

## SFHEUSC39

### Repair muscles, ligaments, tendons and connective tissue



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#### Overview

This standard covers the surgical repair of damaged, deformed or diseased muscles, ligaments, tendons and connective tissue. It includes determining and applying the appropriate technique for repairing muscles, ligaments, tendons and connective tissues in a way that recognises and minimises any potential or actual complications, discomfort, pain or trauma for the individual during and after the intervention. The chosen technique might include the use of sutures and tissue grafts and must take account of the location of the repair site and the severity of the damage, the potential for healing, any other injuries the individual has, and the age and activity level of the individual.

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 confirm the individuals' identity and ensure that they have given their informed consent for the intervention to be delivered
- P2 apply standard precautions for infection control and other relevant health and safety measures, and wear personal protective clothing and additional protective equipment as appropriate
- P3 ensure that adequate resources and reparative materials are available and appropriately prepared for the safe undertaking of the intervention, notifying the appropriate person of any resource shortfall that might jeopardise safe and effective intervention
- P4 ensure that the appropriate pharmaceutical intervention of the required dilution and dose is given and maintained, in line with national and local legislation, protocols and guidelines
- P5 ensure that the individual is positioned appropriately for the intervention, in a way that optimises their comfort, in line with relevant protocols and guidelines
- P6 gain access to the intervention site in a timely, safe and appropriate manner for the muscle, ligament, tendon or connective tissue being repaired
- P7 determine the appropriate choice and sequencing of actions to take to successfully complete the intervention, taking into account:
  - P7.1 the location of the repair site
  - P7.2 the severity of damage or deformity
  - P7.3 the potential for healing
  - P7.4 other injuries
  - P7.5 age and activity level of the individual
- P8 ensure that appropriate debridement and aspiration is undertaken to maximise visibility around the intervention site, in preparation for the repair of the muscle, ligament, tendon or connective tissue
- P9 ensure that the viability of organs and tissues exposed as a result of the intervention is maintained, in line with good medical practice
- P10 repair the muscle, ligament, tendon or connective tissue accurately using appropriate techniques and reparative materials:
  - P10.1 in a way that will minimise any post intervention discomfort, pain and trauma to the individual
  - P10.2 in a way that recognises the potential for complications and minimises the possibility of these occurring
  - P10.3 in line with good medical practice, protocols and guidelines
- P11 complete the intervention to the point where the site can be safely prepared for closure, ensuring that:
  - P11.1 connections between organs/tissues in or surrounding the site are appropriately restored or connected

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- P11.2 the site is correctly prepared for closure in line with good medical practice, and local protocols, in a way that will minimise any post intervention discomfort, pain and trauma to the individual
- P11.3 sterile post intervention materials can be correctly applied and attached
- P12 respect the privacy, dignity and confidentiality of the individual throughout your interaction with them
- P13 maintain timely, accurate, complete and legible records in accordance with local policies and procedures and work at all times within appropriate patient and information confidentiality guidelines and protocols
- P14 work within your scope of responsibility and accountability, referring to others where appropriate and/or necessary

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#### Knowledge and understanding

*You need to know and understand:*

- K1 the current European, national and local legislation, guidelines, policies and protocols which affect your responsibilities and work practice
- K2 why it is necessary to obtain informed consent prior to working with an individual and the methods used to achieve this where the individual is not able to give their consent directly (e.g. because they are comatose, or have communication differences)
- K3 the legislation, policies and guidance which clarify your scope of practice and the relationship between yourself and other members of staff in terms of delegation and supervision
- K4 legislation, policies and guidance relating to the moving and positioning of individuals and the impact they have upon your work
- K5 why it is important to get positive confirmation of the individual's identity before starting the preparation and effective methods of obtaining positive identification
- K6 the principles of asepsis in relation to the provision of instrumentation and supplementary items and the maintenance of the sterile field and the potential consequence of poor practice
- K7 the importance of following standard precautions relevant to the intervention to be undertaken and the protective clothing which may be worn for the individual's and your protection
- K8 the potential consequences of poor practice in relation to the application of standard precautions
- K9 your role and the importance of working within your own scope of practice
- K10 the roles and responsibilities of other team members
- K11 the importance of keeping the individual informed about what you are doing and the nature of the activity which is about to take place
- K12 the importance of considering the individual's level of understanding in answering questions about the repair of muscles, ligaments, tendons and connective tissue
- K13 the different methods of communication you may have to use in relation to individuals with communication difficulties or differences
- K14 the importance of checking that the individual has complied with any pre-intervention instructions and possible implications if instructions are not followed
- K15 the procedures, protocols and processes, relating to the use of reparative materials in the repair of muscles, ligaments, tendons and connective tissue
- K16 the methods, procedures and techniques for making incisions and dissections, wound closure, wound management
- K17 the options, methods, procedures and techniques for repairing muscles,

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- ligaments, tendons and connective tissue, in line with current guidance in this field of practice
- K18 the processes you would go through in establishing the appropriate course of action for the reparative intervention to be undertaken
- K19 how to practise in such a way as to minimise complications or risk to individuals during or as a result of the repair of muscles, ligaments, tendons and connective tissue
- K20 fundamental principles for positioning an individual for an intervention with respect to the requirements for:
  - K20.1 surgical access
  - K20.2 anaesthesia access
  - K20.3 invasive line access
  - K20.4 ventilation
  - K20.5 body alignment
  - K20.6 circulation
  - K20.7 neurological considerations
  - K20.8 skin integrity
  - K20.9 adequate protective devices
  - K20.10 general safety considerations
- K21 the principles of local, general and regional anaesthesia and their relevance to repairing muscle, ligaments, tendons and connective tissues
- K22 anatomy & physiology related to muscles, ligaments, tendons, connecting tissues and integumentary system
- K23 applied anatomy, general and system specific physiology and pathology and its application to the particular type of repair being undertaken, in line with current guidance in your field of practice
- K24 actual and potential complications which may arise as a result of the repair of muscles, ligaments, tendons and connective tissue, and ways to counteract them
- K25 the resources necessary for the repair of muscles, ligaments, tendons and connective tissue and how to use them type
- K26 the importance of recording information clearly, accurately and in a systematic manner
- K27 the types of information that must be recorded in relation to different activities
- K28 the importance of recording information as soon after the event as possible

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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: HWB7 Interventions and treatments

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