



# Declaration of Competence for the True NTH Exercise and Diet Pharmacy Intervention

## Introduction to the Declaration of Competence System

This Declaration of Competence System provides pharmacy professionals involved in providing the True NTH Exercise and Diet intervention with a framework to demonstrate to themselves, their employers and the University of Surrey that they have the skills and knowledge necessary to deliver the True NTH Exercise and Diet Intervention.

This Declaration of Competence is self-assessed and self-certified against both the core and service-specific competencies that are met with the support from the University of Surrey. The training materials for the True NTH Exercise and Diet Pharmacy Intervention have been developed by national experts and utilise Centre for Pharmacy Postgraduate Education (CPPE) training, assessment and competency framework as well as National Institute for Health and Care Excellence (NICE) guidance and Royal Pharmaceutical Society's public health standards.

If you are not able to answer yes to all of the **Declaration of Competence Statement** self-assessment questions, then you are not yet ready to deliver the service and should refer to the True NTH Exercise and Diet Site File, training materials or contact Dr Agnieszka Lemanska or Professor Sara Faithfull for support to further your learning and development.

## The content of this Declaration of Competence document

There are three parts to this Declaration of Competence document:

**Part 1. Learning and development.** Lists the service-specific training and CPPE learning and assessments that you should complete to achieve all the core and service-specific competencies for the service. **Please refer to the True NTH Exercise and Diet Training Book.**

**Part 2. The Declaration of Competence Framework.** Lists (according to the role) key service-specific competencies expected of pharmacy professionals delivering this service. **This will be completed during the Training Workshop that you will attend on the 19<sup>th</sup> April 2016.** You must ensure that you meet the competencies in Part 2 before signing your Declaration of Competence statement in Part 3.

**Part 3. Declaration of Competence Statement** is the final part of this Declaration of Competence document. You must print and sign it to acknowledge professional responsibility and that you are competent to deliver the True NTH Exercise and Diet Intervention.



## To complete the Declaration of Competence System you need to:

### 1. Complete Part 1

- Review and complete the suggested learning and assessment (Modules 1-5 in your Training Book). Document the dates of completion.
- If you have recently completed any of this learning as part of your CPD please document the date of completion and consider which areas of learning and development may need updating.
- Reflect on your previous learning and experience, watch the educational videos provided by the University of Surrey and relate the acquired knowledge to healthcare aspects of men with prostate cancer.

### 2. Complete Part 2 (this part will be completed during or after the Training Workshop)

- Attend the Training Workshop organised by the University of Surrey on the 19<sup>th</sup> April 2016.
- During the Training Workshop on the 19<sup>th</sup> April 2016 work through the Declaration of Competence Framework (Part 2). Use knowledge and skills gained during the workshop and support it with any other learning, training or experience that you have acquired during your CPD.
- Complete each relevant section of the Declaration of Competence Framework (Part 2) to document that you meet all the competencies.
- If you cannot complete all the competencies outlined in Part 2 to your own satisfaction then you should revisit relevant training or undertake appropriate additional learning. This may include referring to the True NTH Exercise and Diet Training Book, Site File or the SOPs.

### 3. Sign the Declaration of Competence Statement (Part 3)

This is pre-populated together with this Declaration of Competence document. Use the True NTH Exercise and Diet Training Book and other training resources listed in your Training Book.

- University of Surrey will collect and keep the signed Declaration of Competence Statement.
- Keep the copy of signed Declaration of Competence Statement on the pharmacy premises and make it available to employers, University of Surrey and others when requested.



## Part 1. Learning and development

Please refer to your **True NTH Exercise and Diet Training Book** for details and training resources related to each module.

**Table 1** contains details of the core CPPE learning and assessments available to support you in meeting the core professional competencies within the framework. They are linked to service-specific competencies and Modules in your Training Book. This part is required by pharmacists only.

**Table 2** contains details of the True NTH Exercise and Diet service-specific Modules designed to help develop your skills and knowledge to satisfy the self-assessment.

Information of additional learning acquired related to items listed in table 1 and 2 can be entered in **Table 3**.

