Welcome to Healthy Living Pharmacy

WELL DONE again on being selected.

Part of becoming a HLP is to nominate member(s) of your pharmacy team (usually non pharmacists) to become Health Champion(s). As the Health Champion, you are a key part to the success of your Healthy Living Pharmacy. You are likely to be the primary person everyone sees at your pharmacy. You will be first to impart information, advice and services. You will be the initial step to help identify and assist everyone with adopting healthier lifestyles; providing a gateway to other support. You are ideally placed to make every contact your pharmacy team makes count.

As a Health Champion, your key functions are,

- Identifying health improvement needs of your customers
- Providing brief advice to patient and customers
- Signposting people into local health improvement service

As a Health Champion, you will be using all that you know and do already. Taking your excellent communication skills and everyday ability to work in a team you will bring Health Living Pharmacies to life. To help support and develop you into the role of Health Champion's you will be taking part in a number of learning days and online training.

This guide provides an outline of the Health Champion online training along with dates and booking details for the face to face training. This will lead to national accredited public health qualifications and registration with the Royal Society of Public Health. On the face to face learning days you will also meet leads from and learn about your local public health services.

The Health Champion training will be a fundamental part of you, your team and the pharmacy’s journey to becoming a HLP. We hope that you find the programme fun, interactive and rewarding. We thank you for all your help and support.

On behalf of the HLP Project Lead Organisations and Partners,

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HEALTH LIVING PHARMACY

HEALTH CHAMPION TRAINING GUIDE: WAVE 2

At the heart of any HLP is the role of the Health Champion. All pharmacies taking part in the Healthy Living Pharmacy Scheme (this intake is called Wave 2) will have nominated member(s) of their team to become ‘Health Champion(s)’. If you have been nominated to become a Health Champion that is fantastic. Well Done.

All Health Champion Learners in Healthy Living Pharmacies will take part in the following steps towards accreditation and registration with the Royal Society of Public Health http://www.rsph.org.uk/.

The learning consists of three steps,

1. Online electronic training to prepare Health Champion learners for Award 2 in Understanding Health Improvement, in line with RSPH and Department of Health expectations.
2. Face to Face Award 2 training day with interactive sessions with local public health services to build relationships and understanding about local services, referral and signposting
3. Health Lifestyles Brief Intervention course - develop the skills for proactive tailored advice and intervention to make every contact count

ELECTRONIC HEALTH CHAMPION AWARD 2 LEARNERS COURSE

This is an online learning programme developed with our project partner’s Live Well Suffolk for use by all Health Champions. The course has been designed with national lead expertise from Derbyshire PCT and input from the centre of excellence Derby University. This course is designed to come first to provide the necessary background and knowledge to prepare and inform Health Champion’s ahead of their face to face local learning days.

The course is accessible by individual password and logins which will be provided to all Health Champions. The course is hosted on http://www.suffolkhealthtrainers.co.uk/index.asp. All Healthy Living Pharmacies will be contacted to obtain the Health Champion details. Once these are known, the LPC will arrange for log-ins and passwords so the Health Champions will be able to start their learning.

The online learning package contains five components for learners to explore and units to complete. In total the online learning will take no more than 5 hours at the most. The important thing for all Health Champion learners to aim for is to complete the online learning before the Award 2 face to face training.

The online training consists of:

**Introduction to the Course**

This contains a snapshot of local public health, the award overview, connection to other Health Training standards, progression opportunities and self-assessment section.
STEP 1 - Inequalities in Health

Understand and know how inequalities in health may develop and what the current policies are for addressing these. Learners will know and understand at the end of the unit,

- Some interventions that can support health improvement
- The factors related to inequality in health
- The benefits of making changes to improve health and wellbeing using diet and physical activity as examples
- How government policy is linked to promoting health
- The principal factors that affect health and wellbeing
- How individuals attitude to health and lifestyle affects behaviour
- How Health Champions can promote your own health with the help of local services

STEP 2 - How effective communication can support health messages

This aims to help learners understand how effective communication can support health messages. Learners will know and understand at the end of the unit,

- The 4 basic communication skills
- The barriers to effective communication, and ways of overcoming communication barriers
- What brief advice is and how it can be applied, and the difference between brief advice and brief intervention
- What is important when signposting

