

Provide advice and information to children and young people and those involved in their care on how to manage their own health and well-being

---

## Overview

This standard covers the provision of advice and information to children and young people, including children and young people and those who care for them, to enable them to manage their own health and well-being. Health and well-being includes the physical, mental and emotional well-being of the child or young person. It includes conveying relevant and effective support that can be utilised to reduce harm and increase self-care. Users of this standard will need to ensure that practice reflects up to date information and policies.

Provide advice and information to children and young people and those involved in their care on how to manage their own health and well-being

---

## Performance criteria

You must be able to:

1. communicate with the child or young person and those involved in their care in a way that is appropriate to their age, understanding, developmental capacity and preferences
2. clarify and confirm with the child or young person and those involved in their care, the information which may need to be shared with others within the boundaries of confidentiality
3. use sensitive questioning methods to establish the child's/ young person's understanding of their condition and factors likely to affect their ability to self-manage
4. provide opportunities for the individual to ask questions and request advice and information
5. discuss methods required for self-management as appropriate, including health and safety requirements and the importance of infection control
6. answer any questions clearly, checking understanding and addressing any misconceptions
7. stress the importance of following instructions, procedures and regular routines for self-care
8. discuss any changes or adaptations to lifestyle that may be required to improve outcomes and explain the benefits of making such changes
9. refer the individual to other sources of information and advice
10. ensure the individual and those who care for them have contact details to access ongoing support and assistance
11. understand how to empower children and young people to take on appropriate management of their health and wellbeing through informed decision-making and risk awareness
12. produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information

Provide advice and information to children and young people and those involved in their care on how to manage their own health and well-being

## Knowledge and understanding

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role and the activities being carried out
2. the nature, extent and boundaries of your work role and its relationship to others in your own and other organisations
3. the roles of other practitioners working with children, young people and families and how they relate between and across agencies
4. the importance of effective multi-agency working
5. the ethical issues, legal requirements and good practice guidelines on consent, including capacity issues and consent for children and young people
6. the principle of confidentiality and the implications for your practice
7. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency
8. local systems, procedures and protocols for safeguarding children, young people and vulnerable adults
9. the principles of equality, diversity and anti-discriminatory practice and how they are applied
10. the duty to report any acts or omissions in care that could be detrimental to the child or young person
11. the rights of children and young people to make decisions for themselves and to take risks in the context of their own lives, taking into account issues of capacity and your professional responsibility
12. how to engage with and communicate effectively with children and young people, and those involved in their care
13. the need for communication to be modified for different contexts and cultures, including the age, vulnerability, understanding, developmental capacity and communication needs and preferences of the child or young person and those involved in their care
14. the ways in which children and young people communicate non-verbally and through behaviour, as well as through language, and how different forms of behaviour can be interpreted
15. the importance of adopting a child/young person centred approach
16. the conditions and issues affecting children and young people in your area of practice and how they can inter-relate
17. child and young people's development, including emotional, physical, and social how they affect one another
18. how the behaviour needs of children and young people may affect others

Provide advice and information to children and young people and those involved in their care on how to manage their own health and well-being

---

19. the effect of parenting capacity, family, environment and cultural influences on the health and wellbeing of children and young people
20. the factors that contribute to the risk of harm to children and young people
21. the guidance that is available for your own practice and where to access this
22. current issues, research and evidence based practice relevant to your role
23. local sources of health and well-being information, advice and support for children and young people, and those involved in their care
24. the use of effective questioning and listening methods and techniques
25. the information individuals are likely to need in order to be able to manage their own health and well-being
26. how to explain procedures and provide information in different ways appropriate to different individuals
27. the information which it may be necessary to share with others as a result of monitoring health and well-being and how to make sure that the child or young person and those involved in their care are clear about this
28. your own values, attitudes and beliefs and how these may impact on your work
29. the policies and protocols for referral to additional specialist support
30. harm reduction strategies and how and why these may differ from individual to individual
31. the importance of keeping full and accurate records, and how to do so in line with organisational requirements

Provide advice and information to children and young people and those involved in their care on how to manage their own health and well-being

---

### 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

Provide advice and information to children and young people and those involved in their care on how to manage their own health and well-being

<b>Developed by</b>	Skills for Health
<b>Version Number</b>	2
<b>Date Approved</b>	January 2015
<b>Indicative Review Date</b>	January 2020
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	Skills for Health
<b>Original URN</b>	SFHCS30
<b>Relevant Occupations</b>	Health Professionals
<b>Suite</b>	Children and Young People's Health Services
<b>Keywords</b>	Advice; information; manage; own; condition; children; young; people; self-care