

**SKILLS FRAMEWORK FOR HEALTHCARE
TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT**

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| TSC Category | Patient and/or Client Education and Health Promotion | | | | | |
| TSC | Health Education Programme Development and Implementation | | | | | |
| TSC Description | Plan, conduct and evaluate health education programmes to promote health and prevent illnesses | | | | | |
| TSC Proficiency Description | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 |
| | | | HCE-PEH-3003-1.1 | HCE-PEH-4003-1.1 | HCE-PEH-5003-1.1 | HCE-PEH-6003-1.1 |
| | | | Participate in health promotion activities to patients in the community and school health settings | Develop educational initiatives to promote health to patients in the community and school health settings | Initiate health promotion activities, and drive the adoption of health promotion | Synergise cross-disciplinary goals and outcomes to define population health objectives and advocate these outcomes at a national level to achieve the goal of a healthy society |
| Knowledge | | | <ul style="list-style-type: none"> • Factors influencing behaviour patterns that lead to poor health, diseases, disabilities and early death • Epidemiology of injury and disease risk factors • Interactions between people, their environments and the activities they accomplish in their daily lives • Habits and routines that promote the adoption and maintenance of healthy behaviours • Models of health promotion within the practice • Health promotion and health education strategies integrated into clinical practice • Educational initiatives that contribute to health promotion | <ul style="list-style-type: none"> • Epidemiology of injury and disease, risk factors, and factors influencing safety and injury prevention • Determinants of health • Principles of programme design and delivery • Trends in health promotion activities • Concepts and principles of health teaching | <ul style="list-style-type: none"> • Key areas for health promotion according to commonly occurring health issues identified by various professions • Barriers to the incorporations of promotional activities into nursing service including resistance to treatments and low self-efficacy in patients • Intervention models to engage patients • Programme management | <ul style="list-style-type: none"> • Government policies on health promotion • Population level outcomes • Population level interventions on health promotion and empowerment |
| Abilities | | | <ul style="list-style-type: none"> • Apply recommended models in carrying out health promotion activities • Assist in planning health promotion activities • Assist in evaluating effectiveness of health promotion activities | <ul style="list-style-type: none"> • Apply principles of health promotion with consideration of social determinants • Identify stages of change • Perform assessments for health risks • Incorporate healthy habits and routines into | <ul style="list-style-type: none"> • Oversee training of staff involved in the delivery of talks or workshops for health promotion • Identify barriers to the incorporation of health promotional activities into nursing care • Design intervention models to engage | <ul style="list-style-type: none"> • Partner with government agencies, unions, professional associations, social service organisations and non-profit organisations aimed at preventive, treatment and rehabilitative promotion to develop new and targeted |

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| | | | <ul style="list-style-type: none"> • Assist in running health promotion activities in public events • Promote health and well-being and occupational balance when working with patients and their caregivers | <p>daily activities for patients of all ages and abilities</p> <ul style="list-style-type: none"> • Provide solutions to psychological, social and environmental barriers that limit patients from engaging in healthy activities • Promote work-life balance and healthy lifestyles • Implement programmes on early identification of diseases | <p>patients on health promotion</p> <ul style="list-style-type: none"> • Train staff in health promotion • Design control strategies to prevent prevalent health issues in communities • Implement policies and programmes that enhances the physical and social environments • Evaluate outcomes of health promotion activities | <p>programmes for population groups</p> <ul style="list-style-type: none"> • Advocate the empowerment of community members to ensure that basic resources for healthcare are accessible for all • Determine outcome measures of population changes with the introduction of new health promotional activities |
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