Learner’s Evidence

Tracking Log

**NCFE CACHE Level 2 Certificate in Mental Health Awareness (600/6134/0)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

**Unit 01 Understanding mental health (T/504/0482)**

**You will:**

Know what is meant by mental health and mental ill-health

**You can:**

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| **1.1 Define what is meant by mental health and mental ill-health** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the components of mental well-being** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe the risk factors associated with developing mental health problems** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Identify examples of mental health problems** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 01 Understanding mental health (T/504/0482) (cont’d)**

**You will:**

Understand the impact of mental health care becoming more community based

**You can:**

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| **2.1 Describe how mental health care has changed with the move towards community care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Explain the impacts of the changes in mental health care** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Explain the difficulties individuals with mental health problems may face in day-to-day living** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 01 Understanding mental health (T/504/0482) (cont’d)**

**You will:**

Understand the social context of mental illness

**You can:**

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| **3.1 Describe social and cultural attitudes to mental illness** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Describe media attitudes to mental illness** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Explain the impact of these attitudes on individuals and their care**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 01 Understanding mental health (T/504/0482) (cont’d)**

**You will:**

Understand the legal context of mental illness

**You can:**

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| **4.1 Identify relevant legislation in relation to mental illness** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Outline the implications in legislation for the provision of care to an individual with mental health problems** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Outline legal provisions for individuals who are unable to make decisions for themselves due to mental health problems**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.4 Outline the legal issues around confidentiality and data protection in relation to individuals with mental health problems** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Understanding stress (M/504/0481)**

**You will:**

Understand the term ‘stress’

**You can:**

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| **1.1 Define the term ‘stress’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand possible causes of stress

**You can:**

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| **2.1 Describe 3 possible causes of stress** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand what stress feels like and how it can affect an individual

**You can:**

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| **3.1 Describe a time when you have felt under stress and explain what it felt like** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 02 Understanding stress (M/504/0481) (cont’d)**

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| **3.2 Describe how stress can affect an individual** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand that demands of daily life can contribute to feelings of stress

**You can:**

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| **4.1 Describe internal and external demands in life which may result in stress** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how stress may be managed and know some of the resources available to support the individual experiencing stress

**You can:**

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| **5.1 Describe steps that could be taken to reduce stress in life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe local support available to individuals experiencing stress** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding anxiety (Y/504/0488)**

**You will:**

Understand the terms ‘anxiety’ and ‘panic attack’

**You can:**

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| **1.1 Define the term ‘anxiety’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe what is meant by a ‘panic attack’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand possible causes of anxiety

**You can:**

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| **2.1 Describe 3 possible causes of anxiety** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding anxiety (Y/504/0488) (cont’d)**

**You will:**

Understand what anxiety feels like and how it affects the individual, their friends and family

**You can:**

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| **3.1 Describe a situation where you have experienced anxiety and explain what it felt like** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Describe how anxiety can affect an individual**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Describe how a person’s anxiety may affect their friends and family**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand that different ways of thinking and behaving can affect anxiety

**You can:**

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| **4.1 Describe what happens in a cycle of negative thinking** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 03 Understanding anxiety (Y/504/0488) (cont’d)**

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| **4.2 Select a situation that could cause anxiety and describe how an individual’s personality and outlook on life could help or hinder the situation**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how anxiety may be managed and know some of the resources available to support the individual experiencing anxiety

**You can:**

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| **5.1 Describe 3 examples of self-help for anxiety** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe 3 enjoyable activities which may help an individual manage anxiety**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.3 Describe local resources and treatments that would be available to individuals experiencing anxiety problems** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 04 Understanding phobias (H/504/0493)**

**You will:**

Understand the term ‘phobias’

**You can:**

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| **1.1 Define the term ‘phobia’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the 2 main groups of phobias** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe 3 examples of specific and social phobia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the possible causes of phobia

**You can:**

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| **2.1 Describe 3 possible causes of a phobia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understanding phobias (H/504/0493) (cont’d)**

**You will:**

Understand what a phobia feels like

**You can:**

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| **3.1 Describe a time when you felt fearful and explain how it felt** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how a phobia affects the individual, their life and their friends and family

**You can:**

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| **4.1 Describe how a specific phobia could prevent someone leading a normal life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Describe how agoraphobia could prevent someone leading a normal life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Describe how a person’s phobia may affect their friends and family**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 04 Understanding phobias (H/504/0493) (cont’d)**

**You will:**

Understand how phobias may be managed and know some of the resources available to support the individual experiencing a phobia

