

H5P0 04 (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.

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 wellbeing. 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.

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

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

Performance Criteria — What you do in your job

You must provide evidence to meet all the 29 Performance Criteria for this Unit. The Performance Criteria are grouped under headings to assist you with planning how best to meet these points.

Place the number of the piece of work where this Performance Criteria has been met in the evidence box after each criteria.

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

	Performance Criteria	Evidence Number where this criteria has been met
1	Support the individual to identify the assistance they require to carry out healthcare and health monitoring procedures.	
2	Encourage the individual to recognise their own abilities and skills when identifying the assistance they require, to promote their active participation in healthcare activities.	
3	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.	
4	Support the individual and key people to understand telecare arrangements relating to the procedures, where these apply.	
5	Support the individual and key people to understand the importance of hygiene precautions when carrying out procedures.	
6	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

	Performance Criteria	Evidence Number where this criteria has been met
7	Support the individual to obtain sufficient supplies for treatments and dressings .	
8	Encourage the individual to store materials and equipment appropriately and safely.	
9	Encourage the individual to wash their hands before and after the procedure.	
10	Support the individual to prepare the equipment and the environment before carrying out healthcare procedures.	
11	Support the individual to understand the importance of carrying out the healthcare activities at the appropriate times and using the correct techniques and equipment.	
12	Support the individual to pass on required information about the procedure using telecare arrangements, where these are used.	
13	Observe the individual to identify changes that may relate to the procedure.	
14	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.	
15	Complete records and reports on activities and outcomes within confidentiality agreements and according to legal and work setting requirements.	

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

	Performance Criteria	Evidence Number where this criteria has been met
16	Support the individual to prepare the equipment and the environment before taking physical measurements and obtaining specimens .	
17	Encourage the individual to wash their hands before and after the activity.	
18	Encourage the individual to obtain specimens and take measurements accurately, at the appropriate times and using the correct techniques and equipment.	
19	Check the timing and interpretation of the measurements made.	
20	Take appropriate action where measurements appear to be incorrect.	
21	Support the individual and key people to understand how to interpret the measurements correctly.	
22	Support the individual to record measurements accurately.	
23	Support the individual to store the records safely, passing on results using telecare arrangements where these are used.	
24	Assist the individual to monitor their own condition over time, encouraging them to seek advice and support when changes occur.	
25	Take appropriate action promptly where you observe changes in the individual.	
26	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

	Performance Criteria	Evidence Number where this criteria has been met
27	Support the individual and key people to understand the importance of following instructions for the safe disposal of materials.	
28	Support the individual to dispose of waste hazardous and non-hazardous materials safely and hygienically.	
29	Encourage the individual to return materials and equipment to safe storage after the procedure.	

Knowledge and Understanding — Why and how you do what you do in your job

You must provide evidence of your knowledge and understanding to meet all the 50 knowledge points for this Unit. The knowledge points are grouped under headings to assist you with planning how best to meet them.

Place the number of the piece of work where each knowledge point has been met in the 'evidence number' box after each point.

Rights

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
1	Work setting requirements on equality, diversity, discrimination and human rights.	
2	Your role supporting rights, choices, wellbeing and active participation.	
3	Your duty to report anything you notice people do, or anything they fail to do, that could obstruct individuals' rights.	
4	The actions to take if you have concerns about discrimination.	
5	The rights that individuals have to make complaints and be supported to do so.	

How you carry out your work

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
6	Codes of practice, standards, frameworks and guidance relevant to your work and the content of this standard.	
7	The main items of legislation that relate to the content of this standard within your work role.	
8	Your own background, experiences and beliefs that may affect the way you work.	
9	Your own roles and responsibilities with their limits and boundaries.	
10	Who you must report to at work.	
11	The roles and responsibilities of other people with whom you work.	
12	How to find out about procedures and agreed ways of working in your work setting.	
13	How to make sure you follow procedures and agreed ways of working.	
14	The meaning of person centred/child centred working and the importance of knowing and respecting each child or young person as an individual.	
15	The prime importance of the interests and wellbeing of children and young people.	
16	The individual's cultural and language context.	
17	How to work in ways that build trust with people.	
18	How to work in ways that support the active participation of individuals in their own care and support.	
19	How to work in ways that respect individuals' dignity, personal beliefs and preferences.	

How you carry out your work (cont)

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
20	How to work in partnership with people.	
21	What you should do when there are conflicts and dilemmas in your work.	
22	How and when you should seek support in situations beyond your experience and expertise.	

Theory for practice

23	The factors that may affect the health, wellbeing and development of individuals you care for or support.	
24	How these affect individuals and how they may affect different individuals differently.	
25	The main stages of human development.	

Communication

26	Factors that can have a positive or negative effect on the way people communicate.	
27	Different methods of communicating.	

Personal and professional development

28	Why it is important to reflect on how you do your work.	
29	How to use your reflections to improve the way you work	

Health and Safety

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
30	Your work setting policies and practices for health, safety and security.	
31	Practices that help to prevent and control infection in the context of this standard.	

Safe-guarding

32	The duty that everyone has to raise concerns about possible harm or abuse, poor or discriminatory practices.	
33	Signs and symptoms of harm or abuse.	
34	How and when to report any concerns about abuse, poor or discriminatory practice, resources or operational difficulties.	
35	What to do if you have reported concerns but no action is taken to address them.	

Handling information

36	Legal requirements, policies and procedures for the security and confidentiality of information.	
37	Work setting requirements for recording information and producing reports including the use of electronic communication.	
38	What confidentiality means.	
39	How to maintain confidentiality in your work.	
40	When and how to pass on information.	

Knowledge that is Specific to this NOS

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
41	Ways of ensuring the individual has sufficient supplies and the effects which may arise if this is not done.	
42	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.	
43	Actions to take for any key changes in the health and medical condition of the individuals with whom you work.	
44	The variety of conditions for which the measurements may be undertaken and the equipment, measurement and materials related to these.	
45	The different ways in which specimens and physical measurements are taken.	
46	How treatments are carried out and how to apply dressings safely.	
47	How to dispose of hazardous and non-hazardous waste safely and ways of encouraging individuals to dispose of hazardous and non-hazardous waste safely.	
48	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.	
49	The role of assistive technologies in monitoring individuals' health and wellbeing, including those linked with telecare, telehealth and telehealthcare arrangements.	
50	Why it is necessary to keep full, accurate and complete records and how the individual should be encouraged to do so.	

The candidate and assessor must only sign below when all Performance Criteria and knowledge points have been met.

Unit assessed as being complete

Candidate's name	
Candidate's signature	
Date submitted to Assessor as complete	

Assessor's name	
Assessor's signature	
Date assessed complete	

Internal Verification

To be completed in accordance with centre's internal verifier (IV) strategy.

Evidence for this Unit was sampled on the following date/s	Internal verifier's signature	Internal verifier's name

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

Date of admin check	Internal verifier's signature	Internal verifier's name

Unit completion confirmed

Internal verifier's name	
Internal verifier's signature	
Date completed	