

T Level Health

Theme: Health and Wellbeing

TRIP: Holistic Delivery

Lesson resource linked to family case study

01

9.1 Changes in the approach to healthcare and how to support a person's health, comfort and wellbeing.

Session outline

In this session you will learn: How to support health and wellbeing in the healthcare sector. You will be introduced to changes in the approach to healthcare and learn how to support an individual's health and wellbeing at different stages of their life and in different situations.

You will also explore health promotion and the preventative agenda and how they are being used to promote and support health and wellbeing.

Aims and objectives

Aim: To understand changes in the approach to healthcare and how to support a person's health, comfort and wellbeing.

By the end of the lesson you will be able to:

- describe changes in the approach to healthcare
- explain how to support a person's health, comfort and wellbeing

Starter activity



Scenario – 9.1 case study

Task- read the case study.

Agnesta is trying to take care of the family and herself. She is an independent woman and is used to traditional family roles.

Her granddaughter (Tina) tries to explain that she doesn't have to do everything herself, that things have changed and that there is support available to help Agnesta and the rest of the family.

Scenario – 9.1 case study

Task- read the case study.

Agnesta is trying to take care of the family and herself. She is an independent woman and is used to traditional family roles.

Her granddaughter (Tina) tries to explain that she doesn't have to do everything herself, that things have changed and that there is support available to help Agnesta and the rest of the family.

Task one: mind map and research activity

- In pairs create a mind map of health and wellbeing.
- Feed back and share with other learners.
- Add to your mind map from the feedback and sharing exercise.
- Visit <https://www.nhs.uk/live-well/> and add more information to your mind map.



Task two: define health and wellbeing

- Research a definition of health and wellbeing and write it down.
- Compare your definitions of health and wellbeing in pairs.
- Discuss and agree on the best definition with the class.

Task three: create family cards

- Working in groups of four or five you will be allocated one family member.
- Use the case study to find out about that family member.
- Complete the A4 template for the family member.

Task four: case study application

- Use highlighters to identify the areas where your family member requires support for health and wellbeing.
- Swap family cards and, using the case study, select a different colour highlighter to add further areas of support to the other family members.
- By the end of the task you should have four different colours of highlighter on your case study and be familiar with all the family members.

Task four: case study application (continued)

Discuss:

- How could the support you identified help Agnesta and the family?
- What is the NHS Long Term Plan?

Healthcare

Task: research and discuss what has changed with regards to healthcare.

Throughout history illness and disease have been treated when they occur using operations, antibiotics and medication, etc.

