

SFHCMA6

Enable individuals with long term conditions to manage their medicines



Overview

This standard is about working with individuals who have long term conditions and their carers to promote the safe and effective use of medicines. It covers identifying the medicines used by individuals, monitoring their effects, and promoting effective medicines management. It does not cover the administration of medicines by the practitioner, or supporting individuals to administer their own medicines.

This standard is relevant to those who provide proactive and co-ordinated Case Management. Here, Case Management means identifying and risk stratifying vulnerable, high-risk people with complex multiple long term conditions. Case Management should take place within the philosophy of enabling and promoting self care, self management and independence.

Users of this standard will need to ensure that practice reflects up to date information and policies.

SFHCMA6

Enable individuals with long term conditions to manage their medicines

Performance criteria

You must be able to:

- P1 establish a supportive relationship with the individual, and agree with them the roles and responsibilities of their carers
- P2 communicate with the individual and their carers in an appropriate manner, and encourage them to seek clarification of any procedures, information, and advice relevant to them
- P3 obtain the informed consent of the person for the actions undertaken and agree the information which may be passed to others
- P4 obtain the informed consent of the individual for the actions undertaken on their behalf, and agree the information which may be passed to others
- P5 comply with all the relevant legal, professional, and organisational requirements and guidelines
- P6 involve individuals and their carers in all aspects of monitoring and evaluating their use of medicines
- P7 encourage individuals and their carers to express their views, feelings, and understanding of their medicines
- P8 seek to identify the medicines acquired by the individual, and obtain up-to-date details of medicines known to be used by them
- P9 monitor the individual for possible side-effects, multiple prescribing, or other problems with medicines
- P10 identify the risks of using medicines and share this information with the individual and their carers
- P11 establish whether the individual is taking their medicines as instructed, and identify any reasons for non-compliance
- P12 encourage the individual and their carers to monitor the individual's reaction to their medicines and to report any concerns or problems with medicines
- P13 identify when an individual starts to take a new medicine, and monitor for new symptoms or a change in health
- P14 produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information.
- P15 encourage and support the individual and their carers to discuss their needs and their understanding of the medicines that they are using
- P16 identify and seek to rectify any misconceptions about the purpose and use of medicines
- P17 inform the individual and their carers of sources of expert advice on the medicines and their administration
- P18 provide the individual and their carers with information about their medicines, the effects of treatment changes, and combinations of prescriptions
- P19 provide information and advice to the individual and their carers about the ways that medicines can be administered
- P20 discuss the benefits and risks of compliance with prescriptions, and

SFHCMA6

Enable individuals with long term conditions to manage their medicines

- enable them to reach an informed decision regarding their approach to them
- P21 assist the individual and their carers to formulate strategies to help them address any reasons for non-compliance
- P22 provide information and advice to the individual and their carers about the storage, safekeeping, and disposal of medicines
- P23 take appropriate action in response to any cause for concern about the medicines used by the individual
- P24 produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information

SFHCMA6

Enable individuals with long term conditions to manage their medicines

Knowledge and understanding

You need to know and understand:

