



Higher National Unit specification

General information for centres

Unit title: Physiotherapy Support: Human Interaction

Unit code: F2GR 34

Unit purpose: This Unit is designed to provide an introduction to the ways that health is determined by people in society and how they interpret their own wellbeing. The candidate will explore how the interaction between physiotherapist support worker and client links to individuals' values and beliefs. The Unit will also explore what motivates individuals and how communication skills can be utilised in a physiotherapy context to motivate.

On completion of the Unit the candidate should be able to:

- 1 Identify the determinants of health and describe the impact of physical, biological, social and cultural factors on health beliefs.
- 2 Analyse the models of health and the components of a client-centred, holistic, needs-based approach to client management.
- 3 Describe techniques used to motivate clients.

Credit points and level: 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: While entry to this Unit will be at the discretion of the centre, it is recommended that candidates possess or are working towards the Higher National Unit DR3P 34 *Physiology for Health Care Professionals*.

Core Skills: There are opportunities to develop the component 'Written Communication' of the Core Skill of Communication, and the component 'Critical Thinking' of the Core Skill of Problem Solving at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Assessment of all Outcomes may be undertaken using open-book, extended response questions. Each Outcome may be assessed separately or be integrated into one holistic assessment. An assessment checklist could be used to indicate that all of the Knowledge and/or Skills have been assessed.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Identify the determinants of health and describe the impact of physical, biological, social and cultural factors on health beliefs

Knowledge and/or Skills

- ◆ Determinants of health
- ◆ Factors affecting health beliefs
- ◆ Impact of these factors on the client

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ identify at least three determinants of health.
- ◆ describe the impact of gender, genetic, social, economic, lifestyle and environmental factors on health beliefs. This must cover the individual, the carer and the family.

Assessment Guidelines

Assessment of all Outcomes may be undertaken using open-book, extended response questions. This Outcome may be assessed separately or could be integrated with Outcomes 2 and 3. An assessment checklist could be used to indicate that all of the Knowledge and/or Skills have been assessed.

Outcome 2

Analyse the models of health and the components of a client-centred, holistic, needs-based approach to client management

Knowledge and/or Skills

- ◆ Models of health — Biological, Medical, Social and the Bio psychosocial
- ◆ Health behaviours
- ◆ Locus of control
- ◆ Client-centred approach to client management

Higher National Unit specification: statement of standards (cont)

Unit title: Physiotherapy Support: Human Interaction

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ describe and analyse the differences between two models of health. This should include reference to how clients behave and the meaning of the client locus of control and how this affects the participation of a client in their own care.

Assessment Guidelines

Assessment of all Outcomes may be undertaken using open-book, extended response questions. This Outcome may be assessed separately or it could be integrated with Outcomes 1 and 3. An assessment checklist could be used to indicate that all of the Knowledge and/or Skills have been assessed.

Outcome 3

Describe techniques used to motivate clients

Knowledge and/or Skills

- ◆ Therapeutic needs
- ◆ Goal setting
- ◆ Effect of lifestyle
- ◆ Facilitation of adherence

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ describe the therapeutic needs of the individual and the principles of goal setting
- ◆ describe the effect of lifestyle on an individual's beliefs, values and feeling of wellbeing
- ◆ describe how an individual would demonstrate facilitation of adherence to therapy

Assessment Guidelines

Assessment of all Outcomes may be undertaken using open-book, extended response questions. This Outcome may be assessed separately or it could be integrated with Outcomes 1 and 2. An assessment checklist could be used to indicate that all of the Knowledge and/or Skills have been assessed.

If the Outcome is assessed separately, the candidate could be asked to produce an anonymised case study which describes the therapeutic needs of the individual and how the goals were agreed. The case study could include a description of the person's life style and how it affects the individual's feeling of wellbeing and the strategies the support worker used to ensure adherence to therapy.

Administrative Information

Unit code: F2GR 34

Unit title: Physiotherapy Support: Human Interaction

Superclass category: PJ

Original date of publication: August 2007

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Version	Description of change	Date

Source: SQA

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Higher National Unit specification: support notes

Unit title: Physiotherapy Support: Human Interaction

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is designed to provide an introduction to the ways that health is determined by people in society and how they interpret their own wellbeing. There will be opportunities to explore how the physiotherapist support worker — client interaction links to the values and beliefs of people. The Unit goes on to explore what motivates people and how communication skills can be utilised in a physiotherapeutic context, including expressing empathy, demonstrating caring, listening, and knowing when to pass information on to others.

Guidance on the delivery and assessment of this Unit

Outcome 1 focuses on how beliefs impact on a client's perception of their state of wellbeing. It provides candidates with the opportunity to explore how external factors may affect the wellbeing or otherwise of a range of clients.

In Outcome 2, candidates must be able to describe and analyse the difference between two models of health. They must refer to factors affecting a client's level of motivation and adherence within therapeutic settings.

Locus of control in the Knowledge and/or Skills refers to the extent to which the client feels that they have control over their condition and/or recovery, and has consistently been shown to be a predictor of recovery over and above, for example, adherence to exercise.

If Outcome 3 is assessed separately, candidates could be asked to produce an anonymised case study which describes the therapeutic needs of the individual and how the goals were agreed. The case study could include a description of the person's lifestyle and its effects on their feeling of wellbeing, as well as the strategies employed by the support worker to ensure adherence to therapy.

Assessment of all Outcomes may be undertaken using open-book, extended response questions. Each Outcome may be assessed separately or be integrated with the other Outcomes. An assessment checklist could be used to indicate that all of the Knowledge and/or Skills have been assessed.

Opportunities for developing Core Skills

The delivery and assessment of this Unit may contribute towards the component 'Written Communication' of the Core Skill of Communication at SCQF level 5. The general skills of the component are 'read, understand and evaluate written communication' for its reading element and 'produce well-structured written communication' for its writing element. Specific reading skills required by candidates at SCQF level 5 include identifying and summarising significant information, ideas and supporting details in a written communication, and evaluation of the effectiveness of the communication in meeting its purpose; and specific writing skills include presenting all essential ideas, information and supporting detail in a logical and effective order, and use of a structure which takes account of purpose and audience, emphasising the main points.

Higher National Unit specification: support notes (cont)

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For assessment of all Outcomes, candidates may be asked to complete extended response questions on various topics. The above skills may be utilised in producing responses covering such issues as determinants of health and the ways in which external factors can affect an individual's wellbeing in Outcome 1, or in Outcome 2 where candidates are required to analyse different models of health.

For Outcome 3, candidates may produce an anonymised case study describing the therapeutic needs of the individual and how goals were agreed. Production of a case study would also facilitate development of Written Communication.

Open learning

This Unit could be delivered by distance learning with tutor support and where open learning materials are available. However it would require tight planning and control by the centre to ensure the authenticity of candidate evidence. To keep the administrative burden to a minimum it is recommended that a single assessment such as a case study or report is used for open and distance learning.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

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- 3 Describe techniques used to motivate clients.

In the first Outcome you will explore the ways in which external factors affect the wellbeing or otherwise of an individual.

In Outcome 2 you will describe and analyse the difference between two models of health, looking at the factors affecting a client's level of motivation and adherence within therapeutic settings.

In Outcome 3 you will consider the techniques used to motivate clients, covering such topics as the principles of goal setting, the effect of lifestyle on individual beliefs and values and how these relate to adherence to therapy.

This Unit provides opportunities to develop the component 'Written Communication' of the Core Skill of Communication at SCQF level 5, although there is no automatic certification of Core Skills or Core Skills components.