

## CHS41 Determine a treatment plan for an individual

### OVERVIEW

This standard covers determining a treatment plan for a specified health conditions with an individual or their carer(s). It is applicable to a wide range of health contexts and roles in emergency, primary and secondary care. It may apply to patients in both conscious and unconscious states. 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. Your own level of competence, authority and knowledge in relation to the agreeing a treatment plan
2. The importance of identifying the individual and yourself and gaining valid consent from individuals or from others where individual's lack capacity to do so
3. The aspects of individuals' and their families' past medical history which may be relevant to the treatment planning for specific health conditions
4. How to develop clear treatment plans that meet individual's needs with individuals and relevant carers
5. The range and types of relevant treatment interventions and procedures for treating specific health conditions and their effects for the individual, and who can provide them
6. The importance of communicating with individuals and relevant carers in a manner that is consistent with their level of understanding, culture, background and preferred ways of communicating
7. The importance of encouraging individuals and relevant others to ask questions and participate in discussions, and how to do so
8. How to ask questions, listen carefully and summarise back and giving individuals opportunities to ask questions to increase their understanding
9. Methods of communicating stressful information to individuals
10. The importance and role of lifestyle factors influencing specific health conditions and its risk factors
11. The principle of confidentiality and what information may be given to whom in accordance with information governance
12. The principles of evidence-based practice, and how to apply them
13. The anatomy and physiology of the human body relevant to health condition and treatment plan
14. The pharmacological therapies for treating individuals with specific health conditions,

- and how to determine appropriate therapies
- 15.The effects, side-effects and potential interactions of medications on other health conditions, and the affect of other health conditions on medications
- 16.Specific health conditions, and their physical and psychological effects on individuals and their families
- 17.The causes and factors that determine specific health conditions and their different stages
- 18.The short-, medium- and long-term effects of specific health conditions on the individual's physical, psychological, mental and biological states and functions
- 19.The socio-economic and epidemiological factors affecting specific health conditions
- 20.The range of services available locally and nationally for people who need information and support in making and maintaining lifestyle changes, and how to access these services
- 21.The current European and National legislation, national guidelines, organisational policies and protocols and Clinical Governance which affect your work practice
- 22.Your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical Governance

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.work within your level of competence, responsibility and accountability and respond in a timely manner to meet individual's needs
- 2.confirm the identity of the individual and obtain valid consent
- 3.explain clearly your own role and its scope, your responsibilities and accountability
- 4.explain the process and importance of determining an appropriate treatment plan in a manner that is consistent with their level of understanding, culture, background and preferred ways of communicating, including:
  - 1.the information that may be collected and access to it
  - 2.the benefits and risks of different ways of meeting the individual's needs
  - 3.gaining agreement for the treatment plan with the individual or carers
- 5.encourage appropriate involvement from the individual's family and relevant others and provide opportunities for them to ask questions
- 6.fully consider the treatment options, effects, side effects, potential interactions, lifestyle and risk factors in discussions with the individual and relevant others to determine the appropriate treatment plan in line with clinical governance
- 7.explain to individuals any prescribed medications and procedures involved in the treatment plan , their effects and benefits, methods and frequency and the importance of adhering to the treatment regime
- 8.determine a clear treatment plan that meet individual's needs with individuals and relevant carers in line with clinical governance
- 9.obtain agreement for the appropriate treatment plan from the individual or relevant others to meet the individuals health status
- 10.identify other specialist services in the treatment plan where such services can help the individual and make effective arrangements for the exchange of information

- 11.establish and agree monitoring methods, including self-monitoring regimes with the individual and agree a date to review the treatment plan with the individual and relevant others
- 12.make clear, full and concise notes of the treatment plan, agreements, monitoring methods and review date on the individual's records
- 13.ensure you maintain the confidentiality of information in accordance with information governance

### **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: HWB6 Assessment and treatment planning