- K1 the legislation which relates to working with individuals including: health and safety, confidentiality and information sharing, the provision of services, the rights of individuals, anti-discriminatory practice, capacity and consent, relevant mental health legislation and care programme approach
- K2 how to interpret and apply legislation to the work being undertaken
- K3 the professional standards and codes of practice for your area of work with individuals who have long term conditions and how to interpret and apply these
- K4 the nature, extent and boundaries of your work role and its relationship to others in the organisation
- K5 the roles of other health and social care practitioners and how they relate between and across agencies
- K6 the ethics concerning consent and confidentiality, and the tensions which may exist between an individual's rights and the organisation's responsibility to individuals
- K7 the rights of individuals to make decisions for themselves and to take risks in the context of their own lives
- K8 methods of obtaining informed consent from individuals who have long term conditions, and how to confirm that sufficient information has been provided on which to base this judgement
- K9 a working knowledge of the actions to take if the individual withdraws their consent
- K10 a working knowledge of how to recognise when individuals are not able to exercise their rights to make informed choices
- K11 the guidance that is available for your own practice, and the sources of the guidance
- K12 the medicines and interventions which are used to manage the main age-related conditions and the effects of these on the overall health and well-being of individuals with long term conditions
- K13 how to seek advice on conditions and medicines
- K14 statutory and organisational requirements and guidelines relating to medicines, including the Medicines Act and regulatory bodies' standards and guidance (e.g. for nurses)
- K15 the classification of medicines, including controlled drugs
- K16 how to obtain up-to-date information about medicines
- K17 the pharmacology, purpose, and use of different medicines for different individuals within your area of practice
- K18 the evidence for the effectiveness of different medicines, and how to determine the most appropriate medicines for different individuals, their particular needs, and prognoses
- K19 the therapeutic uses of medicines used, their normal dosage, actions,

SFHCMA6

Enable individuals with long term conditions to manage their medicines

- side effects, precautions, and contra-indications
- K20 the medicines used by the individual with a long term condition to which side-effects are common
- K21 the particular risks which specific medicines may have
- K22 the issues around medication in older age, including poly-pharmacy and side effects
- K23 the purpose of prescribing medications for specific individuals and the relationship of this to their overall plan of care and the disease process
- K24 the purpose of Patient Group Directives and the implications of these for your area of practice
- K25 the different ways in which medicines are administered, and the importance of following the prescribed method, dosage, frequency, and timing
- K26 the importance of checking and considering the dosage, method of administration, route and timing of the administration in the context of the condition of the individual and co-existing therapies
- K27 types of equipment in relation to medicines administration routes and types of medicines
- K28 physical and/or cognitive impairment that would make it difficult to comply with using medicines as prescribed or directed
- K29 the ways in which prescribed medications can be misused within particular settings (e.g. for self harm, sharing with others)
- K30 why individuals and their carers should be aware of the dangers of sharing medicines, and how the message can be most effectively put across and monitored
- K31 how to monitor the effect of medicines on the individual and evaluate their efficacy
- K32 who to contact where there are contra-indications, reactions to the medicine, or other indications that the medicine is no longer suitable
- K33 the common causes and signs of adverse reactions to medicines used by individuals with long term conditions
- K34 the concerns and misunderstandings that individuals and their carers may have in relation to medications and their different routes of delivery and how these concerns can be addressed
- K35 methods of establishing when medicines are no longer suitable or needed
- K36 the physiological effects of medicines and of withdrawing from certain medicines and substances, and how these can be managed
- K37 medication is declined, and the appropriate information and support which may be offered to individuals to enable them to make an informed decision
- K38 the sources of expert advice on medicines and medicines management, and how to access these
- K39 the nature and purpose of different compliance aids and the importance of assessing the individual's or carers' understanding and capability to

SFHCMA6

Enable individuals with long term conditions to manage their medicines

- use an appropriate aid safely
- K40 the risks associated with repackaging dispensed medicines into compliance aids (such as over or under medication, spillage, hygiene factors)
- K41 the factors which affect the storage of medication, including expiry dates and location (e.g. refrigeration at the correct temperature)
- K42 methods and protocols for the safe transport and disposal of medicines

SFHCMA6

Enable individuals with long term conditions to manage their medicines

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

SFHCMA6

Enable individuals with long term conditions to manage their medicines

Developed by	Skills for Health
Version number	1
Date approved	June 2010
Indicative review date	June 2012
Validity	Current
Status	Original
Originating organisation	Skills for Health
Original URN	CM A6
Relevant occupations	Health, Public Services and Care; Nursing and Subjects and Vocations Allie; Health Professionals; Healthcare and Related Personal Services
Suite	Long Term Conditions - Case Management
Key words	case management, community matrons, long term conditions