

SFHCHDHL4

Monitor individuals' self-testing



Overview

This standard is about monitoring individuals' self-testing.

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 an appointment with the individual for the review meeting and ask for acknowledgement of the appointment
- P2 remind the individual to bring records of their self-tests
- P3 ask the individual at the appointment about their experience, successes and difficulties with the self-tests and optimising their medications
- P4 check the individual's records of the self-tests
- P5 undertake the tests to confirm the individual's records
- P6 acknowledge the individual's attempts and successes with the self-tests
- P7 clarify any problems or difficulties the individual highlights about undertaking self-tests or with the care management plan
- P8 re-educate the individual in performing self-tests, if appropriate
- P9 identify and take appropriate action in relation to any significant changes or possible tasks
- P10 make a record of any deviations and refer the individual to the relevant member of their MDT, if appropriate
- P11 set the next monitoring review date
- P12 keep full, concise and clear notes of all tests, results and agreements on the individual's records
- P13 provide accurate information to their MDT on the support that individuals will need and the impact on this on your work

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 people's 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-tests
- 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 people's lifestyles (ie physical activity, smoking, diet, alcohol consumption, religious beliefs) can affect their care management plan
- K15 the members of the individual's Multi Disciplinary Team (MDT) and their roles and skills
- K16 the local protocols of contacting members of the MDT
- K17 the range of baseline observations (eg weight, breathlessness, oedema, fatigue), how and when to perform them
- K18 the range of baseline tests (eg blood pressure, heart rate and rhythm, exercise tolerance test), how and when to perform them
- K19 your level of authority in optimising care
- K20 your level of authority in optimising medications
- K21 which agencies provide the self-testing equipment and their contact details
- K22 where the individual may purchase self-testing equipment and their costs

SFHCHDHL4

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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: HWB2 Assessment and care planning to meet health and wellbeing needs

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