

## NHS Health Checks

Step	Date	Time	Venue
1	Prior to Tuesday 17 <sup>th</sup> June 2025	1 hour	E-learning to be completed
2	Tuesday 17 <sup>th</sup> June 2025	2pm – 5pm	<a href="#">Join the meeting now</a> Meeting ID: 350 090 419 267 Passcode: dm9S7oN6
1	Prior to January 2026 (date tbc)	1 hour	E-learning to be completed
2	January 2026 tbc	9.30 – 1pm	Face to face Stockport venue TBC

\*Please note both components of the training are required for completion

### Target Audience:

This training is for anyone who is involved with the delivery of NHS Health Checks: GPs, Nurse Practitioners, Practice Nurses, Nurse Associates, Assistant Practitioners and Health Care Assistants.

### Course Overview:

This training session is just being updated, but will include what the NHS Health Checks are, why they are so important and how to have conversations about behaviour change with patients.

The training will include approximately 1 hour's e-learning to be undertaken prior to attendance at a half day interactive session, either on Teams or Face to Face.

The training will cover:

- Why do we need NHS Health Checks
- Techniques to encourage behaviour change with Dr Joe Delaney
- Lifestyle interventions, local services and resources to support the individual to make a change - with the Stockport START team
- The essential elements of the NHS Health Check
- Available tools to help you complete the NHS Health Check fully
- Communication skills and resources to help discuss the risk score

**Learning Outcomes:** Upon successful completion of the course delegates will:

- Understand the NHS Health Check programme
- Be able to explain the requirements of the NHS Health Check
- Understand the process behind gathering, recording and inputting the data to calculate a cardiovascular risk score, and the EMIS tools available to support this.
- Recognise individuals at risk of heart disease, but also identify those who are hypertensive, have an irregular pulse, diabetes, pre-diabetes or impaired glucose regulation
- Be able to describe lifestyle interventions appropriate to each individual's needs and signpost and refer appropriately
- Understand the conditions that block motivation and which prevent individuals with long term conditions from changing to more positive and healthier behaviour
- Consider why people with long term conditions find it difficult to maintain long term goals
- Consider the use of a set of simple tools to encourage patients in to wanting to change

**Trainer:** Eleanor Banister, Public Health Intelligence & Early Intervention & Prevention Lead and Public Health Colleagues, Stockport Council and Dr Joe Delaney, Independent Consultant in Lifestyle Medicine

**Cost:** This course is free of charge for those working in Stockport General Practice.

**Booking Information:** Bookings for this course should be made via Ticket Tailor, using this booking link – <https://buytickets.at/nhsgreatermanchestersstockport/1658719>.

External delegates can book via e-mail to [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net).

Enquires can be made via [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) or 07393 798115.

Please note when you book, details of how to access the e-learning will be sent to you.

**Terms and Conditions:** Please note that it is an employer's responsibility to ensure that individuals employed in any patient facing role (including receptionists) are up to date with the recommended vaccinations for healthcare staff as outlined in the Green Book <https://www.gov.uk/government/publications/immunisation-of-healthcare-and-laboratory-staff-the-green-book-chapter-12>

Please see full Terms and Conditions outlined in the GP Learning & Development Portfolio.

**Virtual Sessions:** Please note these sessions may be recorded and shared with others working across Stockport in Health & Social Care. If you attend these sessions, we will assume, you consent to the event being recorded and shared. If you have any concerns around this please email [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net).

**Non-Attendance/Cancellation:**

The department is sympathetic to issues which may arise, however, if an individual is unable to attend an event for any reason, the learning and development team should be contacted via e-mail on [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) as soon as possible to cancel or defer the booking. Cancelling may enable another individual to attend instead which will help ensure best use of our resources.

If you have any enquires please email [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) .