

SFHCHDHA3

Provide support for individuals who express a wish to reduce their alcohol consumption



Overview

This standard is about providing support for individuals who express a wish to reduce their alcohol consumption.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 create an environment suitable for frank, confidential discussion
- P2 enable individuals to understand:
 - P2.1 the physical and psychological effects of alcohol
 - P2.2 the links between excessive drinking and their specific disease
 - P2.3 the possible negative consequences of continuing to consume too much alcohol (ie what might happen and the likelihood of it happening)
 - P2.4 the possible negative consequences of reducing their alcohol consumption
- P3 enable individuals to articulate their motivations for reducing their alcohol consumption
- P4 encourage individuals to weigh up the pros and cons and, where appropriate, commit to specific, achievable and time-bound goals for reducing their alcohol consumption
- P5 encourage individuals to use simple tools to monitor their alcohol consumption and progress towards their goals
- P6 enable individuals to articulate the difficulties they have reducing their alcohol consumption and to develop strategies to cope with these difficulties
- P7 encourage individuals to offer and receive mutual encouragement and support
- P8 identify when individuals have achieved their goals, and celebrate their success
- P9 provide ongoing support to individuals to enable them to maintain their reduction in alcohol consumption

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Knowledge and understanding

You need to know and understand:

- K1 how to ask questions, listen carefully and summarise back
- K2 how to present information and advice in ways which are appropriate for different people
- K3 how to create environments suitable for frank, confidential discussions
- K4 dynamics and relationships within groups, and how to manage these
- K5 how to guide discussions with individuals and groups to achieve intended
- K6 the importance of obtaining full and accurate information about individuals, and how to do so
- K7 the principle of confidentiality and what information may be given to whom
- K8 evidence of the effects of excessive alcohol consumption on people's health
- K9 evidence of the differential effects of alcohol consumption on young people, adults and pregnant women
- K10 the physiological and psychological effects of alcohol
- K11 the nature and processes of alcohol addiction and withdrawal
- K12 the short-, medium- and long-term benefits of reducing alcohol consumption
- K13 the types of difficulties people have when reducing their alcohol consumption and the range of strategies people may use to cope with these difficulties
- K14 the principle of informed consent, and how to obtain informed consent from individuals
- K15 motivational interviewing techniques, and how to apply them with different individuals and groups
- K16 the range of motivations people may have for reducing their alcohol consumption, and how to discover their motivations
- K17 the range of reasons people may have for resisting change, and how to identify and overcome these reasons
- K18 the stages in behavioural change and how to support people through these stages
- K19 how to enable people to weigh up the pros and cons of reducing their alcohol consumption
- K20 how to enable people to develop realistic and achievable plans to change their behaviour
- K21 how excessive alcohol consumption can affect people's risk of experiencing CHD
- K22 the nature of CHD, its different forms and its physical, psychological and social effects on individuals and their families

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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