

SFHCHDHL3

Advise individuals how they can carry out routine tests



Overview

This standard is about advising individuals how to carry out routine tests.

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 obtain the individual's care management plan, including the treatment and lifestyle plans and details of investigations being undertaken, from the individual's Multi-Disciplinary Team before the appointment with the individual
- P2 confirm the individual's understanding of their condition and diagnosis with them
- P3 obtain the individual's consent that they want, and are able, to carry out routine self-tests
- P4 provide the self-testing equipment, if appropriate
- P5 inform the individual how to obtain or purchase the required self-testing equipment and consumables (eg needles, blood test strips), if appropriate
- P6 demonstrate the use of the self-testing equipment to the individual and how to calibrate the equipment
- P7 educate the individual on how to understand the higher and lower levels of the results and when to report the results to you or a member of their medical team
- P8 ask the individual to perform a routine test and assess the individual's ability to operate the testing equipment and interpret results
- P9 observe the individual and their condition when interacting with them
- P10 retrain the individual on safe usage of the equipment and performing routine tests, if required
- P11 educate the individual on how to optimise their medication within the higher and lower permissible results
- P12 educate the individual on how to recognise physical symptoms and how to optimise their mobility and comfort
- P13 offer appropriate information to individuals on how they might promote their own health and wellbeing
- P14 inform the individual of what to do if their condition changes, who they should contact, and how
- P15 ensure that the individual understands the emergency procedures
- P16 gain the individual's commitment to undertaking routine self-tests and keeping records
- P17 inform the individual of any non-self measurements/investigations which must be carried out by their medical team
- P18 agree a review date with the individual
- P19 encourage the individual to ask for help if and when they feel uncomfortable using the testing equipment between the review dates

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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 the importance of establishing rapport, and how to do so
- K4 how to communicate with other professionals
- K5 the importance of making full and concise notes, and how to do so
- K6 the principle of confidentiality and what information may be given to whom
- K7 the importance of recognising individuals' contributions to maintaining and improving their performance, and how to do so
- K8 the range of self-testing equipment available
- K9 how the self-testing equipment works
- K10 how to keep records of self-test
- K11 how to interpret the results of self-tests, recognise any problems and what to do if you find problems
- K12 the principles of informed consent, and how to obtain informed consent from individuals
- K13 the nature of Coronary Heart Disease, its different forms and its physical and psychological effects on individuals and their families
- K14 how factors in individuals' lifestyles (i.e. physical activity, smoking, diet, alcohol consumption, religious beliefs) can affect their care management plan
- K15 the members of the individual's Multi Disciplinary Teams (MDT) and their roles
- K16 the local protocols of contacting members of the MDT
- K17 your level of authority in optimising care
- K18 your level of authority in optimising medications
- K19 which agencies provide the self-testing equipment and their contact details
- K20 where the individual may purchase self-testing equipment and their costs

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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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