

## SFHCHS137

# Implement mobility and movement programmes for individuals to restore optimum movement



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### Overview

This standard is about supporting individuals with some loss of movement or functional independence. Typical programmes and treatments could include exercise regimes and the use of gym equipment or walking aids.

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 valid consent from the individual before working with them
- P2 agree with the individual the purpose of the mobility and movement activities and the expectations of the individual, using a range of methods to facilitate
- P3 support the individual to undertake the required activities, ensuring their correct positioning and use of equipment to protect them from possible injury
- P4 progress and modify activities in accordance with the individual's needs and the agreed therapeutic goals
- P5 provide the individual with sufficient time, opportunity and encouragements to practice existing and newly developed skills
- P6 encourage the individual to participate in the programme and to take advantage of planned and unplanned opportunities to integrate skills developed into their normal daily activities
- P7 take appropriate and prompt action, in line with relevant protocols and guidelines, in response to any factors which indicate signs of distress or discomfort
- P8 effectively monitor the individual during and after the activities
- P9 keep accurate, complete and legible records of the activities undertaken and the individual's condition and ensure that prompt feedback is provided to the individual's care team where appropriate

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#### Knowledge and understanding

*You need to know and understand:*

- K1 the current European and national legislation, national guidelines and local policies and protocols which affect your work practice in relation working with individuals and groups to restore optimum independent movement and mobility, and your relevant responsibilities
- K2 why it is necessary to obtain consent prior to working with an individual and the methods used to achieve this where the individual is not able to give their consent directly
- K3 the signs of adverse reaction to different programmes and treatment
- K4 policies and guidance relating to the moving and positioning of individuals and the impact they have upon your work
- K5 the types of programmes, treatments and related activities, for individuals with restricted mobility and movement, the benefits of each, and their capabilities and limitations
- K6 how to monitor individual's progress in improving mobility and movement
- K7 why you should seek to support and encourage the individual to promote their own health and well-being and how this might be achieved
- K8 the indications of distress or discomfort experienced by individuals and how to manage these
- K9 the factors that facilitate an effective and collaborative working relationship with individuals
- K10 methods and techniques that can be used to motivate individuals and encourage their participation.
- K11 the potential risks associated with activities, associated equipment and materials and how to manage these
- K12 the equipment and materials which can be used in relation to different programmes and treatments and the uses of each
- K13 the information that should be recorded, relevant record keeping practices, and the importance of doing this as soon as possible after working with the individual
- K14 information that would be appropriate to give to a family member, informal carer or other healthcare worker concerning the individual's programme/treatment
- K15 the physiological effects and benefits of active functional exercise
- K16 the anatomical structures involved in the different types of programme/treatment
- K17 the pathology associated with the individual's movement and mobility difficulties
- K18 the psychological effects of disability due to injury or disease and the strategies used to cope with this

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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: HWB7 Interventions and treatments

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**Suite** Clinical Health Skills

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