

## SFHCHDHA11

# Monitor and evaluate individuals' exercise and physical activities



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### Overview

This standard is about monitoring and evaluating individuals' exercise and physical activities, ensuring they are adapted in response to individuals' changing needs, abilities and circumstances.

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

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### Performance criteria

*You must be able to:*

- P1 clearly explain the purpose of monitoring the exercise and physical activity programme to individuals and others significant to them
- P2 agree how and when exercise and physical activities will be monitored
- P3 communicate effectively with others involved
- P4 measure the effectiveness of the exercise/physical activity programme and the individual's progress using outcome measures, and record appropriately
- P5 review and adapt the exercise/physical activity programme in response to the motivation and progress of the individual
- P6 clearly and accurately record the individual's response to exercise and adaptations to the exercise/physical activity programme
- P7 advise and inform individuals about the benefits of maintaining long term independent exercise and physical activities
- P8 provide individuals with useful contacts and make referrals to other services where required
- P9 keep others involved in individuals' care informed about individuals' progress, in line with confidentiality agreements

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### Knowledge and understanding

*You need to know and understand:*

- K1 how to ask questions, listen carefully and summarise back
- K2 how to adapt communication styles in ways which are appropriate to different people (eg culture, language or special needs)
- K3 how to assess potential health and safety risks
- K4 how to provide constructive feedback
- K5 how to measure outcomes to assess the impact of agreed plans
- K6 how to effectively negotiate with individuals, family members, carers and other professionals
- K7 how to explore differing views on progress and aim to find a consensus on required future action
- K8 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K9 the bio-psycho-social model of health
- K10 the coronary heart disease process and major diagnoses (eg angina, myocardial infarction, heart failure)
- K11 the potential bio-psycho-social impact of CHD on individuals and their families
- K12 how to define cardiac risk stratification (ie low, medium or high) and its role in cardiac rehabilitation
- K13 the potential interaction of CHD and co-morbid conditions
- K14 drugs commonly used in the treatment of CHD and their potential side effects
- K15 the effects of drugs on the exercise response
- K16 how to tailor exercise and physical activity programmes to meet individuals' needs
- K17 the FITT principles (ie frequency, intensity, type and timing) and the benefits of exercise and physical activities
- K18 normal and abnormal cardiovascular and pulmonary responses to exercise
- K19 how to analyse and evaluate assessments of individuals' cardiac risk stratification
- K20 the local availability and cost of self help manuals or resources
- K21 the local availability and cost of exercise facilities and services, including leisure/lifestyle physical activity options

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#### Additional Information

##### External Links

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

Dimension: HWB4 Enablement to address health and wellbeing needs

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