

Unit Title: Advise and Inform Individuals on Managing Their Condition	
Level:	Three
Credit Value:	5
GLH:	31
OCNLR Unit Code:	PA1/3/LQ/014
Ofqual Unit Reference Number:	A/508/3902

*This unit has 5 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand good practice in identifying information requirements.	1.1. Summarise the current legislation, national guidelines, policies, protocols and good practice guidelines which inform own role in advising and informing individuals on how to manage their condition. 1.2. Explain the importance of identifying appropriate information to enable individuals to make informed lifestyle choices. 1.3. Explain how to recognise the information and advice an individual may require but be unable to express. 1.4. Explain the procedures for dealing with issues beyond own role, in accordance with local protocol.
2. Understand health conditions.	2.1. Describe the range of conditions encountered within the scope of own role. 2.2. Describe the effects of health conditions on individuals and their families.
3. Understand the effects of change on individuals' lifestyles.	3.1. Explain how change can be perceived by an individual and identify strategies for overcoming resistance to change. 3.2. Identify how adapting a lifestyle can empower an individual. 3.3. Describe the impact that empowering an individual to manage their own conditions has upon the individual, their family/carers and health services.

<p>4. Be able to ascertain the information and advice needs of individuals.</p>	<p>4.1. Maintain the individual's privacy and dignity at all times.</p> <p>4.2. Explain to the individual who you are and what your role is in providing confidential advice and information.</p> <p>4.3. Access information about the individual's lifestyle.</p> <p>4.4. Work with the individual to identify their information and advice requirements relating to their health condition.</p> <p>4.5. Review the range of local and national advice and information services.</p> <p>4.6. Explain how to refer the individual to other sources of information and advice.</p>
<p>5. Be able to agree plans with individuals to adapt their lifestyle.</p>	<p>5.1. Explain to the individual the possible benefits of adapting their lifestyle while respecting their culture, needs and right to make their own decisions.</p> <p>5.2. Communicate information in a way that is sensitive to the personal beliefs and preferences of the individual.</p> <p>5.3. Develop realistic plans and objectives with the individual to adapt their lifestyle.</p> <p>5.4. Agree targets with the individual to optimise their health and well-being.</p> <p>5.5. Discuss with the individual any concerns raised about adapting their lifestyle.</p> <p>5.6. Agree dates to review the individual's progress.</p>

## Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

**P = Prescribed** This assessment method *must* be used to assess all or part of the unit.

**O = Optional** This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay	O	Practical demonstration	P
Report	O	Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary		Practice file	O