

## CHS44 Plan activities, interventions and treatments to achieve specified health goals

### OVERVIEW

This standard is about planning activities, interventions and treatments to achieve specified health goals. 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. The effects of aspects of lifestyle on health
2. How to obtain data about an individual by, for example, observations, assessment records, questioning, test result
3. Techniques of enabling an individual to change habits
4. Methods of overcoming resistance to accepting information
5. Methods of teaching scientific concepts in ways to enable individuals to understand
6. How to highlight the individual's abilities and experiences in a positive way
7. How information obtained from individuals should be recorded and stored
8. How to obtain full and accurate information about individuals
9. Psychology of habitual and addictive behaviour
10. The psychology of change
11. Methods of assessing where individuals are in the readiness to change cycle
12. Assessment of an individual's health from observation, measurement and records
13. How to ask open-ended questions, listen carefully and summarise back
14. Methods of communicating sensitive information to individuals
15. How to provide individuals with opportunities to ask questions and increase their understanding
16. How to adapt communication styles in ways which are appropriate to different people

### PERFORMANCE CRITERIA

You must be able to do the following:

1. discuss with individuals and carers, in an appropriate manner, the outcomes of the assessment and what this might mean for them in the short, medium and long term
2. identify and agree with the individual the health goals to be achieved
3. identify and discuss the options for achieving the agreed health goals, including any benefits and risks
4. provide active support to enable the individual to make an informed choice from the available options
5. recognise and respond to signs of ambivalence that may indicate a limited level of commitment to interventions
6. plan and agree with the individual, carers, and the practitioners involved, how the interventions will be implemented
7. make the necessary arrangements to implement the planned interventions
8. produce records and reports that are clear, comprehensive and accurate, and share information only with those who have the right and need to know

## **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. This standard has replaced HCS\_AUD10.