

SFHCHS63

Enable individuals with long term conditions to manage their symptoms



Overview

This standard covers the way practitioners work with individuals so that they can manage their own symptoms. The practitioner will need to review all relevant information about the individual's condition, and then provide information on the symptoms, how they change, and how they will affect the individual. They will also need to consider the interventions that might be appropriate to achieve the optimum management of their symptoms.

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 provide appropriate support and information to the individual, and the carers they specify, to enable them to make informed choices throughout their management of their symptoms
- P3 review all relevant information about the individual's condition and symptoms
- P4 provide information to the individual to enable them to understand why they are experiencing specific symptoms
- P5 provide information to the individual on the potential variations in the pattern, severity, and duration of their symptoms
- P6 identify the most appropriate interventions to assist the individual to achieve the optimum management of their symptoms
- P7 provide information and advice to the individual, their carers, and other practitioners on how to utilise the interventions to effectively manage their symptoms
- P8 enable the individual to report any significant changes in their symptoms
- P9 review whether interventions to manage their symptoms are effective for the individual
- P10 monitor the condition of the individual and take appropriate action to remedy any problems or adverse effects
- P11 respond sensitively to any issues raised by the individual, and refer any issues that cannot be resolved to the appropriate people
- P12 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 difficulties with communication that can arise as a result of specific long term conditions
- K6 the guidelines and procedures for communicating with individuals with communication difficulties
- K7 the services and resources that are available to assist individuals to communicate, including communication aids, interventions, and strategies
- K8 the effects of communication difficulties on the individual and their relationships with others
- K9 the role of carers and others in facilitating communication
- K10 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
- K11 the principles of informed consent and how these are applied in practice to protect individuals
- K12 the ethics and responsibilities of practitioners, including professional codes of conduct and guidelines
- K13 government and organisational policies, procedures, and guidelines relating to the care of individuals with long term conditions
- K14 evidence based practice and its role in improving care
- K15 organisational management structures and hierarchies
- K16 procedures and protocols for contacting individuals, practitioners, carers, and agencies
- K17 record keeping systems and policies in the organisation
- K18 the principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- K19 the symptoms of specific long term conditions and how they can be recognised
- K20 how symptoms interact with each other
- K21 how symptoms can mask or be indications of other non-long term conditions and co-morbidities
- K22 the impact of symptoms on behaviour and lifestyle, and how it can be

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- minimised
- K23 the interventions that can be used for managing symptoms
- K24 confidentiality and privacy issues relating to individuals
- K25 methods to ensure individuals can maintain their dignity
- K26 individuals' rights to information, and what is likely to be most useful to them during the different phases of a long term condition
- K27 established and new therapies, medications, and equipment, that are available to assist the management of long term conditions
- K28 the suitability of interventions for different groups of individuals, and indications and evidence of their effectiveness
- K29 the risks and side effects of specific interventions
- K30 the health promotion activities that can be provided
- K31 the roles and responsibilities of individuals for managing their own long term conditions
- K32 the aetiology, course, and progression of specific long term conditions
- K33 the anatomy and physiology relevant to specific long term conditions
- K34 the complications and outcomes of specific long term conditions
- K35 the short, medium, and long term effects of specific long term conditions on individuals and their carers
- K36 own role and roles of other practitioners and agencies in providing a service to individuals
- K37 how to work within interdisciplinary and multi-disciplinary teams
- K38 the services provided by relevant national, local, and voluntary social and healthcare agencies
- K39 the resources available to different practitioners and agencies

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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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Developed by	Skills for Health
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Suite	Clinical Health Skills
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