

SFHCHDHA9

Assess individuals' needs and abilities before planning exercise and physical activities



Overview

This standard is about working with individuals to assess their needs and abilities before planning exercise and physical activities.

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 arrange a suitable venue and environment for the exercise assessment, complying with any relevant guidelines (e.g. space, ventilation, temperature)
- P2 respect the individual's privacy, dignity, wishes and beliefs, minimising any unnecessary discomfort
- P3 obtain the individual's informed consent to the assessment process
- P4 encourage full participation in the assessment (e.g. actively listen to the individual and seek to develop rapport)
- P5 analyse and evaluate any previous assessments of the individual's cardiac risk stratification
- P6 identify any medication the individual may be using
- P7 establish the individual's current and previous level of physical activity
- P8 establish the individual's goals with regard to physical activity
- P9 establish any limitations on the individual's level of physical activity (e.g. joint or muscle weakness, co-morbidity)
- P10 assess the individual's ability to exercise using tests appropriate to their cardiac risk stratification
- P11 determine a method to monitor the individual's Rating of Perceived Exertion (RPE)
- P12 measure the individual's exercise capacity on completion of exercise tests
- P13 adapt your communication style according to the individual's needs and abilities (eg English as a second language, hearing or sight impairment)
- P14 clearly and accurately complete any assessment reports used in your organisation (e.g. Physical Activity Readiness Questionnaire)
- P15 record the outcomes of assessments in line with organisational procedures

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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 effectively negotiate with individuals, family members, carers and other professionals
- K6 how to explore differing views on progress and aim to find a consensus on required future action
- K7 basic cardiovascular anatomy, physiology and biochemistry
- K8 the principle of informed consent, and how to obtain informed consent from individuals
- K9 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- 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 (i.e. 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 how to interpret information obtained from assessment of cardiopulmonary capacity (e.g. stair test, shuttle test, stair climbing)
- K16 how to interpret information obtained from appropriate methods of monitoring to ensure safety (e.g. heart rate, Rating of Perceived Exertion)
- K17 normal and abnormal cardiovascular and pulmonary responses to exercise
- K18 how to analyse and evaluate assessments of individuals' cardiac risk stratification

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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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