

## SFHRenTP7

### Help the patient develop competence in self-administering medication



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#### Overview

This standard is about enabling the recipient to develop responsibility for and competence in administering their medication to themselves.

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 patient's expectations, beliefs, understandings and intended behaviours while they are still an in-patient
- P2 find out the effect of previous learning/education (e.g. how long ago, what it covered)
- P3 identify obstacles that the patient may have or create to effective self-medication
- P4 set aside time to give the patient information and to reiterate expectations that are realistic, (e.g. that a transplant is not a 'cure-all', that not taking medication will lead to the loss of the kidney), and to help the patient ask questions and increase their understanding
- P5 discuss with the patient and advise them how to take the medication (e.g. tacrolimus before food, steroids with food, the need to avoid grapefruit products with tacrolimus)
- P6 estimate the risk of the patient not taking their medication (e.g. using lifestyle data and medical history), and inform other members of the multidisciplinary team of this possibility
- P7 advise referring centres and help them develop an approach to the patient
- P8 provide learning and information materials and observe the patient's response to them (e.g. leaflets, testing the patient on knowledge and understanding, lockable lockers from which the patients administer drugs to themselves on the ward)
- P9 provide concordance aids where these will be of benefit and are welcomed (e.g. medidose boxes)
- P10 engage the support of a carer when they can assist the development of competence

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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 immune system
- K4 psychological care skills
- K5 current accepted best practice for medication of transplanted patients (eg NICE guidelines)
- K6 types and methods of taking different medications
- K7 the effects, side effects and potential interactions of different medications
- K8 the effects, side effects and potential interactions of immunosuppressive therapy on other health conditions, and the effect of other health conditions on immunosuppressive therapy
- K9 the pressures that transplanted patients may come up against
- K10 the rejection process
- K11 immunosuppression therapy
- K12 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K13 the importance of establishing rapport and how to do so
- K14 how to ask questions, listen carefully and summarise back
- K15 the importance of encouraging individuals to ask questions and how to do so
- K16 the religious beliefs of different cultures
- K17 the effects of different cultures and religions on care management
- K18 the principle of confidentiality and what information may be given to whom
- K19 the importance of involving individuals in discussions, and how to do so
- K20 how to negotiate effectively with individuals, families and other professionals
- K21 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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<b>Developed by</b>	Skills for Health
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<b>Relevant occupations</b>	Health, Public Services and Care; Medicine and Dentistry; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Renal
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<b>Key words</b>	kidney, kidneys, diabetes, renal
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