



### TOPIC 3

# Finding out about health concerns

## Topic introduction

### Background

This and the following topic ('Self-care') help learners to find out more about their own health and the health of family members. With this increased knowledge and confidence, learners are better equipped to take part in a dialogue with a GP or other health professional.

### National targets / policies

The 2006 Department of Health white paper *Our health, our care, our say* emphasises the importance of self-care and how the NHS can support people to manage their own health:

*'There will be more support for people with long-term needs. People with long-term conditions will be supported to manage their conditions themselves with the right help from health and social care services. At the moment, half the people with long-term conditions are not aware of support or treatment options and do not have a clear plan that lays out what they can do for themselves to manage their condition better. If people have a clear understanding of their condition and what they can do, they are more likely to take control themselves.'*<sup>1</sup>

### This topic

The themes in this topic are:

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

### Further information and suggestions

The Expert Patients Programme is a self-management course giving people the confidence, skills and knowledge to manage their condition better and be more in control of their lives ([www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk)).

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1. [www.dh.gov.uk/PolicyAndGuidance/OrganisationPolicy/Modernisation/OurHealthOurCareOurSay/fs/en](http://www.dh.gov.uk/PolicyAndGuidance/OrganisationPolicy/Modernisation/OurHealthOurCareOurSay/fs/en)

## Mapping to the core curriculum

Topic 3 Finding out about health concerns				
Theme	Literacy	Language	Numeracy	Page references
Information sources	Rt/E2.3, Rt/E3.5, Rt/E3.7			227–232
Asking questions	SLc/E2.2, SLc/E2.4, SLc/E3.4, SLc/L1.2, SLd/L1.3			233–241
Listening to people	SLr/E3.3, SLr/L1.1, SLr/E3.4, SLr/L1.3			242–250
Discussing a health concern		Lr/E3.3b, Lr/E3.4a		251–262
Attending an outpatient clinic		Sc/E3.3b, Lr/E3.3b		263–271