

SFHCHS236

Support individuals during activities to improve their physical health and wellbeing



Overview

This standard covers supporting individuals during activities to improve physical health and wellbeing. These may involve clinical procedures and treatments, such as the care of skin lesions, the application of dressings, elimination and other treatments specific to the individual, the taking of physical measurements and obtaining specimens, or therapeutic interventions such as special diets, exercise, massage or relaxation.

This standard applies to practitioners involved in promoting the physical health and wellbeing of individuals. The practitioner may be directly responsible for aspects of the individual's physical health care or may be working alongside another health care practitioner who is responsible for implementing activities to monitor, maintain or improve the individual's physical health and wellbeing.

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 consent of the individual or someone speaking on their behalf to the activities before starting
- P2 encourage individuals to make themselves as comfortable as possible for the activities and respect their dignity and privacy throughout given any inherent constraints
- P3 give the individual and significant others appropriate information in a form which is most likely to meet their needs and which avoids and corrects any misunderstandings
- P4 encourage individuals to participate appropriately in the activities and promote their own physical health
- P5 encourage individuals and significant others to comment constructively on the activities using an appropriate means of communication
- P6 give constructive feedback to individuals in a manner, and at a level and pace, appropriate to them and in a way which encourages their participation in the activities
- P7 monitor the effects of the activities on the individual to ensure that the benefits outweigh the risks
- P8 take appropriate action without delay when the risks are too great to proceed
- P9 monitor the individual's response to the activities and the support you provide and use this to inform future actions
- P10 encourage and support the individual and significant others to review the effectiveness of activities to evaluate whether goals have been met
- P11 maintain complete, clear and logical records of activities undertaken and the individual's response to them
- P12 ensure the information you communicate to others on the outcomes of the activities achieves the best balance between the interests of the individual, any risks and the legal duty of care

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Knowledge and understanding

You need to know and understand:

- K1 why there should be clear links between the overall care programme and the planned activities
- K2 why individuals and significant others should be encouraged to participate in planning and implementing activities
- K3 the rights and responsibilities of individuals to be involved in making decisions which affect them under current legislation and agreed legislation which is in the process of being implemented
- K4 why individuals may not be able or willing to make their own decisions
- K5 how to recognise when individuals are not able to exercise their rights to make informed choices and methods of enabling people to exercise their rights effectively - themselves, with your help, or through the use of another, such as an interpreter or advocate
- K6 the importance of diet and physical activity in improving health and wellbeing
- K7 why difficulties experienced by the individual or adverse reactions to the activities should be reported to an appropriate person and who these should be reported to
- K8 procedures for referring the individual to a GP or other medical practitioner
- K9 why the individual's and significant others' view on the effectiveness of the activity are of particular significance
- K10 why it is important to monitor the individual's response to activities and the support you provide and how to use this to inform future actions
- K11 the information which the individual and significant others are likely to want and/or need in relation to the activities given their need to be involved, any concerns they may have and the health and wellbeing needs of the individual
- K12 the assessment of the individual's health and wellbeing needs which has been undertaken either by yourself or another member of the care team
- K13 the strengths and interests of the individual and the ways in which these can be incorporated into the programme of care
- K14 the purpose of agreeing the location and timing of activities with individuals and significant others, how far ahead it is possible to plan for individual needs, and the factors which may intervene and alter plans
- K15 the purpose of agreeing aims and goals with the individuals and significant others at the start
- K16 the difference between positive and constructive feedback and how this can assist the individual's progress in improving their health and

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- K17 the particular risks which specific activities may have taking account of the individual's health and wellbeing and the appropriate action to take when risks are too great to proceed with the activities
- K18 the ways in which individuals may react adversely to the activities and the possible reasons for this happening
- K19 methods of encouraging and assisting individuals' participation in activities to improve their physical health and wellbeing
- K20 methods of reaching working agreements with individuals and significant others
- K21 methods of communicating with individuals and significant others
- K22 methods of supporting individuals to make informed choices
- K23 methods of encouraging individuals to participate in activities
- K24 the roles which individuals and others may take, and may need to take, if activities are to be successful and how to explain and agree these with individuals and significant others
- K25 methods of enabling the individual to be as comfortable as possible and maintaining their dignity and privacy given the constraints of the particular activities and the setting
- K26 methods of encouraging individuals to be as actively involved as possible and the relationship of this to the promotion of their physical health and wellbeing
- K27 methods of establishing when activities should be halted
- K28 ways in which individuals can be helped to review and evaluate the effectiveness of activities and the extent to which goals have been met

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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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Developed by	Skills for Health
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