

## JOB DESCRIPTION

### HEALTHY LIFESTYLE PRACTITIONER – NHS HEALTH CHECKS

#### MAIN PURPOSE

The Healthy Lifestyle Practitioner's key responsibilities are to be functional within the NHS Health Check team and to deliver Health Checks across required localities.

#### SUMMARY OF RESPONSIBILITIES AND DUTIES

The post holder will:

- Deliver preventative screening via NHS Health Checks and mini-MOT's to identify and manage those at risk of a range of vascular diseases such as heart disease, stroke, diabetes, dementia, and kidney disease, and advise on our other available services relevant to the patient.
- Support the contract team to ensure the NHS Health Check service is of high profile and there is strong awareness in relation to the Gateway of entry in the service.
- Identify and engage with individuals from agreed target groups and communities to facilitate communication regarding promoting their health and wellbeing, and the service.
- Develop and maintain relationships with individuals who are experiencing the greatest inequalities in health and provide information to individuals about the relationship between behaviours and health.
- Make contacts, develop, and maintain professional links within communities including promoting the Health Checks Service and your health role to contact groups where there may be barriers to understanding.
- To champion and adhere to processes and procedures to identify and strive for continuing improved quality throughout the client/patient's pathway, together with robust data management.
- To meet internal and external performance management requirements given to you by the Healthy Adulthood Manager and Service Manager.
- Be responsible for ensuring rigorous and regular data inputting to ensure accurate records are maintained in accordance with EH procedures, to ensure compliance with Information Governance and Data Protection in relation to patient information.
- The post holder is expected to work within the requirements of the 6 C's – Care, Compassion, Competence, Communication, Courage and Commitment.
- Support at local in-person (and sometimes virtual) events, helping to set up and close-down as appropriate.

#### PERSON SPECIFICATION

##### 1. SKILLS & ABILITIES

- Have strong interpersonal and communication skills.

- Able to plan and be flexible with good time management skills.
- Be an excellent communicator, able to express to other organisations the benefits of working together.
- Excellent written, verbal, non-verbal communication, and presentation skills.
- Computer literate – ability to maintain and monitor information systems in line with the national minimum dataset and adapt to reflect local needs.
- Able to take specific deliverables and use appropriate policies, principles, and guidelines to ensure successful delivery.
- Friendly, supportive, and encouraging to people in difficult (sometimes frustrating) situations.
- Organised, flexible and adaptable approach to working.
- Confident and competent at monitoring, managing and reporting own screening equipment needs.
- Value and respectful of other people – regardless of background or circumstances.
- Able to respect confidentiality.
- Good empathy skills.

## 2. KNOWLEDGE

- Sound knowledge of challenges to achieving health improvement amongst vulnerable and deprived communities.
- Good understanding of NICE guidance, national and local recommendations relating to NHS Health Check screening services.
- Sound knowledge of application of behavioural change theoretical principles, to facilitate, motivate and empower individuals / local communities to make substantive and sustainable behaviour change.
- Display an awareness of key health messages around the benefits of a healthy lifestyle and managing key risk factors: smoking cessation, diet, physical activity, social isolation, weight management and alcohol consumption.

## 3. EXPERIENCE

- Delivering health services, health promotion and/or health awareness within the local community at events and within local community venues.
- Experience supporting clients with referrals to other support services.
- Experience of developing effective relationships with key stakeholders.
- Experience in working at events.
- Experience in working in community and/or GP settings.
- Possess a minimum of 1 year experience working in community-based services or public health.

## 4. QUALIFICATIONS

### Required:

- Education to GCSE Standard at grades A-C for a minimum of 5 GCSEs (or equivalent) including Mathematics and English language or literature.

### Desirable:

- Recognised Health Check Training Certification & Health Trainer qualifications e.g., City & Guilds Level 3 *Certificate for Health Trainers*, or equivalent, or Royal Institute of Public Health Level 2

*Understanding Health Improvement* or equivalent, (with a commitment to achieve qualification if not already qualified).

- NCSCT Smoking Cessation Certified.
- Training will be provided however health degree (or equivalent) is advantageous.

## 5. SPECIAL CONDITIONS

- Full UK Driving license with access to a car with business travel insurance for work.
- Working in a variety of settings including the community, youth, and community centres.
- Some evening and weekend work.
- This post involves working with vulnerable adults and as such the post holder will be required to apply for a disclosure of criminal records at an enhanced level (DBS).

## 6. SAFEGUARDING

- Everyone Health Ltd is committed to safeguarding and promoting the welfare of the adults, young people and children who use the services. All staff have a responsibility to report any identified concerns of abuse or exploitation through the appropriate route in line with the respective policies and procedures.