

<b>Job Title</b>	<b>Health Promotion Professional</b>
<b>Manager</b>	<b>Health Check Manager</b>
<b>Contract</b>	<b>18 month full-time fixed term contract with possibility of extension</b>

The Irish Heart Foundation is Ireland’s national charity dedicated to fighting heart disease and stroke. Every hour someone in Ireland suffers a stroke and every day hundreds of people are diagnosed with heart conditions. The lives of these people are often cut tragically short. Many are left with disabilities. Almost 9,000 die from heart conditions and stroke every year in Ireland making cardiovascular disease one of the nation’s biggest killers. We work to turn this around – support people to live healthy lives and avoid cardiovascular disease, but also to support people living with heart conditions and stroke.

We are looking for a compassionate, patient-centred person with excellent health promotion knowledge and skills. The ideal person will have first-hand experience of working with disadvantaged communities and be comfortable working on a one-to-one and group basis in the GP practice setting. This role will be of interest to someone who is passionate about supporting lifestyle behaviour change and self-management and excited by the opportunity to play a part in this innovative project.

### **The Role**

This role forms part of a broader project: ‘Chronic Disease Management High Risk Prevention Programme – Maximising its Impact’, funded by the HSE. The project aims to co-design, deliver and evaluate a cardiovascular lifestyle behaviour change pilot programme for patients in disadvantaged communities who are identified by the high-risk prevention programme. One objective is to compare and contrast the impact and long-term cost effectiveness of behaviour change programmes delivered by appropriately trained practice nurses with similar programme led by a health promotion professional.

The role entails rotating between three GP practices (one day per week in each practice) delivering six x weekly sessions to 12 patients per practice. The remaining two days per week will focus on follow up phone calls and administration. It is planned that there will be eight x six-week modules in one year.

### **Key Responsibilities**

- Following recruitment of suitable patients by the GP practice, the health promotion professional will organise and deliver structured health coach interventions focusing on cardiovascular risk factors, in person and/or by phone/online to a minimum of 216 patients over 12 months. Group sessions may be required, depending on the co-design outcomes.
- Using health promotion knowledge and skills to set goals and motivate behaviour change on a lifestyle risk factor, as identified by the individual patient
- Build a professional relationship with the staff in each general practice

- Schedule dates and times and carry out a series of follow up phone calls at 3, 6 and 9 months with individual patients.
- Recruit patients to the closed Facebook group following completion of the six-week programme.
- Support practice nurse training, as necessary
- Adhere to all relevant project protocols.
- Regular liaison with the Health Check Manager including submission of reports
- Working with the IHF Health Promotion Team regarding the design and roll out of each of the CVD lifestyle risk factor interventions
- Responsible for all data management
- Become familiar with local support services and signpost project participants to services, as required

### **Skills and Experience Required**

#### **Education**

A relevant third level qualification in Health Promotion, or allied health discipline. Minimum 5 years relevant experience preferably in health promotion, particularly community health.

#### **Skills**

- Fluent written and spoken English. Awareness of health literacy practices.
- Strong experience in delivery of health promotion programmes/interventions
- Knowledge of health behaviour change models and techniques such as goal setting, prompt of feedback/review of behaviour, self-monitoring, planning social support.
- Motivational Interviewing/Brief intervention skills required
- Ability to build client rapport, to listen and have empathy
- Demonstrate experience of working with disadvantaged communities
- Demonstrate an understanding and current knowledge of CVD risk factors and relevant interventions
- Strong logistical and planning capabilities are essential.
- Ideally have ENGAGE men's health training and be familiar with taking a gendered approach
- Excellent data entry and report writing skills with exceptional attention to detail.
- Flexibility including out of hours.
- Strong communication (verbal and written) and interpersonal skills.
- Knowledge of General Data Protection Regulation guidelines
- Strong computer and MS Office skills.
- A self-motivated person with strong administration, communication and time management skills.
- Ability to represent the Irish Heart Foundation in a professional manner at all times.
- Membership of the Health Promotion Practitioners' register and the Association for Health Promotion Ireland is desirable.



**Details of Role and Application process**

*This is a full-time role, Monday to Friday for a one year fixed term contract. The role is based in the Irish Heart Foundation's offices in Rathmines, Dublin. Currently staff are working remotely and the successful candidate will be supported to work remotely initially according to public health guidelines.*

*To apply please provide an up to date curriculum vitae and cover letter outlining how you suit the post by email to Siobhan Browne, HR Consultant*

***Email: [hr@irishheart.ie](mailto:hr@irishheart.ie)***

*The closing date for this position is **Friday October 30<sup>th</sup> 2020***

**The Irish Heart Foundation is an equal opportunities employer.**

***The Irish Heart Foundation has a no smoking policy. Employees are not permitted to smoke whilst undertaking any duties on behalf of the Foundation.***