



## Higher National Unit specification

### General information

**Unit title:** Maternal Health and Wellbeing (SCQF level 7)

**Unit code:** H5XF 34

**Superclass:** PH

**Publication date:** February 2014

**Source:** Scottish Qualifications Authority

**Version:** 01

### Unit purpose

This Unit has been developed to support the Refreshed Maternity Services Framework. This Unit reflects the areas of hospital and community based care within maternity care. It is designed to enable the candidate to develop a Knowledge and Understanding of the care environment within maternity services for women, babies and their families in relation to health and wellbeing, ensuring that the candidate will develop the necessary skills to deliver effective care under the guidance and supervision of a registered practitioner.

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Explain the barriers to health and wellbeing for women, infants and their families.
- 2 Investigate government targets and local policies and legislation in relation to maternal and infant health and wellbeing.
- 3 Investigate and evaluate health promotion campaigns that target maternal and infant health and wellbeing.

### Credit points and level

1 Higher National Unit credits at SCQF level 7: (8 SCQF credit points at SCQF level 7)

## **Higher National Unit specification: General information (cont)**

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### **Recommended entry to the Unit**

Although entry is at the discretion of the centre, it is recommended that candidates should have good Communication Skills, both written and oral. These can be evidenced either by the achievement of nationally recognised qualifications for example Higher English or a qualification equivalent to SCQF level 6 or by the completion of a pre-course interview part of which could take the form of a written assignment. In addition to this, candidates should preferably have worked in a related field or undertaken some work experience, paid or voluntary, in a care setting.

### **Core Skills**

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

### **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.

This Unit is included in the framework for HNC/HND. It also forms part of the PDA in Health and Social Care: Integrated Practice. It may also be suitable for delivery as a stand-alone Unit for candidates with a specific interest in this area, or those studying Healthcare, Social care or Social Sciences.

### **Equality and inclusion**

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements).

## Higher National Unit specification: Statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

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. Learners 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

Explain the barriers to health and wellbeing for woman, infants and their families.

#### Knowledge and/or Skills

- ◆ Barriers to health
- ◆ Economic, social, cultural and environmental barriers
- ◆ Factors influencing maternal and infant wellbeing
- ◆ Lifestyle influences

### Outcome 2

Investigate government targets and local policies and legislation in relation to maternal and infant health and wellbeing.

#### Knowledge and/or skills

- ◆ Government legislation, national and local policies and initiatives
- ◆ Impact of legislation, national and local policies and initiatives
- ◆ Safeguarding legislation and policies
- ◆ Statutory and non-statutory bodies/organisations and professionals in promoting/influencing promotion of health and wellbeing
- ◆ Role of the Maternity Support Worker

### Outcome 3

Investigate and evaluate health promotion campaigns that target maternal and infant health and wellbeing.

#### Knowledge and/or Skills

- ◆ Two models of Health Promotion
- ◆ National and local Health Promotion campaigns
- ◆ Health Promotion campaign relating to maternal and infant health and wellbeing.
- ◆ Poor Health Promotion responses
- ◆ Individual personal responsibility

## Higher National Unit specification: Statement of standards (cont)

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### Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

- ◆ Explain barriers to health and wellbeing.
- ◆ Investigate economic, social, cultural and environmental barriers to health and wellbeing in pregnancy and new-born.
- ◆ Investigate the factors influencing maternal and infant health and wellbeing.
- ◆ Explore the effect that lifestyle and personal choice has on maternal health and wellbeing.
- ◆ Investigate government priorities in improving maternal and infant health and wellbeing.
- ◆ Investigate local policies and legislation that target maternal and infant health and wellbeing.
- ◆ Identify the connection between the development of policy/legislation and the provision of care.
- ◆ Investigate legislation and local policies that protect children and vulnerable adults.
- ◆ Identify and describe the roles of the statutory and non-statutory bodies, including the Maternity Support Worker, that work to support improvements in maternal and infant health and wellbeing.
- ◆ Define health and health promotion in relation to current models.
- ◆ Investigate health promotion campaigns that target maternal and infant health and wellbeing.
- ◆ Evaluate the Outcome of two health promotion campaigns in terms of impact on health and wellbeing.
- ◆ Discuss reasons for poor response to health promotion campaigns.
- ◆ Explore personal responsibility in terms of health and wellbeing.



