

## HCPC student competition formative 2023,

- 30min learning session.
  - Exploring importance and different ways of maintaining your own **health & wellbeing as a health and care professional.**
  - Learning session target aim is students entering the health and care profession.
- 
- Narrated presentation – PowerPoint
  - Blue background? Like HCPC logo
  - Learning objectives to cover: what is the definition of health? Is an old man's health the same as a young boy? what does the HCPC say regarding health and wellbeing? Check standards of proficiency
  - Dive into who the HCPC are?
  - Link to quality patient care
  - Diagrams?
  - How to maintain your health= physical aspect (exercise (aids sleep, better appetite), healthy diet). Mental aspect (meditation, counselling, journalling)
  - Psychological= stress- link to memory problems? anxiety, impaired concentration (affects work), impaired judgement
  - Physical- getting sick more often, heartburn, increased bp, heart rate?
  - What not to do = using pills or drugs to cope? Triggering? Maybe do not include, smoking/alcohol, taking out stress on others, undereating- faint at work.
  - QUALITY OF PATIENT CARE – focus of health and care professionals, their health and wellbeing can also be detrimental to other patients and affect their care.
  - Scenarios linked to healthcare?
  - How to make it engaging? - animated pictures? Quiz? Task? - self-reflection task

## Writing

### Guidance on Health and Character September 2021;

We expect registrants to monitor their health and ensure they maintain their fitness to practise. Standard 6.3 of your Standards of conduct, performance, and ethics says: 'You must make changes to how you practise, or stop practising, if your physical or mental health may affect your performance or judgement, or put others at risk for any other reason.'

When we talk about 'health', we mean any health conditions which may affect either an applicant or a registrant's fitness to practise; that is, their ability to practise safely and effectively

the HCPC expects registrants to seek appropriate healthcare advice when they have health concerns and to follow the advice of medical professionals.

- The HCPC are a regulatory body for health and care professionals in the UK
- With the role to protect the public and their employees
- Have set standards of performance and education

- Take action if a concern is raised about a professional
- Health and pro must be able to meet hcpc standards for continuing professional development
- Why is health and wellbeing important as a health & care professional and a HCPC registrant.
- What can you do to manage your health? Can you adapt limit or make changes to ensure safe and effective practice. Can reasonable adjustments be made?