

## SFHRenLD22

Enable donors to understand the process of recovery and care of their future health



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### Overview

This standard is about informing and educating donors and their families about living with one kidney, what the facts are, what they can do and what they need to be careful about.

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 encourage the donor to appreciate that it is in their interest to have their blood and urine checked each year
- P2 give the donor written information about the need for follow-up and details of what this involves, so that they can take the lead role in their care (e.g. annual checks for proteinuria, renal function, blood pressure)
- P3 involve other members of the multidisciplinary team who can provide appropriate information about activity and exercise (e.g. dietitian, physiotherapist, specialist nurse)
- P4 negotiate a programme of recuperation and write it down for the donor to take away with them (e.g. how much they can do and when, when they can resume usual activities, increasing their level of exercise, returning to work)
- P5 refer to other agencies where external support is required (e.g. social worker)
- P6 discuss, backed up by evidence, the priorities for the donor's future health and lifestyle management (e.g. exercise, drinking plenty, healthy eating, stopping smoking, alcohol) and explore how the donor will achieve these
- P7 ensure the donor is aware of the availability of continued support and communication (e.g. contact details and times of a named member of the multidisciplinary team)

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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 general medicine
- K4 psychological care skills
- K5 renal medicine
- K6 the donation process
- K7 potential risks and benefits of transplantation
- K8 recovery after kidney donation
- K9 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K10 the importance of establishing rapport and how to do so
- K11 how to ask questions, listen carefully and summarise back
- K12 the importance of encouraging individuals to ask questions and how to do so
- K13 the religious beliefs of different cultures
- K14 the effects of different cultures and religions on care management and effects on family dynamics
- K15 the principle of confidentiality and what information may be given to whom
- K16 the importance of involving individuals in discussions, and how to do so
- K17 how to negotiate effectively with individuals, families and other professionals
- K18 the principles of evidence-based practice, and how to apply them

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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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**Relevant occupations** Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services

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**Suite** Renal

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