**You can:**

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| **5.1 Describe 5 examples of self-help for phobias** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe 4 examples of possible treatments for phobias**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.3 Describe details of the local resources and treatments that would be available to an individual experiencing a phobia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding depression (M/504/0495)**

**You will:**

Understand the term ‘depression’

**You can:**

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| **1.1 Define the term ‘depression’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Differentiate between feeling low and clinical depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the possible causes of depression

**You can:**

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| **2.1 Describe 3 possible causes of depression** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding depression (M/504/0495) (cont’d)**

**You will:**

Understand what depression feels like

**You can:**

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| **3.1 Describe what depression feels like** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how a person with psychotic depression may be affected

**You can:**

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| **4.1 Describe 3 factors especially associated with psychotic depression** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how depression affects the individual, their life and their friends and family

**You can:**

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| **5.1 Describe 5 examples of how depression may affect the individual and their life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 05 Understanding depression (M/504/0495) (cont’d)**

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| **5.2 Describe how a person’s depression may affect their friends and family** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand that demands of daily life can maintain depression

**You can:**

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| **6.1 Describe the demands of daily life that may contribute towards maintaining depression** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how depression can be managed and know some of the resources available to support the individual experiencing depression

**You can:**

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| **7.1 Describe local resources and treatments that would be available to an individual experiencing depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.2 Identify the resources and treatment required to manage a person with psychotic depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 06 Understanding post-natal depression (T/504/0496)**

**You will:**

Understand the term ‘post-natal depression’

**You can:**

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| **1.1 Define the term ‘post-natal depression’**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Differentiate between the terms ‘baby blues’ and ‘post-natal depression’**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the causes of post-natal depression

**You can:**

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| **2.1 Describe 6 possible risk factors for developing post-natal depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Describe 3 possible causes of post-natal depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 06 Understanding post-natal depression (T/504/0496) (cont’d)**

**You will:**

Understand what post-natal depression feels like

**You can:**

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| **3.1 Describe what post-natal depression feels like** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand puerperal psychosis

**You can:**

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| **4.1 Describe special features of puerperal psychosis** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how post-natal depression affects the mother, the friends and family and impacts on bonding with the baby

**You can:**

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| **5.1 Describe some of the best ways post-natal depression affects the mother, including bonding with her baby**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 06 Understanding post-natal depression (T/504/0496) (cont’d)**

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| **5.2 Describe how post-natal depression can affect friends and family**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand that preparation for the birth can help reduce the risk of post-natal depression

**You can:**

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| **6.1 Describe the preparations for birth that may reduce the risk of post-natal depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how post-natal depression may be managed and know some of the resources available to support the mother experiencing it

**You can:**

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| **7.1 Describe 3 self-help measures for post-natal depression** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.2 Describe 3 possible treatments for post-natal depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understanding post-natal depression (T/504/0496) (cont’d)**

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| **7.3 Describe local resources and treatments that would be available to an individual experiencing post-natal depression**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how puerperal psychosis may be managed

**You can:**

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| **8.1 Describe the resources and treatments a person with puerperal psychosis would require**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 07 Understanding bipolar disorder (L/504/0553)**

**You will:**

Understand the term ‘bipolar disorder’

**You can:**

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| **1.1 Define the term ‘bipolar disorder’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the causes of bipolar disorder

**You can:**

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| **2.1 Describe 3 possible causes of bipolar disorder** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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Understand what bipolar disorder feels like

**You can:**

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| **3.1 Describe what bipolar disorder feels like** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 07 Understanding bipolar disorder (L/504/0553) (cont’d)**

**You will:**

Understand how bipolar disorder affects the individual, their life and their friends and family

**You can:**

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| **4.1 Describe some of the ways bipolar disorder affects the individual and their life**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Explain how bipolar disorder may affect their friends and family** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand that demands of daily life can influence the presentation of symptoms of bipolar disorder

**You can:**

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| **5.1 Describe some demands of daily life that may influence symptoms of bipolar disorder**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe how these demands of daily life may influence symptoms of bipolar disorder** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 07 Understanding bipolar disorder (L/504/0553) (cont’d)**

**You will:**

Understand how to recognise the symptoms of bipolar disorder to ensure stability

**You can:**

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| **6.1 Give3 examples of symptoms which may occur in a manic and depressive episode**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how bipolar disorder may be managed and know some of the resources available to support the individual experiencing it.

