

Declaration of Competence for pharmacy services

Adult Weight Management Service

(with or without supply of prescription-only medicines using a patient group direction)

The Declaration of Competence system

A separate document entitled *A guide to using the Declaration of Competence (DoC) system* is published on the CPPE website. It contains more information about the DoC system, how to use it and how to complete the DoC statement. If you are new to DoC or would like a reminder of this information, visit the [CPPE website](#).

Keeping up to date

To provide the **Adult Weight Management Service** you should complete the following Declaration of Competence framework at least every **two years**.

Revalidation

Working through the DoC framework encourages self-reflection on practice and peer review and provides a structured approach to supporting pharmacy professionals with CPD and revalidation requirements. For more information about revalidation and to record your entries, visit www.mygphc.org

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Section A – Declaration of Competence framework

Note: Although you may not be preparing to deliver a commissioned service for Weight Management, the Declaration of Competence system can be used as a development tool to ensure you are competent in this subject area, as part of your daily practice.

Core competencies

1. Do you meet or are you **actively**¹ working towards the Consultation Skills for Pharmacy Practice: Practice Standards for England, as determined by Health Education England?

Yes, because I have:

2. Do you meet the competencies expected of all healthcare professionals with regard to safeguarding children and vulnerable adults?

Yes, because I have:

¹ If you confirm that you are 'actively working towards' the standards, you are declaring that you are undertaking the relevant learning and CPD to meet the standards. It is expected that you will have accessed the standards and associated learning to meet this requirement and that you will complete the assessment within 12 months of signing the Declaration of Competence statement.

As a pharmacy professional you should continuously seek to develop your consultation skills throughout your career and, therefore, this topic should regularly feature in your CPD plan. To access the assessment, go to the [CPPE website](#). If you have not yet completed the assessment, you should be able to provide evidence of the consultation skills learning you have undertaken.

Service-specific competencies: Are you/Do you?

Statements should be supported by appropriate evidence whenever possible. If the learning you have completed applies to more than one competency then you do not need to repeat this information. You can use this table for your own self-assessment purposes; you only need to submit this part of the DoC if your commissioner asks for it.

LEVEL 1

This level covers the provision of the Adult Weight Management Service without the supply of prescription-only medicines (POM) under a patient group direction (PGD).

a. Do you understand the epidemiology of obesity and local and national weight management strategies?

Yes, because I have undertaken the following:

b. Can you describe the role of diet and physical activity in helping to modify overweight/obesity prevalence as a function of age, gender, ethnic origin and social class?

Yes, because I have undertaken the following:

c. Can you explain the health risks of being overweight/obese and the benefits of maintaining a healthy weight?

Yes, because I have undertaken the following:

d. Can you describe the factors that affect people's eating behaviour and appreciate why reducing weight can be difficult?

Yes, because I have undertaken the following:

e. Are you able to determine a person's degree of overweight/obesity using appropriate equipment and metrics to monitor changes in weight?

Yes, because I have undertaken the following:

f. Are you able to assess a person's readiness to lose weight and willingness to modify behaviour to achieve and maintain the appropriate target?

Yes, because I have undertaken the following:

g. Are you aware of the effectiveness of the range of behavioural support (e.g. cognitive behavioural therapy and motivational techniques), medication, activity plans and weight loss products and have you read national guidelines, including NICE guidance, about these?

Yes, because I have undertaken the following:

h. Do you understand how to select the most appropriate intervention for each individual person, including referral pathways to other primary/secondary care specialist services, where necessary?

Yes, because I have undertaken the following:

i. Are you able to support and advise clients appropriately and sensitively through effective communication and relationship-building skills?

Yes, because I have undertaken the following:

j. Are you able to offer brief interventions and motivational interviews with the aim of supporting behavioural change and to support people in dealing with lapses and plateaus?

Yes, because I have undertaken the following:

k. Are you able to support and develop the pharmacy team in the delivery of a safe and effective service?

Yes, because I have undertaken the following:

SPECIMEN

Commissioner requirements

Consider the following commissioner requirements. If you are a pharmacist and wish to deliver the Level 2 service using a patient group direction please complete this section before moving on to the additional competencies for Level 2.

Action	Competency	Date completed
Have a working knowledge of the most recent service documents relating to provision of the service, including: <ul style="list-style-type: none"> the service specification claims procedures etc. 	m, n	
Have a working knowledge of the current PGD and agree to work under its provisions.	m, n	
Review and/or develop relevant standard operating procedures (SOPs) and policies in your practice	k	

Practical training for the Adult Weight Management Service

The commissioner of this service may include mandatory practical training as part of the service specification. Please enter details of any practical training attended in the table below.

Training/learning/competencies/assessment (list below)	List competencies covered from DoC framework
Title of practical training: Practical training provider: Date practical training completed:	

LEVEL 2 (pharmacist only)

This level lists the additional competencies required where the Adult Weight Management Service uses PGDs.

