

SFHDiabDA4

Assist individuals with diabetes to help and support each other



Overview

This standard covers encouraging and assisting people with diabetes to help one another in positive ways, through the exchange of advice and information and mutual support. In particular it may mean encouraging people who have more experience of diabetes to provide help to those who have less experience, and supplementing this help with interventions by members of the healthcare team.

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 identify individuals with diabetes who are willing and able to discuss problems and suggest practical solutions based on their experience of managing their diabetes
- P2 maintain regular contact with mutual help groups and what they can offer by way of information and support
- P3 encourage individuals with diabetes who are able to help others to share information about how they manage their diabetes
- P4 encourage individuals people with diabetes to seek information and support from mutual help groups and from other individuals with diabetes who are willing and able to provide advice and support
- P5 provide environments in which people with diabetes can exchange useful information and support
- P6 take opportunities as they arise to encourage individuals with diabetes to exchange advice and support
- P7 help mutual support sessions where appropriate by facilitating discussions between individuals with diabetes.
- P8 provide written information where appropriate to support the advice provided by individuals with diabetes
- P9 review the impact of the information and support provided by individuals with diabetes and reinforce positive and realistic messages
- P10 review with individuals whether they have found the information and support helpful, and discuss ways in which the support could be improved
- P11 give feedback and positive reinforcement to individuals who provide information and support to others, to enable them to improve the help they provide

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Knowledge and understanding

You need to know and understand:

- K1 the NSF for diabetes
- K2 the NICE guidelines on diabetes monitoring, management and education
- K3 causes of diabetes
- K4 signs and symptoms of diabetes
- K5 normal and abnormal blood glucose and HbA1c values
- K6 how to monitor glucose levels, HbA1c, blood pressure
- K7 typical progressive patterns of diabetes
- K8 the importance and effects of patient education and self management
- K9 the psychological impact of diabetes, at diagnosis and in the long term
- K10 how to gather information from patients about their health
- K11 how to work in partnership with patients and carers
- K12 the social, cultural and economic background of the patient/carer group
- K13 principles of adult learning and behaviour change
- K14 different learning styles of individuals
- K15 techniques for encouraging group learning
- K16 how to communicate information in different ways to accommodate different learning styles
- K17 the impact of nutrition and physical exercise
- K18 the effects of smoking, alcohol and illicit drugs
- K19 the effects of, and how to manage, inter current illness
- K20 how to manage hypoglycaemia
- K21 a working understanding of the medications used to manage diabetes
- K22 the long term complications of diabetes and when they are likely to occur
- K23 how to examine feet and assess risk status
- K24 how to monitor cardiovascular risk
- K25 how to monitor for renal disease
- K26 how to monitor for diabetic retinopathy
- K27 the law and good practice guidelines on consent
- K28 f the staff member's role in the healthcare team and the role of others
- K29 local guidelines on diabetes healthcare
- K30 local referral pathways
- K31 local systems for recording patient information
- K32 of quality assurance systems
- K33 the process of notification for legal and insurance purposes
- K34 sources of practitioner and patient information on diabetes
- K35 contact details of local and national support groups
- K36 how individuals can access facilities for exercise and physical activity, education and community activities

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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: Core 1 Communication

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