## Higher National Unit Support Notes

**Unit title:** Maternal Health and Wellbeing (SCQF level 7)

Unit Support Notes are offered as guidance and 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 enable the candidate to develop their Knowledge and Understanding of the challenges facing the government and professionals working to improve the life chances and choices and individuals. This is an important aspect of the role of the Maternity Support Worker/Maternity Assistant as they are likely to be in a prime position to promote positive health choices.

Whilst it is not an identified Learning Outcome it is strongly recommended that the delivery of this Unit is based upon the candidate having an understanding of the **10 Essential Shared Capabilities:**

- ◆ Working in Partnership
- ◆ Respecting diversity
- ◆ Practising ethically
- ◆ Challenging equality
- ◆ Promoting recovery, wellbeing and self- management
- ◆ Identifying people's needs and strengths
- ◆ Providing person-centred care
- ◆ Making a difference
- ◆ Promoting safety and risk enablement
- ◆ Development planning

It is recommended that the candidates gain a Knowledge and Understanding of the Capabilities and can see how these apply in the context of their professional practice and working environment.

The 10 Essential Shared Capabilities can be accessed at:

**[http://www.nes.scot.nhs.uk/media/351385/10\\_essential\\_shared\\_capabilities\\_2011.pdf](http://www.nes.scot.nhs.uk/media/351385/10_essential_shared_capabilities_2011.pdf)**

It is expected that candidates who are undertaking this PDA whilst in practice will evidence their ability to link theory to practice and record their clinical competence through either a:

- ◆ Record of Achievement
- ◆ Skills passport
- ◆ Competency Framework
- ◆ Learning Contract
- ◆ Reflective Portfolio

## Higher National Unit Support Notes (cont)

**Unit title:** Maternal Health and Wellbeing (SCQF level 7)

### Outcome 1

This Outcome requires that the candidate understand the 'barriers' to health that prevents positive health and wellbeing Outcomes. The candidate should develop knowledge of the family as a single Unit and health as perceived and experienced by the family itself.

They should consider why the health Outcomes for some groups in society differ greatly from others. They should consider this in the context of looking at health options as a whole and what health promotion endeavours to achieve. The candidate should explore a variety of different factors and inequalities that impact the health/wellbeing of the pregnant woman, the unborn child and the infant. Factors to be considered should include; economic, social, cultural and environmental influences. The candidate must take a holistic view and not just consider the external influences that affect health and health choices but also the physical, mental health, emotional health, social health, spiritual health and societal health of an individual and how all of these factors play a role in determining what prevents positive health Outcomes. The candidate must consider this in the context of what good health means for individuals and compare and contrast the influences that determine good health or poor health Outcomes.

The candidate should be able to understand and explain how these factors can determine the effect of poor health choices for the pregnant woman, the unborn baby and the infant.

The candidate should be able to recognise and explain the effects of housing, poverty, education, parenting skills, nutrition, play, access to health facilities including dental care have in relation to maternal and infant health and wellbeing.

### Outcome 2

This Outcome requires that the candidate understand and can discuss a range of legislation, national and local policies specifically in relation to maternal and infant health and wellbeing. This should include; *Scottish Government Equality Outcomes: Pregnancy and Maternity Evidence Review*, *Tackling Child Poverty in Scotland: A Discussion Paper (Scottish Government)*, *Better Health, Better Care: What it Means for You*, *A Refreshed Framework for Maternity Care in Scotland (Scottish Government)*, *Getting it Right for Every Child (GIRFEC)*, *The Early Years Framework*, *The 10 Essential Capabilities*, *The Early Years Collaborative*. This list is by no means exhaustive and the candidates should explore a wide range of policies and local initiatives. They should be able to discuss the wider issues of why these are of primary importance to the Government and to health and social care professionals in improving the prospects of the mother and life chances of the infant.

