

## SFHDiabHD2

Assist an individual to sustain oral medication to improve their condition



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### Overview

This standard concerns the specific activities of encouraging and supporting an individual to continue to take oral medication that they have been prescribed, reviewing the individual's progress and agreeing changes if appropriate. The purpose of the medication may be to control blood glucose, blood pressure, or lipids. The need for medication will have been assessed as part of the individual's care plan, and should have been discussed with them. The review may indicate that minor changes to the course of medication are advisable, or that adjustments may be required which will need the advice and cooperation of other members of the care 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 discuss the new course of medication with the individual and carer at an appropriate time, when it has first been prescribed or shortly afterwards, in a way that encourages their engagement and participation
- P2 assess the individual's understanding of how the medication will help their condition, and reinforce their understanding of the benefits of the medication, and when they might expect to notice an improvement in their condition
- P3 provide information to help individuals and carers understand the relationships between
  - P3.1 the new medication and any other prescribed medication
  - P3.2 the new medication and food, physical activity and lifestyle
- P4 discuss and agree strategies to help individuals to take the medication at suitable times or intervals
- P5 agree with individuals how they will monitor the effects of the medication, including recognising possible side effects, or bad reactions to it
- P6 agree with individuals what they will do if the medication is not effective, or if they experience serious side effects
- P7 explain arrangements relating to
  - P7.1 prescription charges
  - P7.2 getting repeat prescriptions
  - P7.3 the need to notify insurers
- P8 review the individual's progress at intervals as agreed with the individual, in line with local guidelines
- P9 be prepared to take prompt action to resolve any problems that arise between planned reviews, or become apparent during planned reviews
- P10 accept the individual and carer as informed equal partners in the review process, and encourage them to contribute information and ideas
- P11 review the individual's physical condition relative to the medication, and listen to their account of their experience of the therapy
- P12 assess the individual's and carer's understanding of their use of the medication, and resolve any confusion they may experience
- P13 identify any problems the individual is experiencing in taking the medication and explore ways of overcoming them
- P14 assess the effectiveness of the medication and consider whether alternative arrangements might be appropriate
- P15 identify any indications that significant changes to medication should be considered, and discuss them where appropriate with relevant members of the healthcare team
- P16 record the main points of the review in a form that can be followed by other members of the care team, the individual and carer

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### Knowledge and understanding

*You need to know and understand:*

- K1 the NSF for diabetes
- K2 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 the impact of nutrition and physical exercise
- K14 the effects of smoking, alcohol and illicit drugs
- K15 the effects of, and how to manage, intercurrent illness
- K16 how to manage hypoglycaemia
- K17 the medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 the law and good practice guidelines on consent
- K24 the staff member's role in the healthcare team and the role of others
- K25 local guidelines on diabetes healthcare
- K26 local referral pathways
- K27 local systems for recording patient information
- K28 quality assurance systems
- K29 the process of notification for legal and insurance purposes
- K30 sources of practitioner and patient information on diabetes
- K31 contact details of local and national support groups
- K32 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: HWB4 Enablement to address health and wellbeing needs

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