

## SFHCHS65

# Enable individuals with long term conditions to respond to acute episodes



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### Overview

This standard covers the way practitioners work with individuals so that they can respond to acute episodes. The practitioner will need to provide individuals with information on the signs of an acute episode. When individuals do have acute episodes, the practitioner will need to respond quickly, and if necessary summon emergency care. It is important that information on individuals long term conditions, in particular their medication, is passed on to the relevant people.

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 acute episode
  - P3 provide information to the individual to assist them to recognise the signs of an acute episode
  - P4 agree a plan of management of acute episodes with individual and their carers
  - P5 monitor the condition of the individual to identify the signs of an acute episode
  - P6 confirm the signs of an acute episode, and assess the severity of them
  - P7 explain clearly to the individual the options and interventions that are available, and agree the most appropriate responses to assist them with the acute episode
  - P8 undertake standard precautions and health and safety measures when responding to the acute episode
  - P9 provide emergency care when required to assist the individual
  - P10 make sure that the requirements of the individual are understood and that any medication to control the symptoms of their condition is not withdrawn unless it is medically vital
  - P11 notify all relevant practitioners and services of the acute episode in accordance with established procedures
  - 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 acute episodes in long term conditions, and the signs of them
- K2 interventions and procedures that are likely to precipitate or alleviate acute episodes
- K3 the effects of medication on acute episodes
- K4 when emergency care is required, and how to access resources and services
- K5 the underlying conditions that might be hidden as a result of acute episodes
- K6 the responses of individuals and their carers to acute episodes, and how to educate them on the signs and dangers
- 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 role of carers and others in facilitating communication
- K9 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
- K10 the principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- K11 the relevant national and organisational policies and guidelines on consent
- K12 enduring power of attorney and other statutory statements, and other formal and informal methods of expressing wishes, including living wills
- K13 the symptoms of specific long term conditions and how they can be recognised
- K14 how symptoms interact with each other
- K15 how symptoms can mask or be indications of other non-long term conditions and co-morbidities
- K16 the impact of symptoms on behaviour and lifestyle, and how it can be minimised
- K17 the interventions that can be used for managing symptoms.
- K18 the requirements and needs of individuals, and the resources and services that are available to help them
- K19 an individuals' rights to information, and what is likely to be most useful to them during the different phases of a long term condition
- K20 the current issues and research debates on long term conditions
- K21 authoritative information and available resources including national, local and voluntary agencies for practitioners, individuals, and carers
- K22 established and new therapies, medications, and equipment, that are

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- available to assist the management of long term conditions
- K23 the suitability of interventions for different groups of individuals, and indications and evidence of their effectiveness
- K24 the risks and side effects of specific interventions
- K25 the health promotion activities that can be provided
- K26 the changes that occur during the course and different stages of specific long term conditions
- K27 the practitioners that are available to individuals, and how to obtain help from them
- K28 the roles and responsibilities of individuals for managing their own long term conditions
- K29 when to review the management of long term conditions
- K30 aetiology, course, and progression of specific long term conditions
- K31 the possible causes of specific long term conditions, including genetic or environmental factors
- K32 the anatomy and physiology relevant to specific long term conditions
- K33 the symptoms, complications, and outcomes of specific long term conditions
- K34 the short, medium, and long term effects of specific long term conditions on individuals and their carers

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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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**Key words** neurological conditions, long term conditions, acute episodes, self management of conditions.