<table>
<thead>
<tr>
<th>TSC Category</th>
<th>Patient and/or Client Education and Health Promotion</th>
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<tbody>
<tr>
<td>TSC</td>
<td>Health Education Programme Development and Implementation</td>
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<tr>
<td>TSC Description</td>
<td>Plan, conduct and evaluate health education programmes to promote health and prevent illnesses</td>
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<thead>
<tr>
<th>TSC Proficiency Description</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
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<tr>
<td></td>
<td>HCE-PEH-3003-1.1</td>
<td>HCE-PEH-4003-1.1</td>
<td>HCE-PEH-5003-1.1</td>
<td>HCE-PEH-6003-1.1</td>
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<tr>
<td>Participate in health promotion activities to patients in the community and school health settings</td>
<td>Develop educational initiatives to promote health to patients in the community and school health settings</td>
<td>Initiate health promotion activities, and drive the adoption of health promotion</td>
<td>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</td>
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### Knowledge

- 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
- 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
- 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
- Government policies on health promotion
- Population level outcomes
- Population level interventions on health promotion and empowerment

### Abilities

- Apply recommended models in carrying out health promotion activities
- Assist in planning health promotion activities
- Assist in evaluating effectiveness of health promotion activities
- 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
- 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
- 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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| • Assist in running health promotion activities in public events | • Provide solutions to psychological, social and environmental barriers that limit patients from engaging in healthy activities | • Train staff in health promotion |
| • Promote health and well-being and occupational balance when working with patients and their caregivers | • Promote work-life balance and healthy lifestyles | • Design control strategies to prevent prevalent health issues in communities |
| • Implement programmes on early identification of diseases | • Implement programmes that enhances the physical and social environments | • Implement policies and programmes that enhances the physical and social environments |
| • daily activities for patients of all ages and abilities | • Evaluate outcomes of health promotion activities | • Evaluate outcomes of health promotion activities |
| • 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 | • programmes for population groups |