

## SFHCHS64

# Enable individuals to manage changes in their long term conditions



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### Overview

This standard covers the way practitioners work with individuals so that they can manage changes in their condition. The practitioner will need to review all relevant information about the individual's condition, and then provide information on the significance of the changes, and how they will affect the individual. They will also need to consider any changes to the interventions that might be appropriate for managing their condition.

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 the change in condition
  - P3 review all relevant information about the individual's condition and symptoms
  - P4 establish whether the changes in the individual's condition are significant
  - P5 assist the individual to establish new objectives and to understand how to achieve them, despite the limitations and consequences of their condition
  - P6 explain clearly to the individual the options that are realistically available, and assist them to make informed choices
  - P7 provide information and advice to the individual, their carers, and other practitioners on how to utilise interventions to respond to the change in condition
  - P8 monitor frequently the condition of the individual, and take appropriate action to remedy any problems or adverse effects
  - P9 notify all relevant practitioners and services of the change in condition in accordance with established procedures
  - P10 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 role of carers and others in facilitating communication
- K3 the significant changes in long term conditions, and the situations likely to precipitate them
- K4 how to recognise when specific conditions are changing, including any signs of deterioration or improvement
- K5 the effects of specific interventions on changes in conditions, and those that are likely to alleviate them
- K6 the responses of individuals to changes in conditions, and the resources and services that are available to help them
- K7 the difficulties with communication that can arise as a result of specific long term conditions, and how this changes according to fluctuations of symptoms
- K8 the requirements and needs of carers, and how they could respond to changes in the condition of individuals
- K9 the symptoms of specific long term conditions and how they can be recognised
- K10 how symptoms interact with each other
- K11 how symptoms can mask or be indications of other non-long term conditions and co-morbidities
- K12 the impact of symptoms on behaviour and lifestyle, and how it can be minimised
- K13 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
- K14 the principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- K15 the requirements and needs of individuals, and the resources and services that are available to help them
- K16 the ways of presenting information, including statistical, factual, and anecdotal information
- K17 the current issues and research debates on long term conditions
- K18 authoritative information and available resources including national, local and voluntary agencies for practitioners, individuals, and carers
- K19 established and new therapies, medications, and equipment, that are available to assist the management of long term conditions
- K20 the suitability of interventions for different groups of individuals, and indications and evidence of their effectiveness
- K21 the risks and side effects of specific interventions

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- K22 the health promotion activities that can be provided
- K23 the changes that occur during the course and different stages of specific long term conditions
- K24 the practitioners that are available to individuals, and how to obtain help from them
- K25 the roles and responsibilities of individuals for managing their own long term conditions
- 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 short, medium, and long term effects of specific long term conditions on individuals and their carers
- K30 the interventions for specific long term conditions
- K31 your 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: HWB6 Assessment and treatment planning

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**Suite** Clinical Health Skills

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