

SFHRenTP8

Help young adults learn to manage medication and monitoring of symptoms



Overview

This standard is about developing independence in kidney recipients in the monitoring of their condition at the time at which they take responsibility for themselves, usually at age 18. This involves both the clinical and psychological management of risk and consequences of behaviour, using evidence about this group of patients.

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 liaise with the paediatric nurse service in the transplant centre
- P2 promote independence and trust in the patient (e.g. through talking directly to the adolescent patient, motivational interviewing)
- P3 look for different ways in which the patient can take responsibility for themselves (e.g. the transfer of responsibility to the adolescent and what that means, getting to appointments on their own)
- P4 involve the patient in the planning of their own care pathway
- P5 make available contact with other patients who have had a range of experiences and who can tell the patient 'what it's like on the inside'
- P6 develop in the patient the ability to assess realistically the risks and consequences of their behaviour
- P7 check that the patient and the patient's family understand:
 - P7.1 how and why the prescribed drugs should be taken
 - P7.2 the monitoring methods that are used
 - P7.3 the consequences if the regimen is not adhered to (e.g. the blood pressure control destabilises, blood results show low calcium levels)
- P8 agree a regimen that best fits with the patient's life and doesn't compromise the effectiveness of the treatment
- P9 discuss the administration options of the various medications
- P10 carry out training in administering medication and make access to support available as required
- P11 agree a regular programme of monitoring and review of the treatment process in partnership with the patient, the family and other members of the multidisciplinary team
- P12 act as advocate for the patient when other family members inhibit the development of their independence
- P13 offer a specialist psychological referral where barriers to managing medication and managing monitoring are not easily overcome
- P14 ensure the patient knows who and where to go to when they have concerns

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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
- K5 human psychological development (e.g. adolescence)
- K6 body image concerns of young adults
- K7 health belief models
- K8 motivational interviewing
- K9 cognitive behaviour techniques
- K10 assertiveness skills
- K11 coaching skills
- K12 evidence of the response and problems of young adults in transition for paediatric care and services
- K13 current accepted best practice for medication of transplanted patients (e.g. NICE guidelines)
- K14 types and methods of taking different medications
- K15 the effects, side effects and potential interactions of different medications
- K16 the effects, side effects and potential interactions of immunosuppressive therapy on other health conditions, and the effect of other health conditions on immunosuppressive therapy
- K17 the pressures that transplanted patients may come up against
- K18 full understanding of the rejection process
- K19 immunosuppression therapy
- K20 how to adapt communication styles in ways which are appropriate to different people (e.g. culture, language or special needs)
- K21 the importance of establishing rapport and how to do so
- K22 how to ask questions, listen carefully and summarise back
- K23 the importance of encouraging individuals to ask questions and how to do so
- K24 the religious beliefs of different cultures
- K25 the effects of different cultures and religions on care management
- K26 the principle of confidentiality and what information may be given to whom
- K27 knowledge of IT
- 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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Additional Information

External links

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

Dimension: HWB2 Assessment and care planning

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