Promoting health and preventing ill health

Reference: PFN Last Updated: 29/10/2026

In this guide

- Outcomes:

Nursing associates play a role in supporting people to improve and maintain their mental, physical, behavioural health and wellbeing. They are actively involved in the prevention of and protection against disease and ill health, and engage in public health, community development, and in the reduction of health inequalities.

Outcomes:

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The proficiencies identified below will equip the newly registered nursing associate with the underpinning knowledge and skills required for their role in health promotion and protection and prevention of ill health.

At the point of registration, the nursing associate will be able to:

2.1understand and apply the aims and principles of health promotion, protection and improvement and the prevention of ill health when engaging with people

2.2promote preventive health behaviours and provide information to support people to make informed choices to improve their mental, physical and behavioural health and wellbeing

2.3describe the principles of epidemiology, demography, and genomics and how these may influence health and wellbeing outcomes

2.4understand the factors that may lead to inequalities in health outcomes

2.5understand the importance of early years and childhood experiences and the possible impact on life choices, mental, physical and behavioural health and wellbeing

2.6understand and explain the contribution of social influences, health literacy, individual circumstances, behaviours and lifestyle choices to mental, physical and behavioural health outcomes

2.7explain why health screening is important and identify those who are eligible for screening

2.8promote health and prevent ill health by understanding the evidence base for immunisation, vaccination and herd immunity

2.9protect health through understanding and applying the principles of infection prevention and control, including communicable disease surveillance and antimicrobial stewardship and resistance.