**Table 1 Learning and assessments to meet core competencies (pharmacists only)**

Training/learning	Source	Module in the Training Book	Date completed
CPPE Men's health distance learning and e-assessment	CPPE	Module 1	
CPPE Vascular risk and the NHS health check program e-learning and e-assessment	CPPE	Module 2	
CPPE Consultation skills for pharmacy practice: taking a patient-centred approach distance learning and e-assessment	CPPE	Module 3	

**Table 2 True NTH Exercise and Diet modules and workshops to meet core service-specific competencies**

Training/learning	Source	Module in the Training Book	Date completed
True NTH Exercise and Diet – Assessment	Training book Workshop	Module 4	
True NTH Exercise and Diet – Advice	Training book Workshop	Module 5	



**Table 3 Additional learning completed**

You can complete training courses and workshops delivered by other trainers, provided they deliver the equivalent knowledge and learning outcomes as the CPPE programmes listed in Table 1. You should list non-CPPE learning and assessment you have completed in the table below. Please also list any practical training courses attended.

Training/learning/ assessment	List competencies covered	Date completed



## Part 2. Declaration of Competence Framework

**Table 4. Service specific competencies for non-pharmacist staff**

<p><b>You will be able to gain the knowledge and skills required to satisfy each competency during the training event (see Training Book for details). Please indicate the date when each competency is completed and obtain a signature of an assessor.</b></p>	<p><b>Date completed</b></p>	<p><b>Signature of the assessor</b></p>
<p>1. Able to measure weight, height, waist circumference and hip circumference and take blood pressure readings?</p>		
<p>2. Safely performs tests using finger-pricked blood samples (using point-of-care testing) for measuring cholesterol and blood glucose and knows how to dispose of waste?</p>		
<p>3. Able to evaluate patients' safety and ability to exercise using Physical Activity Readiness Questionnaire (PAR-Q) and can perform with a patient physical activity behaviour assessment using Godin Leisure Time Exercise Questionnaire (GLTEQ)?</p>		
<p>4. Can perform physical assessments: grip strength and chair sit to stand tests (30 seconds and 60 seconds), for measuring lower and upper body strength?</p>		
<p>5. Safely performs physical assessment Siconolfi Step Test for assessing fitness?</p>		



**Table 5. Service-specific competencies for pharmacists**

**You should be able to answer yes to each of these competency questions and provide supporting evidence. Are you able to/do you:**

1. Confidently interpret the results of the tests (including cardiovascular risk using QRisk2), understand their limitations and effectively communicate these results to the patient?

Yes, because I have:

2. Effectively communicate with patients using appropriate motivational interviewing techniques, including goal setting and to assess readiness to change?

Yes, because I have:

3. Deliver and explain the personalised plan of the exercise and diet advice for men?

Yes, because I have:

4. Have the working knowledge of when to refer patients to appropriate services (pharmacy stop smoking service, local weight management service) or to other appropriate healthcare professionals?

Yes, because I have:

5. Able to effectively conduct both telephone follow-ups (first week as well as the six week) and final consultation and document it appropriately?

Yes, because I have:



### Part 3. Declaration of Competence Statement

**I declare that (please tick, as appropriate):**

- I have completed the underlying True NTH Exercise and Diet core and service specific learning outlined in Part 1 designed to help develop my skills and knowledge to satisfy the self-assessment (pharmacists only).
- I have completed the Declaration of Competence Framework and meet all the service-specific competencies outlined for my role in Part 2
- I have a working knowledge of the documents related to provision of the service such as Site File and Service Specification documentation from the University of Surrey and I have reviewed relevant SOPs.
- I am able to support and develop the pharmacy team in the safe and effective delivery of the True NTH Exercise and Diet service.
- The information above is a true representation of my learning and assessment and I have the necessary knowledge and skills to provide the True NTH Exercise and Diet.

**Signature of pharmacist / non-pharmacist staff (delete as appropriate):**

Print name: .....

Role: .....

Signature: ..... Date: .....