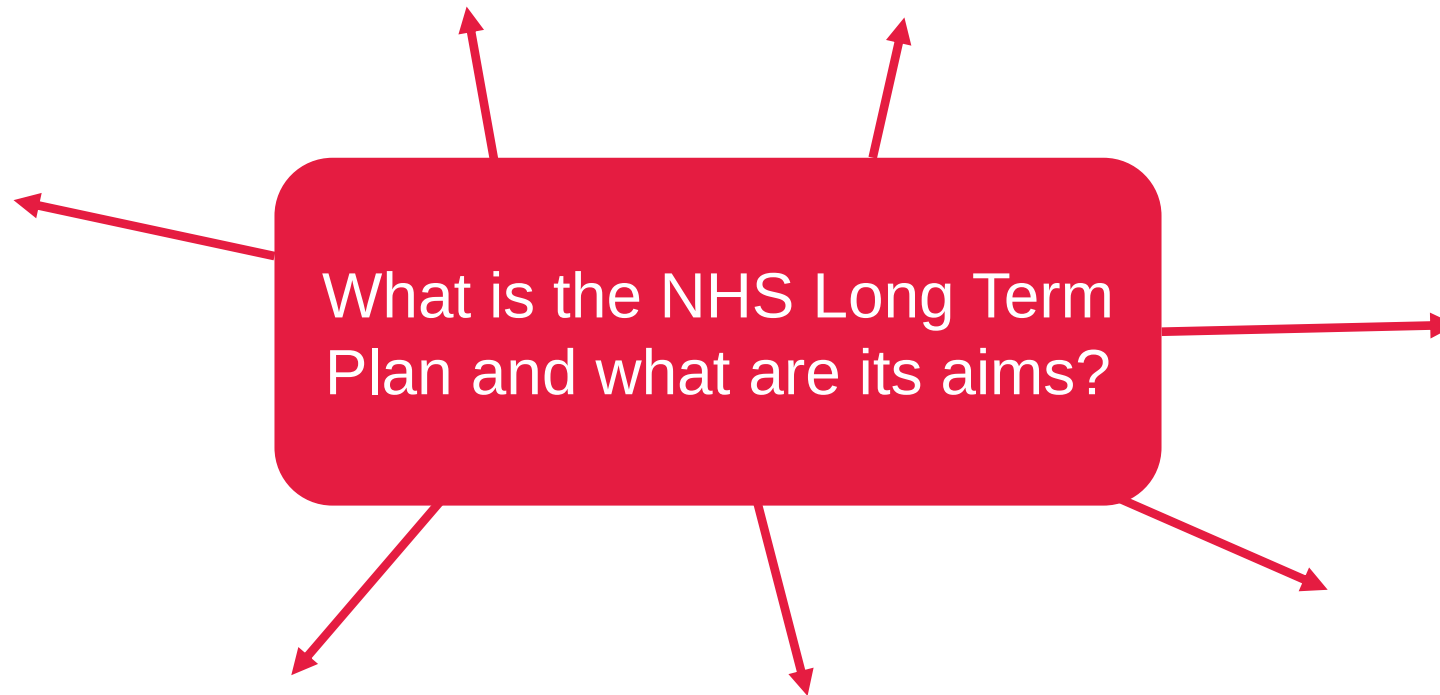
In the UK, the healthcare system has focused on treating people who are ill and making them better. Over the last few years there has been a change in this approach from purely treating illness to promoting health and wellbeing.

Health and wellbeing

Recent policy changes mean there is now more focus on the promotion of health and wellbeing and encouraging people to look after their own health to avoid illness.

The most recent policy is the NHS Long Term Plan.

Research: NHS Long Term Plan



NHS Long Term Plan

The NHS Long Term Plan has a strong focus on the treatment and prevention of illness by supporting patients to adopt improved healthy behaviours. This will help people to live longer, healthier lives and reduce the demand for and delays in treatment and care.

There is a focus on services to support patients to overcome tobacco addiction, treat alcohol dependence and to prevent and treat obesity – particularly in areas with the highest rates of ill health. The NHS Long Term Plan aims to support people to live longer, healthier lives through helping them to make healthier lifestyle choices and by treating avoidable illness at an early stage.

Reference - <https://www.longtermplan.nhs.uk/areas-of-work/prevention/treating-and-preventing-ill-health/>

Supporting a person's health, comfort and wellbeing

There are several ways in which a person's health, comfort and wellbeing may be supported:

- **collaborative approaches** across the healthcare sector, including with communities and individuals
- encouraging the **active involvement** of individuals to self-manage their health and wellbeing, taking lifestyle choices into account
- encouraging individuals to **make decisions** about the care, support and treatment they receive
- adopting a **person-centred approach** to support an individual's physical, intellectual, emotional and social wellbeing

