

40486**Recognise key characteristics and impacts of heart disease**

Kaupae Level	3
Whiwhinga Credit	10
Whāinga Purpose	<p>This skill standard is intended for people who work in health, disability, or community support settings roles, and need foundational and contextual knowledge to support people with long-term conditions.</p> <p>People credited with this skill standard are able to; determine the key characteristics of heart disease; discuss its prevalence in Aotearoa New Zealand; identify strategies and medical treatment, and recognise potential impacts on a person and their whānau and caregivers.</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Determine the key characteristics of heart disease.	a. Identify and summarise the most common types of heart disease.
	b. Explain the role of the heart in circulation and how heart disease affects heart function.
	c. Identify common symptoms of heart disease that require urgent action and assessment.
	d. Assess heart disease risk factors and common links to other long-term conditions.
2. Discuss the prevalence of heart disease in Aotearoa New Zealand.	a. Identify the prevalence of heart disease in Aotearoa New Zealand.
	b. Identify population groups in Aotearoa New Zealand who are at most risk of developing heart disease.
	c. Examine how specific risk factors contribute to the higher prevalence of heart disease in certain population groups.
	d. Discuss the implications of risk factors on public health strategies and healthcare services in Aotearoa New Zealand.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
3. Identify strategies and medical treatments used to manage heart disease.	a. Identify and review strategies used to prevent heart disease and manage its symptoms.
	b. Identify and summarise common medical treatments for heart disease.
	c. Identify and review strategies used to manage and reduce the impact of heart disease post-diagnosis.
	d. Determine potential barriers to effective self-management of heart disease as a long-term condition.
	e. Identify support services in Aotearoa New Zealand which can be involved in the long-term management of a person's heart disease.
4. Recognise potential long-term impacts of a heart disease diagnosis for a person, their whānau, and caregivers.	a. Determine the potential long-term impacts of a heart disease diagnosis on a person's quality of life.
	b. Determine the potential long-term impacts on whanau and caregivers of a person diagnosed with heart disease.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

Assessment specifications:

Assessment against Learning Outcome 4 may be undertaken as a case-study, or, in a supervised work environment, with a person diagnosed with heart disease.

Ngā momo whiwhinga | Grade available

Achieved.

Ihirangi waitohu | Indicative content

- Heart disease as a range of conditions that affect the heart structure and function.
- Key risk factors, including high blood pressure, high cholesterol, smoking, lack of exercise, diet, alcohol, age, family history, genetics.
- Prevention, including diet, regular exercise, smoking cessation, weight management, blood pressure and cholesterol management, diabetes management.
- Management of symptoms, including medication, lifestyle, regular medical checkups, symptom monitoring, stress management.
- Heart disease statistics in Aotearoa New Zealand including total cases and trends.
- Identification of population groups with higher rates of heart disease.
- Socio-economic and environmental factors that contribute to higher prevalence of heart disease.
- Regional variation in heart disease across Aotearoa New Zealand.

- Early diagnosis and intervention – regular screening for at-risk individuals, lifestyle changes, medical intervention.
- The role of health professionals in education and early intervention.

Rauemi | Resources

- Heart Foundation (n.d.). *How the heart works*. Available at <https://www.heartfoundation.org.nz/your-heart/how-the-heart-works>
- Manatū Hauora / Ministry of Health (2024, April 22). *NZ health statistics*. Available at <https://www.health.govt.nz/nz-health-statistics>
- World Health Organization (n.d.). *Cardiovascular diseases*. Available at https://www.who.int/health-topics/cardiovascular-diseases#tab=tab_1

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Health, Disability, and Aged Support > Core Health
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	27 February 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaioara.nz to suggest changes to the content of this skill standard.