**You can:**

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| **7.1 Give 4 examples of medical intervention for bipolar disorder**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.2 Describe ways in which an individual with bipolar disorder can help to manage their illness when entering a manic and depressive episode** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **7.3 Describe ways in which family and friends can help the individual with bipolar disorder to manage their illness**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 07 Understanding bipolar disorder (L/504/0553) (cont’d)**

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| **7.4 Describe local resources and treatments that would be available to an individual experiencing bipolar disorder**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 08 Understanding schizophrenia (M/504/0562)**

**You will:**

Understand the term ‘schizophrenia’

**You can:**

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| **1.1 Define the term ‘schizophrenia’**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how media representation of schizophrenia can create confusion about the illness

**You can:**

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| **2.1 Describe how newspaper and TV coverage may cause fear and misunderstanding with regard to schizophrenia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the causes of schizophrenia

**You can:**

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| **3.1 Describe 3 possible causes of schizophrenia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 08 Understanding schizophrenia (M/504/0562) (cont’d)**

**You will:**

Understand what schizophrenia feels like

**You can:**

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| **4.1 Describe what schizophrenia feels like**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand how schizophrenia affects the individual, their life and their friends and family

**You can:**

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| **5.1 Describe some of the ways schizophrenia affects the individual and their life**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Describe how schizophrenia may affect their friends and family**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 08 Understanding schizophrenia (M/504/0562) (cont’d)**

**You will:**

Understand how schizophrenia may be managed and know some of the resources available to support the individual experiencing it

**You can:**

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| **6.1 Give 4 examples of possible intervention for schizophrenia** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.2 Describe ways in which the individual with schizophrenia can help manage their illness**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.3 Describe ways in which family and friends can help the individual with schizophrenia to manage thir illness** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **6.4 Describe local resources and treatments that would be available to an individual experiencing schizophrenia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 09 Understanding dementia (A/504/0564)**

**You will:**

Understand the term ‘dementia’

**You can:**

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| --- |
| **1.1 Define the term ‘dementia’**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| --- |
| **1.2 Identify 4 of the most common types of dementia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the causes of dementia

**You can:**

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| --- |
| **2.1 Describe 3 possible causes of dementia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 09 Understanding dementia (A/504/0564) (cont’d)**

**You will:**

Understand what dementia feels like

**You can:**

|  |
| --- |
| **3.1 Describe what dementia feels like**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |

**You will:**

Understand how dementia affects the individual, their life and their friends and family

**You can:**

|  |
| --- |
| **4.1 Describe some of the ways dementia may affect the individual and their life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Describe how dementia may affect an individual’s friends and family**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 09 Understanding dementia (A/504/0564) (cont’d)**

**You will:**

Understand how dementia may be managed and know some of the resources available to support the individual experiencing it

**You can:**

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| --- |
| **5.1 Describe possible interventions for dementia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| --- |
| **5.2 Describe ways in which family and friends can help the individual with dementia to manage their illness**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.3 Describe the local resources and treatments that would be available to an individual experiencing dementia**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 09 Understanding dementia (A/504/0564) (cont’d)**

**You will:**

Understanding factors – including own actions – which may adversely affect a person with dementia

**You can:**

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| **6.1 Describe why a person with dementia may be adversely affected by unconsidered actions or words of the carer**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Unit 10 Understanding eating disorders (R/504/0571)**

**You will:**

Understand the term ‘eating disorders‘

**You can:**

|  |
| --- |
| **1.1 Give a definiation of eating disorders**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| --- |
| **1.2 Describe 3 possible types of eating disorders**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the causes of one specific eating disorder

**You can:**

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| --- |
| **2.1 Describe 3 possible causes of a specific eating disorder**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |

**Unit 10 Understanding eating disorders (R/504/0571) (cont’d)**

**You will:**

Understanding factors – including own actions – which may adversely affect a person with dementia

**You can:**

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| --- |
| **3.1 Describe what one specific eating disorder feels like**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |

**You will:**

Understand how one specific eating disorder may affect the individual, their life and their friends and family

**You can:**

|  |
| --- |
| **4.1 Describe some of the ways a specific eating disorder may affect the individual and their life** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| --- |
| **4.2 Explain how a specific eating disorder may affect an individual’s friends and family** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |

**Unit 10 Understanding eating disorders (R/504/0571) (cont’d)**

**You will:**

Understand how a specific eating disorder may be managed and know some of the resources available to support the individual experiencing it

**You can:**

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| --- |
| **5.1 Describe possible medical interventions for a specific eating disorder** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **5.2 Explain what you could do to help an individual recover from a specific eating disorder** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| --- |
| **5.3 Describe local resources and treatments that would be available to an individual experiencing an eating disorder** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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