

## SFHRenLD14

Provide specialist psychological intervention and therapy to a living donor



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### Overview

This standard is about providing psychological therapy and interventions to a donor by a specialist psychologist. This will have been sought when emotional and psychological support has been identified as ineffective in supporting and promoting a donor's emotional health.

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 the donor's vulnerabilities around the operation (e.g. suicide risk in the past, people who have been regularly on anti-depressants or who have struggled with the idea of donation)
- P2 empathise with the donor in respect of their reactions and feelings (e.g. normalising their feelings)
- P3 encourage all the multidisciplinary team to feed in information and pick up the risk
- P4 perform a risk analysis and present it to the donor
- P5 assess the psychological status of the donor
- P6 prepare for specialist intervention by revisiting previously successful coping strategies and strengths
- P7 use an appropriate unconditional, non-judgemental intervention that has a positive evidence base (e.g. cognitive behaviour therapy, solution focused therapy)
- P8 make an accurate record of discussions and, with permission from the patient, pass on information other members of the team need to know

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#### 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 procedure of nephrectomy, its risks and effects
- K4 the treatment that donors will experience
- K5 motivational interviewing
- K6 family therapy skills
- K7 health belief models
- K8 models of changing behaviour
- K9 cognitive therapy
- K10 the nature of depression and how it presents
- K11 how people respond under pressure
- K12 decision making models
- K13 methods of helping other members of the multidisciplinary team to develop skills of psychological support
- K14 the present ability of the multidisciplinary team to provide psychological support
- K15 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K16 the importance of establishing rapport and how to do so
- K17 how to ask open-ended questions, listen carefully and summarise back
- K18 the importance of encouraging individuals to ask questions and how to do so
- K19 methods of communicating sensitive information to individuals
- K20 the importance of highlighting the individual's abilities and experiences in a positive way when relating to them
- K21 the importance of treating individuals fairly and how to do so
- K22 the effects of culture, religious beliefs, age and disability on individual communication styles
- K23 the religious beliefs of different cultures
- K24 the effects of different cultures and religions on care management and effects on family dynamics
- K25 the importance of respecting individual's privacy, dignity, wishes and beliefs, and how to do so
- K26 the principle of confidentiality and what information may be given to whom
- K27 how information obtained from individuals should be recorded and stored
- K28 the importance of involving individuals in discussions, and how to do so
- K29 how to negotiate effectively with individuals, families and other professionals
- K30 the principles of evidence-based practice, and how to apply them

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K31 how to maintain a support stance that is not judgmental

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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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