

Open Awards

Unit



Form OAQU

1 Unit Details

Unit Title:	Practising Weight Loss Facilitation Skills in Primary Care
Unit Code:	PA1/3/WR/020
Level:	Level 3
Credit Value:	3

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the role of the weight management advisor	1.1 Explain the process of engagement between advisor and an individual
	1.2 Explain techniques required to build a rapport with an individual
	1.3 Use health trainer techniques to effect improvement in an individual
	1.4 Explain what healthy weight is in relation to the Body Mass Index (BMI)
	1.4 Carry out regular measurement checks of BMI, weight and waist circumference
2. Use health trainer techniques to form a positive relationship with a patient	1.5 Evaluate the effectiveness of the weight management advisor tools
	2.1 Engage with a minimum of 3 individuals in a weight management support programme
	2.2 Generate individual records to demonstrate progression through the support programme
	2.3 Move ambivalent pre-contemplative individuals through the support programme
	2.4 Refer individuals onto community lifestyle support

	services as appropriate
3. Use SMART goals to create an individual programme for weight loss	3.1 Establish an individual's weight management history
	3.2 Set SMART weight management goals with an individual
	3.2 Use appropriate paper work to record and monitor progress of SMART goals
4. Be able to reflect on own performance as a weight loss facilitator	4.1 Give examples of practices that were successful
	4.2 Give examples of practices that were less successful
	4.3 Create an action plan for how own performance could be improved

***Learning Outcome 1 - Indicative Content**

1.4 Learners should be able to explain a healthy weight, underweight and overweight ranges.