The candidate should relate and apply what they have learnt in Outcome 1 to advance their understanding of government policy and local initiatives.

The candidate should understand current Safeguarding legislation and policies in relation to Child Protection and the Protection of Vulnerable Adults. They should be able to relate the safeguards that are in place in their own work environment and be able to discuss their policies and procedures in place to limit risk.

## Higher National Unit Support Notes (cont)

**Unit title:** Maternal Health and Wellbeing (SCQF level 7)

Improving life choices and changes leading to positive Outcomes for parents and children, especially those who are disadvantaged is a priority for the government and as studied in Outcome 1 the challenges that organisations are presented with in finding strategies that work is not an easy task. The candidate should research a wide range of organisations: statutory, non-statutory and voluntary/third sector that prioritise promoting maternity and infant health and wellbeing. These organisations could include; *Children in Scotland, Social work Department, Children and Family Services, NHS Education for Scotland (NES), NSPCC, One Parent Family Scotland, Early Years — The Organisation for Young Children, Child in Mind, Barnardos*. The candidate should also explore the role of the professionals that work within these organisations. These could include: *Midwife, General Practitioners, Health Visitors, Public Health Nurses, Paediatricians or Social Workers but must include the Support Worker and Maternity Care Assistant*.

### Outcome 3

This Outcome requires the candidate to understand the rationale behind health promotion campaigns and activities. They should be able to apply this to practice by understanding the different models/approaches to health promotion. These include; *the Medical Approach, the Behaviour Change Approach, the Educational Approach, the Client-centred Approach and the Societal Change Approach*. The candidate should be able to apply the different approaches to recognised national campaigns. The campaigns do not require to be national initiatives, they can be local initiatives, however the candidate should be able to analyse the success of these in relation to improving better Outcomes in maternity and infant health and wellbeing. The candidate should then focus on two models of Health Promotion and evaluate the impact they have had in meeting health and wellbeing Outcomes and promoting government initiatives in relation to working towards/meeting government targets. They should be able to relate what they have learned in Outcomes 1 and 2. The candidates could include; *Adult and Infant Nutrition, Smoking Cessation, Maternal and Infant Drug and Alcohol Misuse, Domestic Violence, Infant Feeding, Parenting Skills and Child Protection*.

The candidate should be able to explain why some health promotion campaigns are more successful than others. They should take into consideration the type of the promotion, ie if this is a community promotion, social and cultural gaps, limited receptiveness, contradictory messages, limited understanding due to language or literacy difficulties.

The candidate should also explore the burden of responsibility in relation to health promotion and improvement. They should consider where responsibility lies for making positive health changes. They should consider the role of government and local authorities in setting targets and applying strategies and how realistic it is in placing timescales on the decisions they make. From what they have already learned they should be able to apply their knowledge to current and future national health concerns. The candidate must also focus on the responsibility of individuals for their own health and wellbeing and that of their unborn child and/or infant. They should consider life choices and chances and of breaking generational poor decision — making that inhibits many life opportunities for the mother and child.

## Higher National Unit Support Notes (cont)

**Unit title:** Maternal Health and Wellbeing (SCQF level 7)

### Guidance on approaches to delivery of this Unit

This Unit is most likely to be studied by candidates undertaking the Group Award. It is primarily designed to equip trainee maternity assistants with the underpinning Knowledge and Skills to work with patients with maternity care needs from a health improvement perspective.

Candidates should have an understanding of the role and scope of practice of the maternity care assistant.