Collaborative approaches

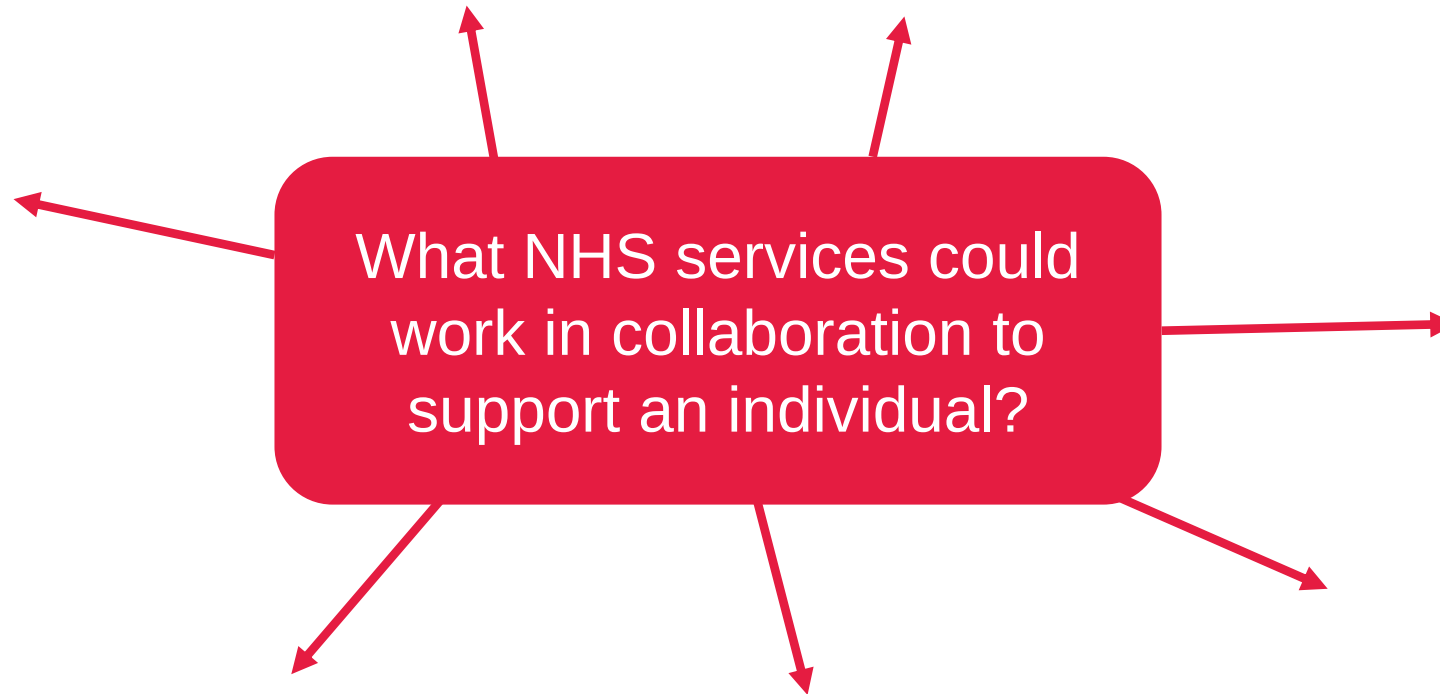
'A collaborative approach can improve communication, save time, reduce duplication of effort, improve working relationships and provide a better experience for people who use health and social care services'.

Reference: <https://www.england.nhs.uk/improvement-hub/wp-content/uploads/sites/44/2019/01/Building-Collaborative-Teams-workshop-guide-2014-1>

“Integrated/collaborative care and support... is the means to the end of achieving high quality, compassionate care resulting in better health and wellbeing and a better experience for patients and service users, their carers and families.”

Our Shared Commitment, May 2013

Task



Plenary

- List three things the NHS Long Term Plan is trying to help people to overcome.
- List the four ways in which a person's health, comfort and wellbeing are supported.

Plenary answers

- List three things the NHS Long Term Plan is trying to help people to overcome.

Tobacco addiction, treat alcohol dependence and to prevent and treat obesity

- List the four ways in which a person's health, comfort and wellbeing are supported.

Collaborative approaches, active involvement, making decisions and a person-centred approach

PRODUCED BY



Hopwood Hall has produced this resource on behalf of the Education and Training Foundation

FUNDED BY



This programme is funded by the Department for Education

ET-FOUNDATION.CO.UK