

## SFHCHS44

### Plan activities, interventions and treatments to achieve specified health goals



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#### Overview

This standard is about planning activities, interventions and treatments to achieve specified health goals.

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 discuss with individuals and carers, in an appropriate manner, the outcomes of the assessment and what this might mean for them in the short, medium and long term
- P2 identify and agree with the individual the health goals to be achieved
- P3 identify and discuss the options for achieving the agreed health goals, including any benefits and risks
- P4 provide active support to enable the individual to make an informed choice from the available options
- P5 recognise and respond to signs of ambivalence that may indicate a limited level of commitment to interventions
- P6 plan and agree with the individual, carers, and the practitioners involved, how the interventions will be implemented
- P7 make the necessary arrangements to implement the planned interventions
- P8 produce records and reports that are clear, comprehensive and accurate, and share information only with those who have the right and need to know

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### Knowledge and understanding

*You need to know and understand:*

- K1 the effects of aspects of lifestyle on health
- K2 how to obtain data about an individual by, for example, observations, assessment records, questioning, test result
- K3 techniques of enabling an individual to change habits
- K4 methods of overcoming resistance to accepting information
- K5 methods of teaching scientific concepts in ways to enable individuals to
- K6 how to highlight the individual's abilities and experiences in a positive way
- K7 how information obtained from individuals should be recorded and stored
- K8 how to obtain full and accurate information about individuals
- K9 psychology of habitual and addictive behaviour
- K10 the psychology of change
- K11 methods of assessing where individuals are in the readiness to change cycle
- K12 assessment of an individual's health from observation, measurement and records
- K13 how to ask open-ended questions, listen carefully and summarise back
- K14 methods of communicating sensitive information to individuals
- K15 how to provide individuals with opportunities to ask questions and increase their understanding
- K16 how to adapt communication styles in ways which are appropriate to different people

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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: HWB6 Assessment and treatment planning

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<b>Developed by</b>	Skills for Health
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<b>Originating organisation</b>	Skills for Health
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<b>Relevant occupations</b>	Health and Social Care; Health and Social Services Officers; Health Associate Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Clinical Health Skills
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<b>Key words</b>	plan activities, interventions and treatments to achieve specified health goals
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