The following competencies expand on the Level 1 service and should be met in addition to Level 1 competencies in order to provide the Level 2 service. This section is restricted to pharmacists only.

l. Do you understand the pharmacotherapy for the full range of available medicine(s) and the appropriate clinical guidance (eg, NICE)?
Yes, because I have undertaken the following:

m. Can you satisfy the NICE competency framework for health professionals using PGDs, including understanding the legal implications and professional responsibility of using a PGD?
Yes, because I have undertaken the following:

n. Are you able to demonstrate knowledge of the clinical content of the relevant PGD(s)?
Yes, because I have undertaken the following:

Section B – Recommended learning and assessment

Table 1.1 contains details of the learning and assessment available to support you in meeting the core professional competencies within the self-assessment framework.

Table 1.2 contains details of CPPE learning programmes and assessments you can use to help develop your skills and knowledge to satisfy the service-specific competencies in the self-assessment framework.

Table 1.3 provides information on other associated learning.

Information relating to learning acquired from other training providers can be entered in Table 1.4.

1.1 Learning and assessment to support you to meet core competencies

Training/learning	Core competencies linked to the DoC framework
CPPE <u>Consultation skills for pharmacy practice: taking a patient-centred approach</u> distance learning	1
CPPE <u>Consultation skills: what good practice looks like</u> e-learning	1
<u>Consultation Skills for Pharmacy Practice</u> website	1
CPPE <u>Consultation skills for pharmacy practice</u> e-assessment	1
CPPE <u>Culturally competent communication in person-centred care</u> e-learning	1
elearning for healthcare <u>Safeguarding adults Level 1</u>	2
elearning for healthcare <u>Safeguarding adults Level 2</u>	2
elearning for healthcare <u>Safeguarding children Level 1</u>	2
elearning for healthcare <u>Safeguarding children Level 2</u>	2
CPPE <u>Safeguarding children, young people and adults: Level 2 case studies for pharmacy professionals</u> e-learning	2
Health Education England <u>Spotting the signs of child sexual exploitation</u>	2

1.2 CPPE programmes, workshops and assessments you could access if required

Training/learning	Service-specific competencies linked to the DoC framework
CPPE <u><i>Weight management for adults: understanding the management of obesity</i></u> e-learning programme	a, b, c, d, e, f, g, h, i
CPPE <i>Weight management</i> e-assessment	a, b, c, d, e, f, g, h, i

1.3 Other associated learning you may wish to access

Training/learning	Service-specific competencies linked to the DoC framework
<u>NICE PH42: <i>Obesity: working with local communities</i></u>	g, h
<u>NICE PH53: <i>Weight management: lifestyle services for overweight or obese adults</i></u>	g, h
<u>NICE CG43: <i>Obesity prevention</i></u> Note: there are partial updates to CG43 at this link, which refer to further NICE guidance: NG7, CG189 and PH53	g, l
<u>Public Health England guidance. <i>Adult weight management: short conversations with patients</i></u>	j
<u>Public Health England (via BMJ Learning). <i>Motivational interviewing in brief consultations</i></u>	j
<u>elearning for healthcare: All our health: Adult obesity</u>	a, c, i, k
<u>NICE MPG2: <i>Patient group directions</i></u>	m
<u>NICE competency framework for health professionals using patient group directions</u>	m
Locally commissioned workshop based on the CPPE <i>Weight management</i> workshop with the addition of information and role plays regarding a local patient group direction	m, n
<u>elearning for healthcare: Patient Group Directions</u>	m

1.4 Learning and assessment completed from other training providers

You can complete training courses and workshops delivered by other trainers, provided that they deliver the equivalent knowledge and learning outcomes to meet the competencies in Section A (as with the CPPE programmes listed). You should list non-CPPE learning and assessments you have completed in the table below.

Training/learning/competencies/assessment (list below)	List competencies covered from DoC framework

SPECIMEN

Specimen Declaration of Competence statement to provide an Adult Weight Management Service

Pharmacy professional:	John Smith
GPhC number:	20202020

CPPE learning and assessment

The above pharmacy professional has accessed the following learning and successfully completed the listed assessment(s) from the Centre for Pharmacy Postgraduate Education (CPPE).

Adult Weight Management Service

This section will list personalised information on CPPE learning programmes and assessments and dates accessed and completed.

NB: e-learning and distance learning programmes are verified by successful completion of the associated assessments.

Learning and assessment completed from other providers (please add below)

Declaration by pharmacy professional: I declare that (please tick, as appropriate):

I meet the underlying professional core competencies outlined in statements 1 and 2.	
I have completed the self-assessment of service-specific competencies framework for the Weight Management Level 1 Service (non-PGD) and answered yes to ALL of the statements a to k.	
I have reviewed the local policies and documentation from commissioners for this service and reviewed and/or developed relevant SOP(s) in my practice.	
The information above is a true representation of my learning and assessment.	
I have the necessary knowledge and skills to deliver the Adult Weight Management Service and can demonstrate these skills.	
Level 2 for PGD services only: I am a pharmacist who will supply treatment under the PGD element of the service and have completed the self-assessment of service-specific competencies framework and answered yes to statements 1 to n.	
Level 2 for PGD services only: I am a pharmacist and have signed and attached a copy of the relevant PGD(s) for this service which cover(s) the supply of the following medicine(s):	

Signature of pharmacist/pharmacy technician (delete as appropriate):

Date: