

SFHRenTP14

Help the patient develop approaches to lifestyle and health management



Overview

This standard is about working together with the recipient not only to adopt the principles of healthy living, but specify strategies and actual behaviours that will optimise the health of each individual recipient.

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 explain the importance of a lifestyle plan and the process of developing one to the patient and other people
- P2 encourage the patient to be independent and take responsibility for themselves (e.g. coming back quickly when there is an infection and avoiding putting on weight and smoking)
- P3 encourage the patient to involve other people in discussions on their lifestyle and health plan, where they can make a positive impact
- P4 discuss and agree with the patient:
 - P4.1 the needs to be addressed
 - P4.2 appropriate aims (e.g. short-, medium- and long-term) for the lifestyle plan and stages within it
 - P4.3 who could contribute to meeting different needs
 - P4.4 when possible interventions may take place
 - P4.5 the location and timing of particular interventions
 - P4.6 risks in delivering the lifestyle plan and how these will be managed
- P5 establish and agree how to judge how well the plan is working and the need to contact the unit if it is not working
- P6 support the patient effectively throughout, promoting their wishes and beliefs, addressing their concerns and encouraging them to promote their own health and well-being (e.g. exercise, not smoking, food and oral hygiene, healthy eating)
- P7 provide opportunities for the patient to ask questions and increase their understanding of their symptoms and the lifestyle plan
- P8 discuss any issues which the patient or family may have
- P9 encourage the patient to use national screening programmes (e.g. cervical and breast cancer, dental)
- P10 refer the patient for specialist intervention when you encounter psychological barriers to adapting their lifestyle and managing their health and are unsure how to respond effectively

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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 psychological care skills
- K4 coaching skills
- K5 principles of healthy living
- K6 how lifestyle affects health specifically in relation to transplanted patients
- K7 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K8 the importance of establishing rapport and how to do so
- K9 how to ask questions, listen carefully and summarise back
- K10 the importance of encouraging individuals to ask questions and how to do so
- K11 the religious beliefs of different cultures
- K12 the effects of different cultures and religions on care management
- K13 the principle of confidentiality and what information may be given to whom
- K14 the importance of involving individuals in discussions, and how to do so
- K15 how to negotiate effectively with individuals, families and other professionals
- K16 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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