

## SFHCHS86

# Assess individuals' psychological, social and emotional needs for rehabilitation



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### Overview

This standard is about assessing individuals' psychological, social and emotional needs for rehabilitation.

This assessment may be carried as part of the process of developing a rehabilitation plan following a clinical, surgical or therapeutic intervention for a specific health condition (e.g. when developing a cardiac rehabilitation plan).

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 obtain individuals' informed consent to the assessment process
- P2 explain clearly to individuals
  - P2.1 your own role and its scope, your responsibilities and accountability
  - P2.2 the information that will be obtained and stored in records and with whom this information might be shared
  - P2.3 what is involved in the assessment
- P3 adapt your communication style according to the communication needs of the individual
- P4 obtain and evaluate the results of any relevant investigations used in the assessment of psychological, social and emotional needs
- P5 respect individuals' privacy, dignity, wishes and beliefs, minimising any unnecessary discomfort
- P6 encourage full participation in the assessment
- P7 establish the individual's health beliefs and understanding of their condition and treatment
- P8 identify any history of psychological problems - if necessary consulting medical records, referral information, other agencies, family member or carers
- P9 establish the individual's current psychological and emotional wellbeing
- P10 establish the individual's social circumstances
- P11 explore the individual's expectations and hopes for the future, including their understanding of and willingness to accept changes in lifestyle
- P12 assess whether the individual needs extra support to achieve their rehabilitation goals
- P13 refer individuals with special psychological, social or occupational needs to the appropriate specialist for further assessment
- P14 record outcomes of the assessment clearly and accurately on appropriate documentation

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### Knowledge and understanding

*You need to know and understand:*

- K1 how to ask questions, listen carefully, observe and summarise back
- K2 how to adapt communication styles in ways which are appropriate to different people
- K3 the importance of obtaining full and accurate information about individuals and how to do so
- K4 the principle of confidentiality and what information may be given to whom
- K5 the principle of informed consent, and how to obtain informed consent from individuals
- K6 the range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- K7 the holistic model of health
- K8 research based evidence of the impact of environmental, social, lifestyle and behavioural factors on the incidence of health problems
- K9 the potential bio-psycho-social impact of health problems on individuals' and their families
- K10 how to use and interpret assessments of psychological, social and emotional needs
- K11 how to refer individuals for specialist assessment

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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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