

SFHS4

Develop management plans for individuals with stroke or Transient Ischaemic Attack (TIA)



Overview

This standard is about developing and agreeing evidence-based holistic management plans with individuals who have had a stroke and TIA. The management plans may be developed in community, secondary and tertiary care settings, and will cover all aspects of care including; assessment, goal setting and evaluation, treatment, secondary prevention, rehabilitation, discharge planning and long term support. This standard is aimed at those working in specialist stroke services.

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 your role and its scope, your responsibilities and accountability to the individual and their carer(s)
 - P2 explain the process and importance of developing an individualised management plan, including:
 - P2.1 the information that may be collected while working with the individual and who might have access to it and who will not
 - P2.2 the options for addressing the individual's needs, including any benefits and risks
 - P3 seek the individual's consent to the development of the management plan
 - P4 encourage the individual to involve carer(s) during the development of the management plan
 - P5 discuss and agree with the individual and carer(s):
 - P5.1 the needs to be addressed
 - P5.2 appropriate goals for the management plan and stages within it
 - P5.3 who could contribute to meeting different needs
 - P5.4 when possible interventions may take place
 - P5.5 the location and timing of particular interventions
 - P5.6 how the management plan as a whole will be managed and reviewed
 - P5.7 risks in following the management plan and how these will be managed
 - P6 explain to the individual and their carer(s) any medications prescribed, their effects and benefits, methods and frequency of taking them, and the importance of adhering to their regime
 - P7 establish and agree monitoring methods with the individual and their carer(s)
 - P8 encourage the individual and their carer(s) to monitor their symptoms
 - P9 support the individual effectively throughout, promoting their wishes and beliefs, addressing their concerns and encouraging them to promote their own health and well-being
 - P10 provide opportunities for the individual to ask questions and increase their understanding of their symptoms, the progress of the disease and their management plan
 - P11 discuss any issues which the individual and their carer(s) may have
 - P12 review progress with the individual, carer(s) and the multi-disciplinary team within the agreed timeframe
 - P13 make clear, full and concise notes of the management plan, agreements and monitoring methods on the individual's records

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Knowledge and understanding

You need to know and understand:

- K1 the main issues, debates, and policies relating to the management and rehabilitation of stroke and TIA
- K2 the nature of stroke and TIA, and the different stages of these conditions, including terminal stages
- K3 the short, medium and long term effects of stroke on the individual's physical, psychological, cognitive and biological states and functions
- K4 how factors in people's lifestyles (e.g. physical activity, smoking, diet, stress, drug and alcohol misuse) can affect their risk of stroke and TIA
- K5 the conditions that predispose to stroke and TIA, including those associated with older people, younger adults, gender, socio-economic and ethnic minority groups
- K6 high risk groups including those with previous stroke or TIA, those with other conditions such as hypertension, atrial fibrillation, hyperlipidaemia, and those with genetic predisposition
- K7 the aspects of individuals' and their families' past medical history which may be relevant to the management of stroke and TIA
- K8 how to evaluate individuals' levels of risk of stroke
- K9 the drugs and interventions which are used to manage stroke, and the effects of these on the overall health and well-being of the individual
- K10 rehabilitation principles and practice, and factors which limit the effectiveness of rehabilitation
- K11 the range of investigations that may be required when monitoring individuals who have had a stroke
- K12 pharmacological therapies for treating individuals who have had a stroke, and how to determine appropriate therapies
- K13 methods of taking different medications, including the individual's ability to self-medicate and the equipment that might be needed to facilitate self-medication
- K14 the effects, side-effects and potential interactions of stroke/TIA medications on other health conditions, and the affect of other health conditions on stroke/TIA medications
- K15 the criteria for prescribing suitable medications according to national guidelines
- K16 how to develop clear management plans with individuals who have had a stroke or TIA
- K17 the importance of identifying individuals' needs and goals
- K18 the importance of identifying relevant interventions for the individual, and who can provide them
- K19 the information that the individual is likely to need in relation to her/his management plan, and any concerns and/or particular needs s/he may

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- have
- K20 the member of the multi-disciplinary team responsible for each aspect of the individual's management plan, and how to contact them
 - K21 the legislation which relates to your work including: health and safety, confidentiality and information sharing, the provision of services, individuals' rights, equality and diversity, consent and unified assessment
 - K22 the professional standards and codes of practice for your area of work and how to interpret and apply these
 - K23 the nature, aims, objectives, values, policies and systems of the organisation in which you work
 - K24 the nature, extent and boundaries of your work role as well as the roles of other relevant practitioners
 - K25 the ethics and practices concerning consent and confidentiality, and the tensions which may exist between an individual's rights and the organisation's responsibility to individuals and the individuals ability to give consent
 - K26 how to complete and structure records and reports so that they contain all of the essential information and are suitable for others to use
 - K27 how to communicate with a range of individuals who may have limited and different abilities to communicate
 - K28 the ways in which communication can be modified and altered for different needs and contexts
 - K29 how to ask questions, listen carefully and summarise back
 - K30 how to present information and advice in ways which are appropriate for different people

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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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