



## THEME 11

# Making decisions about your health

## Theme introduction

### Background

NHS England evidence shows that where people are actively involved in their own health, care, treatment and support they have better experiences of healthcare. They are also better able to stay well and can manage their own health conditions better.

This theme and the following theme ('Looking after yourself') can help learners develop skills which are essential to being involved in managing their own health and making informed decisions about their health, care and treatment.

These skills include knowing where and how to find information about health, assessing the reliability of health information, knowing when to seek help and feeling confident to discuss health concerns with health professionals; all key skills needed in order to be able to make good decisions about health and wellbeing.

### National targets/policies

There are a huge range of health-related targets and policies. For example: The NHS Five Year Forward View (2014) emphasised the importance of self-management and self-care and set out the following commitment:

*'... we will do more to support people to manage their own health – staying healthy, making informed choices of treatment, managing conditions and avoiding complications.'*

It is worth a brief search for the local and national policies and targets to give you an up to date context.

### This theme

The topics in this theme are:

- Information sources
- Asking questions
- Listening to people
- Discussing a health concern
- Attending an outpatient clinic

### Further information and suggestions

NHS.UK provides a range of information on health issues and services. There are also a wealth of organisations in the voluntary sector (VCSE) who provide information and services around health and wellbeing on specific issues and conditions.

## Mapping to Functional Skills/Core Curriculum

Topic	Functional Skills		Core Curriculum	
	English	Maths	Literacy/Language (L)	Numeracy (N)
1 Information sources	E3.9 E3.10 E3.12		Rt/E3.7 Rt/E2.3 Rt/E3.5	
2 Asking questions	E2.2 E2.2 E3.2 L1.2 L1.7		SLc/E2.2 SLc/E2.4 SLc/E3.4 SLc/L1.2 SLd/L1.3	
3 Listening to people	E3.1 E3.2 L1.1 L1.2		SLr/E3.3 SLr/E3.4 SLr/L1.1 SLlr/L1.3	
4 Discussing a health concern	E3.1 E3.3		Lr/E3.3 Lr/E3.4	
5 Attending an outpatient clinic	E3.1 E3.1		Lr/E3.3 Sc/E3.3	