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### Overview

Practitioners are able to engage patients in taking responsibility for their pre-transplant health, with benefits for that health, for immediate post-transplant health and for motivation and psychological well-being in the wait for transplantation.

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

# SFHRenAT10

## Enable the patient to optimise pre-transplant health

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### Performance criteria

#### *You must be able to:*

- P1 identify the patient's understanding and expectations about their health and tailor the information provided to build on this and remedy misunderstandings (e.g. the post-transplant benefits of losing weight before the transplant)
- P2 encourage the patient to act positively and to take responsibility for those aspects of their health they are able to influence (e.g. emphasising benefits, encouraging autonomy)
- P3 provide advice and information on physical health (e.g. healthy diet, skin care, weight, exercise, oral hygiene, smoking cessation, bone health, cardiovascular health and general health promotion) and how to improve it for immediate benefits and in anticipation of a transplant
- P4 help the patient recognise the interaction of physical health and social and psychological circumstances and well-being
- P5 work with other specialists to which the patient is referred (e.g. cardiac, dietician and primary health care team) to bring forward treatment and improve the patient's health as quickly as possible
- P6 involve the patient and other members of the multidisciplinary team in planning any changes in the patient's work-up and pre-transplant treatment
- P7 set a realistic timescale (e.g. three months) for the patient to achieve healthy living within the constraints of their renal condition

### Knowledge and understanding

*You need to know and understand:*

- K1 anatomy and physiology of the human body
- K2 anatomy and physiology of the renal system
- K3 the immune system
- K4 psychological care skills/loss counselling
- K5 principles of healthy living
- K6 effects of renal replacement therapy on mood and motivation
- K7 patterns of patients' psychological response to the prospect of transplantation and being on the Register, and techniques for responding to them (e.g. waiting for long time, uncertainty)
- K8 current evidence of the effects of the donation programme on donors and how to minimise adverse reactions
- K9 engaging patients in managing their own health
- K10 benefits for renal patients of managing health factors
- K11 benefits for post-transplant health of pre-transplant health care
- K12 clinical, physiological and psychological characteristics of the patient pathway before and after transplantation – what happens, when, why and how (e.g. how a transplant operation is performed)
- K13 risks and benefits of transplantation (e.g. enhanced life prospects and lifestyle, side effects of immunosuppression, rejection, graft non-function, psychological issues)
- K14 objections to transplantation and how to probe underlying thinking and how to counter it
- K15 how lifestyle affects health specifically in relation to transplanted patients
- K16 procedures and criteria associated with the National Transplant Register
- K17 methods of administering and self-administering various kinds of medication
- K18 policies on prescribing
- K19 patient group directives
- K20 patient and living donor information, education and support opportunities
- K21 roles of other members of the multidisciplinary team
- K22 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K23 the importance of establishing rapport and how to do so
- K24 how to ask questions, listen carefully and summarise back
- K25 the importance of encouraging individuals to ask questions and how to do so
- K26 the religious beliefs of different cultures
- K27 the effects of different cultures and religions on care management and effects on family dynamics
- K28 the principle of confidentiality and what information may be given to

## SFHRenAT10

### Enable the patient to optimise pre-transplant health

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- whom
- K29 the importance of involving individuals in discussions, and how to do so
- K30 how to negotiate effectively with individuals, families and other professionals
- K31 the principles of evidence-based practice, and how to apply them
- K32 coaching skills

## SFHRenAT10

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### Additional Information

#### External links

This standard has indicative links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

# SFHRenAT10

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<b>Developed by</b>	Skills for Health
<b>Version number</b>	1
<b>Date approved</b>	June 2010
<b>Indicative review date</b>	June 2012
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating organisation</b>	Skills for Health
<b>Original URN</b>	RenAT10
<b>Relevant occupations</b>	Health, Public Services and Care; Healthcare and Related Personal Services
<b>Suite</b>	Renal
<b>Key words</b>	kidney, kidneys, donation, diabetes, donor, renal, transplant