

## SFJCCGD2

# Encourage individuals to look after their own health and hygiene



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### Overview

This unit is about working with others including line managers, specialists within and outside the organisation to encourage individuals within a custodial environment to look after their own health and hygiene, participate in healthy activities, avoid activities which may be detrimental to their health and help them to maintain their health and personal cleanliness. Advice may include immunisation and vaccination, the use of protective clothing or adopting safe practices.

#### **There are two elements**

- 1 Encourage individuals to adopt and maintain healthy and hygienic practices
- 2 Assist individuals to maintain their health and personal cleanliness

#### **Target Group**

This unit applies to those working in a custodial environment who are directly involved working with individuals on issues to do with health and hygiene.

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#### Performance criteria

*You must be able to:*

#### Encourage individuals to adopt and maintain healthy and hygienic practices

- P1 provide individuals with access to suitable facilities and opportunities to maintain their own health and hygiene
- P2 accurately identify individuals' needs for information about health and hygiene, and make appropriate information available
- P3 confirm that individuals are aware of the potential consequences of any failure to adopt and maintain healthy and hygienic practices
- P4 monitor individuals at appropriate intervals to ensure that they are maintaining healthy and hygienic practices in accordance with organisational procedures
- P5 refer to relevant people if individuals consistently fail to maintain healthy and hygienic practices

#### Assist individuals to maintain their health and personal cleanliness

*You must be able to:*

- P6 discuss and agree with individuals the type and degree of assistance they need to maintain their health and hygiene
- P7 encourage individuals to choose the health and hygiene facilities and materials they prefer, consistent with their conditions and available resources
- P8 take appropriate precautions to protect your own health and hygiene
- P9 provide individuals with a level of privacy consistent with the level of risk involved
- P10 give assistance to individuals in ways which promotes their dignity and causes as little discomfort as possible
- P11 refer to relevant people if individuals require assistance which is beyond your role or competence

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#### Knowledge and understanding

*You need to know and understand:*

- K1 accepted good practice in personal health and hygiene
- K2 the facilities available for personal health and hygiene
- K3 how to identify accurately the information individuals need, and how to provide this information appropriately
- K4 the potential consequences of failure to adopt and maintain healthy and hygienic practices
- K5 methods of monitoring personal health and hygiene, and how to do this discretely
- K6 the steps to take if individuals fail to maintain healthy and hygienic practices, or require assistance which is beyond your role or competence
- K7 the types of assistance individuals may need to maintain their personal cleanliness
- K8 how to identify and agree with individuals the type and degree of assistance they need
- K9 how individuals' conditions may limit the range of personal hygiene facilities and materials which may be used
- K10 relevant organisation policies and procedures
- K11 the precautions you must take to protect your own health and hygiene
- K12 the importance of providing a level of privacy consistent with the level of risk
- K13 the importance of giving assistance in ways which promotes individuals' dignity and minimises discomfort

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<b>Developed by</b>	Skills for Justice
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<b>Originating organisation</b>	Skills for Justice
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<b>Original URN</b>	GD2
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<b>Relevant occupations</b>	Health, Public Services and Care; Public Services; Associate Professionals and Technical Occupations; Protective Service Occupations
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<b>Suite</b>	Custodial Care
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<b>Key words</b>	Hygiene, Clean
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