

NHS Health Check Foundation Training

Designed for all healthcare professionals undertaking NHS Health Checks

Key Information



Who training is for
Healthcare Professionals



Length of course
7 hours



Per delegate cost
£180



Format of course
Live via Zoom or Face-to-face



Dates of course
TBC



CPD Hours
7 hours



HEALTH
Academy

Book online or contact us



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Course Summary

Our 'NHS Health Check: Foundation Training for Healthcare Professionals' course provides essential training for healthcare professionals in primary care. Developed in line with national guidance, it teaches how to perform a variety of assessments to determine a client's risk and understand how to communicate this risk to reduce their chances of developing heart disease, stroke, diabetes, kidney disease and certain types of dementia.

Course Content



Introduction to the NHS Health Check

Providing an overview of the programme, the evidence base and best practice approaches.



Pre-NHS Health Check

Focusing on the eligibility criteria, national uptake targets, confidentiality and the principles of consent.



Risk Assessment: Physical Assessments

Including best practice guidance on how to perform assessments, contraindications, clinical context, documentation, calibration of equipment and adverse incident management.



Risk Assessment: Tools and Questionnaires

Exploring how to gather data including personal and family history. Using interviewing techniques to apply them to the range of tools such as GPPAQ, AUDIT-C, FAST, QRISK®3, Diabetes risk assessment and smoking status.



Interpreting results

Evaluating results of low, moderate and high risk results. Understanding the impact of results to a patient's long term health.



Communication of risk

Understanding how to communicate sensitively and jargon free in order to impact change.



Interventions, signposting and referral

Understanding the national and local pathways for referral or intervention, including self care models.

Detailed Course Description



This comprehensive course is designed to equip healthcare professionals in primary care settings in the UK with the necessary skills and knowledge to perform an NHS Health Check. The course will focus on using evidence based practices, adherence to national guidelines, and an overview of every step of the NHS Health Check process, from invitation through to take home information and referrals.

Exploring health promotion, client-centred care and legal issues, participants will gain knowledge of how to complete physical and written risk assessments. This will include personal data, physiological measurement, family history of cardiovascular disease (CVD) and diabetes, alcohol and smoking status, activity level, diabetes and CVD risk score and dementia risk reduction messaging.

Participants will become competent in assessing client's risk based on data collected to develop a plan of care with the client, including any necessary referrals to local services as per local and national guidelines.

Developed in line with UK national standards and guidelines and guidance from the NHS and NICE.

Upon successful completion of the course, participants will earn a certificate in NHS Health Check for Healthcare Professionals, providing a pathway to gain clinical competence and practice under supervision through hands-on experience and mentorship in practice.

NHS Health Check for Healthcare professionals: Core Modules

Introduction to the NHS Health Check

- Overview of the importance of preventative health initiatives
- Overview of the NHS Health Check prevention programme: Age criterion, which diseases it aims to prevent, risk assessments involved
- Understand the evidence base for NHS Health checks: National best practice guidelines and clinical competency framework
- Explore the role of registered and non-registered healthcare professional in NHS Health Check service delivery

Pre-NHS Health Check

- Overview of Invitations (call/recall): Eligibility and exclusions. National uptake target.
- The principles of consent
- Information Governance: Confidentiality, data sharing and extraction
- Role of registered and non-registered healthcare professional in NHS Health Check service delivery

Risk Assessment: Physical Assessments. To include: How to perform, contraindications, clinical context to risk assessment, documentation, calibration of equipment and adverse incident management

- Pulse Measurement
- Blood Pressure Measurement
- Height and Weight Measurement
- Waist Measurement
- Point of Care Testing: Cholesterol Level (total cholesterol and HDL cholesterol)

Risk Assessment: Tools and Questionnaires. To include: How to perform, contraindications, clinical context to risk assessment and documentation

- Gathering personal data and family history of coronary heart disease
- General practice physical activity questionnaire (GPPAQ)
- Smoking status
- Alcohol use score (AUDIT-C or FAST)
- Cardiovascular risk score calculated by QRISK³,
- Validated diabetes risk assessment score

Interpreting results

- Gain knowledge of low, moderate and high-risk measurements
- Overview of high-risk groups
- Using risk engine data alongside clinical judgement to interpret results
- Understand how the results could impact a client's health

Communication of risk

- How to use information from the risk assessments to inform behaviour change
- Explore links between lifestyle and health risk
- Guidance on advising clients on the signs and symptoms of dementia (where applicable)
- Use of jargon-free language and sensitive communication skills to ensure client understanding and well-being

Brief intervention/ signposting/referral

- Identifying an individual's values and beliefs to create a client-centred action plan
- Effective communication and motivational interviewing techniques.
- Awareness of local and national referral programmes
- Identifying what written information to provide the client
- Communication of results with GP practice
- Awareness of time constraints and role boundaries

Keeping up to date/ Next Steps

- Completion of NHS Health Check Learner workbook
- Completing and maintaining a training log of achievements.
- Ongoing clinical supervision and yearly updates

Course Alignment

This course has been developed in line with the following guidelines:

Public Health England Guidance: NHS Health Check Competency Framework (2020)

NHS Health Check Best Practice Guidance (2019)

NHS Health Check Programme Standards (2020)