# Commentary Writing Guidance and Template

**You name:** *Very important that you write your name on each commentary*

**Commentary number:** *You will write three evenly sized commentaries each containing 10 to 12 standards*

**Commentary title:** *This needs to be descriptive and place you in it*

For example: ‘My role coordinating a project aiming to promote weight loss, increase physical activity and increase nutritional understanding in young people in Puddletown’.

**Standards claimed.** *You will claim approximately one third of the standards in each commentary. Each standard is claimed only once. Standards can be addressed in any order – whatever makes the most sense for the ‘story’.*

For example: Standards claimed 2.1, 2.2, 2.3, 2.4, 5.1, 5.3, 6.1, 6.2, 6.3, 7.7, 8.1

**National context**

*This sets the context for the work and is usually three or four paragraphs long (about half a page). Write in the third person, in an academic style, using a correct referencing style. (Any referencing style is acceptable, but it must be accurate and consistently used). Explain the issue, discuss the national policy context and national data.*

For example:

Obesity is a major public health issue. Obesity, poor diet and inactivity levels can lead to an increased risk in some types of cancers. Cancer Research UK estimate that being an unhealthy weight, inactive or having a poor diet is estimated to cause up to 52, 200 cases of cancer in the UK each year (Cancer Research UK 2017). Other diseases associated with being overweight are type 2 diabetes, hypertension and cardiovascular disease. Reduced life expectancy is also a reality, with being overweight causing anything from 2 to 10 years in lost life. The estimated cost of obesity on society is £27 billion; this includes medication, sick days, and social care and NHS costs, by 2050 the cost to society is estimated to rise to £50 billion (PHE 2017).

More deprived populations tend to have higher obesity prevalence and this inequalities gap is widening. For example, prevalence of obesity shows a pattern of increase over time among the most deprived Year 6 children whereas prevalence has remained relatively stable or is decreasing among the least deprived children (Kings Fund 2021).

The ‘New specialised support to help those living with obesity to lose weight’ (Department of Health and Social Care 2021) suggests that ……….

**Local context**

*Explain what is happening in your local area. What are the policy drivers? What does the data suggest? Again, this will be about two or three paragraphs (less than half a side), written in the third person and referenced.*

**The project**

*If you are writing about your work role, you may* ***not*** *need this paragraph. If you are writing about a specific project, explain what it is, how it came about and what it aims to achieve. One paragraph, in the third person.*

**Your role**

*From now on always use the first person. Describe your role in this project/piece of work. This will be different to other people. Write about one paragraph.*

**Your objectives.**

*These are your personal objectives for this piece of work (again they will be different to other team members). Write four to six bullet points. This will help you to confirm which standards you are going to write about. From these objectives, your assessor should be able to see what the focus is for this commentary. This is an important section and worth spending time thinking about. Refer back to your self-assessment form.*

For example:

**Personal objectives:**

* Undertake a needs analysis in Puddletown regarding obesity and physical inactivity by collecting and analysing data and information to develop interventions based on the community’s needs - *This would relate to standards 2.1, 2.2, 2.3, 2.4*
* Work collaboratively with other teams and organisations to improve nutritional knowledge and to increase physical activity of the target populations - *This would relate to standards 6.1, 6.2, 6.3*
* Be an active member of the local Healthy Lifestyle Alliance, supporting the development, implementation and monitoring of the Healthy Eating and Physical Activity Strategies - *This would relate to standards 5.1.and 5.3*
* Deliver health and wellbeing workshops using a range of communication styles to engage and educate the target populations about nutrition, physical activity and general health and wellbeing - *This would relate to standard 8.1*

The above is often referred to as the ‘front sheet’. Your first task will be to write a front sheet for each commentary.

**The standards:**

The next step is to start to address the standards. Use a table format for this. Use one row for each standard. In the description you must always demonstrate the source of your **knowledge**. This must be evidenced with something that says you did it ie a certificate and something that says what you learned i.e. module descriptor, or learning objectives. It is really important that you demonstrate your **understanding**. (What does this standard mean? Why is it so Important?). This does not need additional evidence as the assessor will be able to read what you have written here. Finally, you need to demonstrate your **application**. (How did you apply this knowledge and understanding in this piece of work?). The evidence for application must place you in it. For example, it could be a report that you have written or contributed to, an email that you have received or sent, minutes of a meeting that you contributed to, your supervision notes, an anonymised case study for example.

For example:

|  |  |  |
| --- | --- | --- |
| **Standard** | **Description** | **Evidence** |
| 2.1 | *Explain the source of your* ***knowledge*** *for this standard. Always read the full description of the standard in the UKPHR Supporting Information document.*  For example:  In the ‘Physical Activity and Health’ module of my BSc in ‘Health, Exercise and Physical Activity’ I learned how to identify data and information requirements for public health and about the main epidemiological terms and concepts. Please see Ev1 BSc certificate and Ev2 Physical Activity and Health module descriptor.  *Demonstrate your* ***understanding****. What does this standard mean? Why is it so Important?*  For example:  Epidemiology is the study of the distribution, frequency and determinants of health problems and disease in human populations. In public health, epidemiological evidence is used to identify health problems, at risk groups and the effectiveness of preventative measures and interventions. The key functions of epidemiology are ……….  *You do not need evidence for this, your understanding should be clearly demonstrated in what you write.*  *Demonstrate how you have* ***applied*** *this knowledge and understanding in this project. You must provide evidence to support this.*  For example:  As part this project, I used the epidemiological evidence including population and demography data from the Joint Strategic Needs Assessment, ward profile data from Public Health Puddletown and local area data from the 2011 census provided by the local authority. I used this data to develop a needs analysis in regard to physical inactivity and obesity. I then used the needs analysis to inform the interventions I designed and developed. The needs analysis addressed hospital admissions from …….. as well as mortality from preventable causes such as ……. at a local level. Please see Ev3 Healthy Living Needs Analysis.  ***NB – The evidence for application must be your own ie this Practitioner wrote the Needs Analysis*** | Ev1 BSc in Health, Exercise and Physical Activity’ certificate  Ev2 Physical Activity and Health module descriptor  Ev3 Healthy Living Needs Analysis |
| 5.1 | **Knowledge, Understanding, Application** |  |

**Personal reflection**

Once all the claimed standards have been addressed, write a reflection about the project and your role in it. Use the first person. How well did you meet your objectives? (Refer back to the four to six bullet points). What went well? What went less well? What did you learn? What would you do differently next time? This is usually about half a side.

**Table of evidence**

You now need to insert a table of evidence. Fifty per cent of your evidence needs to be from the last five years and your assessor needs to be able to calculate that, so ensure that each piece of evidence is dated. Be consistent. If Ev1 is BSc in Health, Exercise and Physical Activity’ – certificate, then it is **ALWAYS** called Ev1 BSc in Health, Exercise and Physical Activity – certificate, no matter where it is used or which commentary it is used in.

You may find that in commentary one, the evidence is in consecutive order, however in commentaries two and three the numbering will not be consecutive as you may be using evidence of knowledge from commentary one (such as a degree certificate) plus new evidence for that commentary. This is OK!

|  |  |  |
| --- | --- | --- |
| **Evidence** | **Description** | **Date** |
| Ev1 | BSc in Health, Exercise and Physical Activity - certificate | June 2019 |
| Ev2 | Physical Activity and Health module descriptor | June 2019 |
| Ev3 | Healthy Living Needs Analysis | May 2020 |

**References**

Finally, insert your references. You can use any correct referencing style.

Now read through and carefully check your work for spellings, sense and typos.

**Good luck!**