This Unit is an options Unit within the Professional Development Award (PDA) in Developing Professional Practice in Health and Social Care at SCQF level 7. The Knowledge and Skills highlighted within this Unit provide a theoretical and practical base for further study. Each Outcome is mutually supportive of each other and builds on Knowledge and Skills in a sequential way. An understanding of each of the Outcomes will be required in order to evidence all the Outcomes of this Unit.

### Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of instruments of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferrable to work or further and higher education.

The assessment for this Unit could be assessed through one Project. This will allow the candidates to apply their knowledge holistically.

### Outcome 1, 2 and 3

This could be assessed through one integrated project that allows the candidate to demonstrate their understanding of the importance of promoting the maternity health and wellbeing of the mother and unborn child and/or infant. This would also allow the candidate to demonstrate their knowledge in relation to the challenges facing the government, local authorities, the NHS and individuals in improving life choices and opportunities. The candidate should be able to explore the role of the Maternity Support Assistant in relation to Health Promotion within their own working environment.

### Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).



## Higher National Unit Support Notes (cont)

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### Opportunities for developing Core and other essential skills

There are opportunities to develop the Core Skills of: *Communication* at SCQF level 6, *Problem Solving* at SCQF level 5, *Working with Others* at SCQF level 5, *Information and Communication Technology (ICT)* at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skill components.

*Communication* — will be evidenced via the candidate's work with individuals and groups as well as within written assessments.

*Problem Solving* — critical thinking, planning and organising, reviewing and evaluating will be evidenced through supervision in the candidate's workplace and within written assignments.

*Working with Others* — will again be evidenced in the candidate's ability to interact, communicate and negotiate with those with whom they come into contact and to work collaboratively with other professionals and individuals.

*Information and Communication Technology (ICT)* — could be evidenced by the use of standard applications to obtain and process information and data for assignments.

### Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)

## History of changes to Unit

Version	Description of change	Date

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## General information for learners

### Unit title: Maternal Health and Wellbeing (SCQF level 7)

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

This Unit is made up of five Outcomes and on completion of these you should be able to:

- 1 Describe the organisation and key functions of specific named body systems, relating their structure to function.
- 2 Identify and explain Anatomical and Physiological changes in relation to pregnant women and the new-born infant.
- 3 Develop and understanding of health and wellbeing of the pregnant women and baby.
- 4 Identify and understand the changes that occur in emergencies in maternity care and the role of the Maternity Care Support Worker.
- 5 Explain the implications of common medical conditions and the barriers to health and wellbeing for women, baby and their families.

**Outcome 1** will allow you to develop Knowledge and Skills of the organisation of named body systems. The candidate will be able to identify and locate the components of named body systems and describe the key functions relating their structure to function.

**Outcome 2** will allow you to develop Knowledge and Skills of the key changes in anatomical structures and physiological changes involved in a women's pregnancy. You will become familiar with common ailments along with signs and symptoms in order to support the registered practitioner with care provision.

**Outcome 3** will allow the candidate to develop an understanding of evidence based care in the support of health and wellbeing of the pregnant woman and infant. You will become familiar with current screening, surveillance and interventions in order to support the registered practitioner.

**Outcome 4** will allow the candidate to identify and understand the changes that occur in obstetric emergencies. You will be able to highlight the role of the maternity care assistant in supporting the multidisciplinary team in emergencies in maternity care.

**Outcome 5** will allow you to develop Knowledge and Skills of common medical conditions for mother and infant and the potential barriers to maintaining health and wellbeing for the woman, baby and their families. You will develop an understanding of parenting skills to support families.

Although entry is at the discretion of the centre it is recommended that you have previous work or voluntary experience working in a healthcare environment and are currently employed as a healthcare assistant. You should have an understanding of the role and scope of practice of the Maternity Care Support Worker.

The Unit is options Unit if you are studying for the Professional Development Award (PDA) in Health and Social Care: Integrated Practice at SCQF level 7. The Knowledge and Skills highlighted within this Unit provide a theoretical and practical base for further study.

You may be assessed using a range of assessment instruments which could include extended response questions and or short answer/multiple choice.