

# NHS Health Check Update Training

Designed for all healthcare professionals undertaking NHS Health Checks

## Key Information



Who training is for  
**Healthcare Professionals**



Length of course  
**3.5 hours**



Per delegate cost  
**£95**



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



Dates of course  
**TBC**



CPD Hours  
**3.5 hours**



HEALTH  
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## Book online or contact us



[HealthAcademyOnline.co.uk](https://HealthAcademyOnline.co.uk)



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## Course Summary



Our 'NHS Health Check for Healthcare Professionals' update course provides essential training for healthcare professionals in primary care. Developed in line with national guidance, it reinforces how to perform a variety of assessments in order 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



### NHS Health Check: Current Issues

Discussion and exploration of current issues in the delivery of the NHS Health Check programme.



### Risk Assessment & Interpreting Results

Exploring any changes to national or local changes to recommendations and policies. Summary of each risk assessment type and process.



### Communication of risk and planning interventions

Overview of motivational interviewing techniques and exploring areas for improvement in practice.



### Referrals and Follow up

Discuss local and national referral programmes and pathways including reviews from service users.



### Keeping up to date

Completion of training logs and ensuring effective clinical supervision practice implemented.

# Detailed Course Description



This update course is designed to ensure healthcare professionals in primary care settings in the UK retain 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 improve their knowledge around 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 refresh knowledge and competence in assessing client's risk based on data collected to develop a plan of care with the client, included 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 Health Care Professionals, providing continuing evidence of competency.

NHS Health Check for Healthcare professionals: Core Modules

## **NHS Health Check: Current Issues**

- Discuss and explore the participants' current issues in NHS Health Check delivery
- Review of current preventative health initiatives, including recent changes
- Discussion of recent updates to the NHS Health Check prevention programme: age criterion, which diseases are targeted and any exclusions/additions to the risk assessments involved.
- Legislative changes
- Explore the current role of registered and non-registered health care professional in NHS Health Check service delivery
- Service uptake: Exploring barriers and success stories

## **Risk Assessment and Interpreting Results. Highlighting any changes to recommendations or national policy regarding:**

- Pulse Measurement
- Blood Pressure Measurement
- Height and Weight Measurement
- Waist Measurement
- Point of Care Testing: Cholesterol Level (total cholesterol and HDL cholesterol)
- 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 QRISK©3,
- Validated diabetes risk assessment score

## **Communication of risk and planning interventions**

- Overview of motivational interviewing techniques
- Exploring areas for improvement
- Reviewing adverse incidents: Case studies

**Referrals and Follow-Up**

- Discussing the most common local and national referral programmes and reviewing any recent or upcoming changes
- Feedback from service users
- Exploring service limitations and how to improve follow-up

**Keeping up to date**

- Completing and maintaining a training log of achievements.
- On-going clinical supervision and yearly updates
- Answering participant questions

**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)