

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Principles of Health Promotion and Well-being in Pharmacy Services

Unit Reference Number: A/617/8941

Level: Three (3)

Credit Value: Five (5)

Minimum Guided Learning Hours: 35

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand factors that influence health and well-being	1.1 Explain the relationship between lifestyle and health and well-being
	1.2 Analyse factors which impact on health and well-being
	1.3 Explain the impact of health and well-being on society
2. Understand relationship between public health and pharmacy services	2.1 Explain the functions of public health organisations
	2.2 Explain the role of health promotion in relation to public health
	2.3 Explain the role of pharmacy services in supporting public health
	2.4 Explain the role of pharmacy services in current health promotion policies, campaigns and interventions
3. Understand how principles of behaviour change can be applied to health promotion	3.1 Describe principles of effective behaviour change
	3.2 Explain factors that influence behaviour change
	3.3 Describe barriers to behaviour change
	3.4 Explain how health promotion approaches can affect behaviour change
4. Understand the role of the pharmacy technician in the promotion of public health	4.1 Summarise the role of the pharmacy technician in relation to health promotion activities

4.2 Explain how the pharmacy technician can access **support** to develop own knowledge to promote public health initiatives and services to individuals

Indicative Content	
LO1	<p>Lifestyle: diet; exercise; smoking; substance use; recreation; risky behaviour</p> <p>Factors: individual and wider determinants; biological; chemical; physical; social; psychosocial.</p> <p>Impact: management of disease; services and resources; economics; dependency; inequalities.</p>
LO2	<p>Functions: Health protection; health improvement; health promotion.</p> <p>Interventions: four service domains – optimising the use of medicines, supporting people to self-care, supporting people to live healthier lives, supporting people to live independently; Making every contact count (MECC); Multi-disciplinary team working, partnership and co-production; Public health interventions: Antibiotic resistance, alcohol, cancer, cardiac health, diabetes, flu, healthy eating and obesity, deprivation and poverty; mental health and well-being, oral health, physical activity, respiratory management, self-care, sexual health, smoking, substance misuse, etc.</p>
LO3	<p>Principles: goals and planning; feedback and monitoring; social support .</p> <p>Factors: individual; social; environmental.</p> <p>Barriers: individual; social; environmental.</p> <p>Health promotion approaches: medical; educational; empowerment; evidence-based.</p>
LO4	<p>Role of the pharmacy technician: raise awareness; provide information and advice; support behaviour change; signpost to public health services; referral to other services/healthcare professionals.</p> <p>Support: formal and informal sources of support.</p>