

SFHCHS57

Enable individuals to manage their own long term conditions



Overview

This standard covers the way practitioners work with individuals so that they can manage their own long term condition(s). This involves identifying and providing the assistance that the individual requires in order to empower them to make decisions relating to their care.

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 respect the individual's rights and wishes relating to their privacy, beliefs, and dignity, and obtain informed consent whenever appropriate
- P2 identify with the individual the nature of the changes to their health and well-being brought about by their condition
- P3 explain clearly to the individual the options for managing their condition that should be available, and the effects these will have on them and their carers
- P4 assist the individual to establish their own goals and to understand how to achieve them, despite the limitations and consequences of their condition
- P5 identify what type of assistance the individual requires from service providers and carers in order to meet their needs
- P6 assist the individual to access the services and equipment that they require, and to agree a care plan
- P7 check that all the relevant agencies are provided with the information they need to help the individual manage their condition
- P8 respond sensitively to any issues raised by the individual, and refer any issues that cannot be resolved to the appropriate people
- P9 empower the individual to take responsibility for actions arising from the decisions they make
- P10 provide suitable opportunities to monitor and review how the individual is managing their condition
- P11 keep accurate, legible, and complete records, and comply with all the relevant legal, professional, and organisational requirements and guidelines

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Knowledge and understanding

You need to know and understand:

- K1 the relationships between individuals and their carers, and how much they might want their involvement
- K2 the requirements and needs of carers, and how they could respond to changes in the condition of individuals
- K3 the type of information that is most useful to carers, and their right to access it
- K4 the role and responsibilities of different groups of carers, and the services and assistance to which they should be entitled
- K5 the abuse of carers, including physical, emotional, sexual, and financial
- K6 the difficulties with communication that can arise as a result of specific long term conditions, and how this changes according to fluctuations of symptoms
- K7 the methods and equipment that can be used to assess and monitor the communication skills of individuals
- K8 the guidelines and procedures for communicating with individuals with communication difficulties
- K9 the services and resources that are available to assist individuals to communicate, including communication aids, interventions, and strategies
- K10 the effects of communication difficulties on the individual and their relationships with others
- K11 the role of carers and others in facilitating communication
- K12 relevant legislation and the parts relating to the care of individuals, including the role of practitioners and clinical practice, human rights, data protection, and health and safety
- K13 the principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- K14 the ethics and responsibilities of practitioners, including professional codes of conduct and guidelines
- K15 evidence based practice and its role in improving care
- K16 the principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- K17 the relevant national and organisational policies and guidelines on consent
- K18 enduring power of attorney and other statutory statements, and other formal and informal methods of expressing wishes, including living wills
- K19 the requirements and needs of individuals, and the resources and services that are available to help them
- K20 individuals' rights to information, and what is likely to be most useful to

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- them during the different phases of a specific long term condition
- K21 the ways of presenting information, including statistical, factual, and anecdotal information
- K22 the current issues and research debates on specific long term conditions
- K23 authoritative information and available resources including national, local and voluntary agencies for practitioners, individuals and carers
- K24 the changes that occur during the stages of specific long term conditions
- K25 the practitioners that are available to individuals, and how to obtain help from them
- K26 when to review the management of long term conditions
- K27 the aetiology, course and progression of specific long term conditions
- K28 the anatomy and physiology relevant to specific long term conditions
- K29 the symptoms, complications and outcomes of specific long term conditions
- K30 the short, medium, and long term effects of specific long term conditions on individuals and their carers
- K31 the interventions for specific long term conditions
- K32 own role and roles of other practitioners and agencies in providing a service to individuals

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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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