STEP 3 - Promote improvements in health and well-being

This aims to help learners understand and know how to promote improvements in health and wellbeing to individuals. Learners will know and understand at the end of the unit,

- The basic concepts of health, including the meaning of the term 'Health' in relation to physical, mental and social health and wellbeing
- Some of the common models of 'Health'
- The layers of influence and how they may affect health in your own area of practice
- Positive and negative influences on health and wellbeing
- Policies and procedures relating to confidentiality, as set out in relevant codes of practice

STEP 4 - Impact of Change

This aims to help learners understand their own and other people's experiences of change, and to provide learners with a range of models and theories that help to explain the change process. It will also help promote understanding around the responsibilities associated with handling confidential and sensitive information.
**STEP 4 - Impact of Change**

Learners will know and understand at the end of the unit,

- The principles used in health behaviour change and maintenance, and how to apply them
- The theory of health behaviour change (brief outline only)
- How a person's attitude to changing health behaviour can create barriers
- The basic principles of goal setting as part of a plan to improve health
- How to help people with goal setting and setbacks
- The policies and procedures (in broad terms only) relating to confidentiality as set out in relevant codes of practice

**STEP 5 - Review and Evaluation**

This section provides guidance to learners about final steps in completing the Award and contains information about self-assessment of learning, record of achievement, useful sources of information and a glossary of terms. In order to achieve the **RSPH Level 2 Award in Understanding Health Improvement**, this will be completed by a face to face day's training. This will help learners reinforce all the theory, interact and meet with local teams and complete the examination paper, which consists of 30 multiple choice questions to be answered in 45 minutes. To help learners prepare and practice for this examination, each of the units contains a summary, test your knowledge and learning review.

**STEP TWO AND STEP THREE**

All Health Champion learners will then progress onto their Face to Face Award 2 Training and Healthy Lifestyle Brief Intervention Courses. HLP Suffolk has been designed to be delivered across three locations (Ipswich, Suffolk Coastal and Bury St Edmunds) to fit in with the wide spread geography of HLP’s. In Waveney and Great Yarmouth HLP the face to face training will be delivered centrally. The timetable overleaf provides the key dates for each event and its location. Health Champion Learner(s) will need to attend ONE of the Award 2 Training Days and ONE of the Brief Intervention Training half days. Ideally Learners will complete their Award 2 training day before attending the Brief Intervention Training Day. It is advised to complete If you are a Health Champion learner and you are an accredited Level 2 Stop Smoking Cessation Advisor you will not be required to complete the Brief Interventions course.

In the main the role of Health Champion will be undertaken by non-pharmacist members of staff. Where this is not the case and Health Champion is a pharmacist, the requirement will be for these learners to sit the RPHS Award 2 examination ONLY and possibly the Brief Intervention course. If any pharmacy teams have already gained Award 2 RPHS qualification though other nationally accredited providers, the local HLP programme will happily accept this. Health Champions will be required to submit relevant certification and attend other local learning so validation is consistent for all taking part.
HEALTHY LIVING PHARMACY

HEALTH CHAMPION TRAINING GUIDE: WAVE 2

The Award 2 qualification in Understanding Health Improvement will provide Health Champions with a knowledge and understanding of the principles of promoting health and wellbeing and of how successfully direct individuals towards further practical support in their efforts to attain a healthier lifestyle. The day will cover the following objectives for Health Champion learners:

- Know how inequalities in health may develop and what the current policies are for addressing these
- Understand how effective communication can support health messages
- Know how to promote improvements in health and well-being to individuals
- Understand the impact of change on improving an individual’s health and well-being

By the end of the Brief Intervention training, Health Champions should be able to:

- Understand the value of opportunistic brief advice in an everyday setting
- Judge when delivery of brief advice is an appropriate and relevant intervention
- Deliver brief advice in an empathetic, non-confrontational manner
- Be confident in signposting and referring individuals to local public health services

Beyond this preliminary set of qualifications Health Champions will be supported to grow and develop in their role with series of on-going mentorship sessions, progression to other RSPH Awards such as Health Promotion and Award 2 Understanding Improvement Applied award, access to Enhanced service training (such as Level 2 Stop Smoking Advisor qualification) and evening forums, mentorship and leadership events, to support all pharmacy teams get the best from currently commissioned enhanced pharmacy services.