

SCDHSC0225

Support individuals to carry out their own healthcare and monitoring procedures



Overview

This standard identifies the requirement when you support individuals to carry out their own healthcare procedures. This includes supporting them to undertake treatments and apply dressings and also to take, interpret and record measurements for monitoring their own health.

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Performance criteria

Support individuals to prepare to carry out their own healthcare and health monitoring procedures

You must be able to:

- P1 support the **individual** to identify the assistance they require to carry out healthcare and health monitoring procedures
- P2 encourage the individual to recognise their own abilities and skills when identifying the assistance they require, to promote their **active participation** in healthcare activities
- P3 ensure the individual and **key people** have accurate and accessible information about the procedures they will use and how materials and equipment should be stored and disposed of
- P4 support the individual and key people to understand **telecare** arrangements relating to the procedures, where these apply
- P5 support the individual and key people to understand the importance of hygiene precautions when carrying out procedures
- P6 encourage the individual to identify a suitable place for carrying out procedures, taking account of privacy and safety

Support individuals to carry out their own healthcare procedures for treatments and dressings

You must be able to:

- P7 support the individual to obtain sufficient supplies for **treatments and dressings**
- P8 encourage the individual to store materials and equipment appropriately and safely
- P9 encourage the individual to wash their hands before and after the procedure
- P10 support the individual to prepare the equipment and the environment before carrying out healthcare procedures
- P11 support the individual to understand the importance of carrying out the healthcare activities at the appropriate times and using the correct techniques and equipment
- P12 support the individual to pass on required information about the procedure using telecare arrangements, where these are used
- P13 observe the individual to identify changes that may relate to the procedure
- P14 take appropriate action promptly where observed changes indicate that the healthcare activity may be causing adverse reactions, may no longer be needed or may need changing
- P15 complete records and reports on activities and outcomes within confidentiality agreements and according to legal and work setting

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requirements

Support individuals to monitor their own health by obtaining specimens and taking physical measurements

You must be able to:

- P16 support the individual to prepare the equipment and the environment before taking **physical measurements** and obtaining **specimens**
- P17 encourage the individual to wash their hands before and after the activity
- P18 encourage the individual to obtain specimens and take measurements accurately, at the appropriate times and using the correct techniques and equipment
- P19 check the timing and interpretation of the measurements made
- P20 take appropriate action where measurements appear to be incorrect
- P21 support the individual and key people to understand how to interpret the measurements correctly
- P22 support the individual to record measurements accurately
- P23 support the individual to store the records safely, passing on results using telecare arrangements where these are used
- P24 assist the individual to monitor their own condition over time, encouraging them to seek advice and support when changes occur
- P25 take appropriate action promptly where you observe changes in the individual
- P26 record activities and outcomes within confidentiality agreements and according to legal and work setting requirements

Support individuals to manage materials and equipment safely after carrying out healthcare and monitoring procedures

You must be able to:

- P27 support the individual and key people to understand the importance of following instructions for the safe disposal of materials
- P28 support the individual to dispose of waste hazardous and non-hazardous materials safely and hygienically
- P29 encourage the individual to return materials and equipment to safe storage after the procedure

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Knowledge and understanding

You need to know and understand:

Rights

- K1 work setting requirements on equality, diversity, discrimination and human rights
- K2 your role supporting rights, choices, wellbeing and active participation
- K3 your duty to report anything you notice people do, or anything they fail to do, that could obstruct individuals' rights
- K4 the actions to take if you have concerns about discrimination
- K5 the rights that individuals have to make complaints and be supported to do so

How you carry out your work

You need to know and understand:

- K6 codes of practice, standards, frameworks and guidance relevant to your work and the content of this standard
- K7 the main items of legislation that relate to the content of this standard within your work role
- K8 your own background, experiences and beliefs that may affect the way you work
- K9 your own roles and responsibilities with their limits and boundaries
- K10 who you must report to at work
- K11 the roles and responsibilities of other people with whom you work
- K12 how to find out about procedures and agreed ways of working in your work setting
- K13 how to make sure you follow procedures and agreed ways of working
- K14 the meaning of person centred/child centred working and the importance of knowing and respecting each child or young person as an individual
- K15 the prime importance of the interests and well-being of children and young people
- K16 the individual's cultural and language context
- K17 how to work in ways that build trust with people
- K18 how to work in ways that support the active participation of individuals in their own care and support
- K19 how to work in ways that respect individuals' dignity, personal beliefs and preferences
- K20 how to work in partnership with people
- K21 what you should do when there are conflicts and dilemmas in your

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work

- K22 how and when you should seek support in situations beyond your experience and expertise

Theory for practice

You need to know and understand:

