

PE1 Enable individuals to make informed health choices and decisions

OVERVIEW

This standard relates to contact with individuals who have defined health conditions to assist with planning and decision-making. This will include support by the provision of information, advice and access to other services to assist with decisions regarding possible interventions, treatments and issues of self-management in both short and long term. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. methods, tools and techniques for assessing and evaluating individual's health status, concerns, personal context and priorities
2. interview techniques and their application in a health care context
3. the effect which people's current level of knowledge and understanding, personal beliefs and preferences, experiences and use of services and life context may have on their needs and interests
4. how to respect and acknowledge people's priorities in relation to self management of their condition in both short and long term
5. the specific condition(s) that has been diagnosed for the individual, including its effects on health, lifestyle, expectations and needs for care support
6. requirements for medication, aids, support or other facilities related to the individual's condition
7. the range, type and likely effectiveness of aids, support groups and interventions to assist the individual in managing their condition
8. the knowledge and skills required by individuals to ensure their effective self-management of their condition
9. the difference between misinformation and alternative views of practice
10. holistic concepts and approaches to health and social well-being
11. the range of models, concepts, paradigms and approaches for promotion of health and self-management of defined conditions
12. how to evaluate the effectiveness and suitability of different models, concepts and approaches for individuals
13. the range of interventions, treatments, assistive devices, aids, support groups and networks that may be of assistance to the individual

- 14.how and where to access information in both oral and written forms
- 15.how and where to facilitate further professional support or referral
- 16.counseling techniques and interview methods

PERFORMANCE CRITERIA

You must be able to do the following:

- 1.select communication methods which meet the needs of relevant individuals and confirm their understanding
- 2.identify the concerns, priorities and current level of knowledge of relevant individuals
- 3.maintain confidentiality and uphold the dignity and privacy of patients
- 4.explain the benefits and implications of each option in sufficient detail to address questions and concerns
- 5.provide supporting materials in style and format to meet individual needs and with details of additional contacts to aid decision making
- 6.offer options which acknowledge and balance the needs of the individual patient with those of their carer and family
- 7.allow individuals time to consider options and actions and to obtain further information
- 8.facilitate access to additional sources of support, information and advice
- 9.agree an action plan that reflect the informed decision on their future health care

ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB4 Enablement to address health and wellbeing needs. This standard has replaced HCS_AUD9 and HCS_CYTOG8.