Explain how lifestyle changes can be used to manage the symptoms of arthritis
	3.3 Describe the possible psychological impact of living with arthritis for: a) The individual b) Carers c) Relatives
	3.4 Outline ways to support individuals with arthritis who are experiencing psychological distress