- K23 the **factors that may affect the health, wellbeing and development of individuals** you care for or support
- K24 how these affect individuals and how they may affect different individuals differently
- K25 the main stages of human development

You need to know and understand:

Communication

- K26 factors that can have a positive or negative effect on the way people communicate
- K27 different methods of communicating

You need to know and understand:

Personal and professional development

- K28 why it is important to reflect on how you do your work
- K29 how to use your reflections to improve the way you work

You need to know and understand:

Health and Safety

- K30 your work setting policies and practices for health, safety and security
- K31 practices that help to prevent and control infection in the context of this standard

You need to know and understand:

Safe-guarding

- K32 the duty that everyone has to raise concerns about possible harm or abuse, poor or discriminatory practices
- K33 signs and symptoms of harm or abuse
- K34 how and when to report any concerns about abuse, poor or discriminatory practice, resources or operational difficulties
- K35 what to do if you have reported concerns but no action is taken to address them

You need to know and understand:

Handling information

- K36 legal requirements, policies and procedures for the security and confidentiality of information

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- K37 work setting requirements for recording information and producing reports including the use of electronic communication
- K38 what confidentiality means
- K39 how to maintain confidentiality in your work
- K40 when and how to pass on information

Specific to this NOS

You need to know and understand:

- K41 ways of ensuring the individual has sufficient supplies and the effects which may arise if this is not done
- K42 why and how to explore changes in the individual's condition and in their measurements, possible reasons for such changes and the appropriate actions to take when changes occur
- K43 actions to take for any key changes in the health and medical condition of the individuals with whom you work
- K44 the variety of conditions for which the measurements may be undertaken and the equipment, measurement and materials related to these
- K45 the different ways in which specimens and physical measurements are taken
- K46 how treatments are carried out and how to apply dressings safely
- K47 how to dispose of hazardous and non hazardous waste safely and ways of encouraging individuals to dispose of hazardous and non hazardous waste safely
- K48 ways to support and help individuals to take, test and interpret the results of specimens correctly; and to take and interpret the results of physical measurement correctly
- K49 the role of assistive technologies in monitoring individuals' health and wellbeing, including those linked with telecare, telehealth and telehealthcare arrangements
- K50 why it is necessary to keep full, accurate and complete records and how the individual should be encouraged to do so

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Additional Information

Scope/range related to performance criteria

The details in this field are explanatory statements of scope and/or examples of possible contexts in which the NOS may apply; they are not to be regarded as range statements required for achievement of the NOS.

Note: Where an individual finds it difficult or impossible to express their own preferences and make decisions about their life, achievement of this standard may require the involvement of advocates or others who are able to represent the views and best interests of the individual.

Where there are language differences within the work setting, achievement of this standard may require the involvement of interpreters or translation services.

Active participation is a way of working that regards individuals as active partners in their own care or support rather than passive recipients. Active participation recognises each individual's right to participate in the activities and relationships of everyday life as independently as possible

Dressings may include bandages, sterile dressings, other applications and covers to dress wounds, abrasions and other types of condition

The **individual** is the person you support or care for in your work

Key people are those who are important to an individual and who can make a difference to his or her well-being. Key people may include family, friends, carers and others with whom the individual has a supportive relationship.

Physical measurements may include blood pressure; blood sugar levels; temperature; peak flow

Specimens may include blood; urine; other bodily fluids that need testing

Telecare arrangements are those where assistive technology is linked with a remote central control system to promote independent living through on-going monitoring of, and responses to changes in, individuals' wellbeing; arrangements may include telecare, telehealth or telehealthcare

Treatments are actions and activities that need to be undertaken to promote an individual's health

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Scope/range related to knowledge and understanding

The details in this field are explanatory statements of scope and/or examples of possible contexts in which the NOS may apply; they are not to be regarded as range statements required for achievement of the NOS.

All knowledge statements must be applied in the context of this standard.

Factors that may affect the health, wellbeing and development of individuals may include adverse circumstances or trauma before or during birth; autistic spectrum conditions; dementia; family circumstances; frailty; harm or abuse; injury; learning disability; medical conditions (chronic or acute); mental health; physical disability; physical ill health; poverty; profound or complex needs; sensory needs; social deprivation; substance misuse

Values

Values

Adherence to codes of practice or conduct where applicable to your role and the principles and values that underpin your work setting, including the rights of children, young people and adults. These include the rights:

To be treated as an individual

To be treated equally and not be discriminated against

To be respected

To have privacy

To be treated in a dignified way

To be protected from danger and harm

To be supported and cared for in a way that meets their needs, takes account of their choices and also protects them

To communicate using their preferred methods of communication and language

To access information about themselves

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