

**Unit Title:** Health Promotion In Care Settings  
**Unit Level:** Level 2  
**Unit Credit Value:** 3  
**GLH:** 24  
**LASER Unit Code:** WJD493  
**Ofqual Unit Code:** Y/504/8963

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the concept of health promotion.	1.1	Outline what is meant by health promotion.
		1.2	List the services that are involved in health promotion in health and social care.
		1.3	Explain how to assist individuals to access any of the services involved in health promotion in health and social care.
		1.4	Outline own role in health promotion.
		1.5	Describe how they would address the issue of an individual refusing to accept any advice and guidance on health matters.
		1.6	Discuss how personal preferences and beliefs can have an impact on health promotion.
2.	Know how to promote principles of a healthy lifestyle.	2.1	Outline the differences between own lifestyle and that of an individual they are working with.
		2.2	Explain the reasons behind the differences.
		2.3	Describe how the following have an impact on healthy living: (a) Rest (b) Healthy eating (c) Exercise (d) Safe sex (e) Smoking (f) Alcohol (g) Drugs (h) Contact with a social world (i) Home/working environment.
3.	Know about potential conflicts related to health promotion.	3.1	Identify situations where the care workers' standards may differ from those of: (a) the individual (b) other colleagues.
		3.2	Discuss the potential conflict that these differences could cause.
		3.3	Explain ways of working through these conflicts.

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4.	Know about care workers keeping safe and healthy.	4.1	Explain the personal risks to care workers' safety and well-being.
		4.2	Outline safeguards that can be implemented to minimise the identified risks.
		4.3	Explain why it is necessary to unwind in an appropriate way after a period of work.

<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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