

SFHAL18

Provide psychosocial support for individuals with allergy and their families



Overview

Psychosocial support for individuals and families where a family member has an allergic condition is provided by healthcare practitioners, members of individual support organisations, expert voluntary organisations and specialist counsellors. The benefit is to promote understanding and effective management of an individual's allergy compatible with their lifestyle to prevent social isolation and enhance psychological wellbeing. It is important to develop mutual trust so that the individual and families will be able to make and contribute to informed decisions about the treatment, care and social management of an individual's allergy.

This standard is based on a partnership approach as the best way to achieve this. Practitioners will need to consider both individual and family approaches, respecting confidentiality within families and ensuring age-appropriate responses.

Users of this standard will need to ensure that practice reflects up to date information and policies.

SFHAL18

Provide psychosocial support for individuals with allergy and their families

Performance criteria

You must be able to:

- P1 explore the impact of managing allergy on day to day living for the individual with allergy and their family members
- P2 explore how the family manages the individual's risk of exposure and reaction and how they cope with that risk
- P3 offer family members the opportunity to meet health care staff, either with the individual with allergy or separately
- P4 identify information and support needs for the individual with allergy, their family members and social network through
 - P4.1 discussion of their understanding of the allergy, trigger factors and risk of exposure
 - P4.2 responsibilities and actions to be taken in an emergency
 - P4.3 any problems in allergy management in family/social contexts
- P5 enable informed choice through provision of information, discussion of risks and responsibilities, and negotiation of an individualised management plan
- P6 encourage family members to speak openly and honestly about their thoughts and feelings, ensuring confidentiality within families
- P7 explore beliefs that the individual with allergy and family members may have about the allergy and its management and discuss alternative perspectives and strategies
- P8 help the individual with allergy and family members to normalise and rationalise their reactions to the diagnosis and the long and short term consequences of allergy
- P9 help the individual with allergy and family members to understand, predict and cope with the social impact of long-term allergy through a tailored approach and discussion of strategies for managing social situations
- P10 explore the financial impacts of long-term allergy and facilitate access to financial support if indicated
- P11 help the individual with allergy and family members to achieve an understanding of self-management and when/how to access appropriate support and advice from healthcare practitioners and voluntary organisations
- P12 work towards agreement within the family about realistic responsibilities around risk taking
- P13 support individuals to learn to minimize risk while enabling them to lead a full life
- P14 explore the impact of allergy on career choices
- P15 offer support and liaison to create good lines of communication between the individual with allergy and their schools, workplaces, clubs etc.

SFHAL18

Provide psychosocial support for individuals with allergy and their families

- P16 identify on-going support needs and discuss resources available, including written material, support organisations, voluntary organisations
- P17 refer the individual with allergy and family members for more specialised help if necessary

SFHAL18

Provide psychosocial support for individuals with allergy and their families

Knowledge and understanding

You need to know and understand:

- K1 common allergic conditions and their presentation
- K2 common allergic conditions and their manifestations in multiple organ systems
- K3 severe allergic conditions, their development and risks
- K4 the effect allergy can have on the quality of life
- K5 the impact of allergy on morbidity and mortality
- K6 pharmacological management of allergic disease
- K7 information on local and national support organisations
- K8 benefits and charitable support available
- K9 reliable evidence-based and unbiased information and educational resources about allergy
- K10 stages of human development, including childhood and adolescence and their impact on response to allergy
- K11 the psychological impact of allergy, at diagnosis and in the long term
- K12 how individual beliefs and expectations impact on risk-taking and non-adherence across the age range
- K13 how to promote effective self-management by working in partnership with individuals and their families
- K14 family dynamics and how to negotiate change
- K15 the social, cultural and economic factors which may impact on psychosocial wellbeing in individuals with allergy and families and resources available
- K16 how to negotiate effectively with individuals and families
- K17 age appropriate teaching/learning/facilitation

SFHAL18

Provide psychosocial support for individuals with allergy and their families

Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

SFHAL18

Provide psychosocial support for individuals with allergy and their families

Developed by	Skills for Health
---------------------	-------------------

Version number	1
-----------------------	---

Date approved	June 2010
----------------------	-----------

Indicative review date	June 2012
-------------------------------	-----------

Validity	Current
-----------------	---------

Status	Original
---------------	----------

Originating organisation	Skills for Health
---------------------------------	-------------------

Original URN	AL18
---------------------	------

Relevant occupations	Health, Public Services and Care; Healthcare and Related Personal Services
-----------------------------	--

Suite	Allergy Services
--------------	------------------

Key words	Conflicting information, normalisation, risk management
------------------	---
