



CHS60 Assess individuals with long term conditions

OVERVIEW

This standard covers ongoing assessments of individuals with long term conditions. The practitioner will need to discuss the purpose of the assessment, explore presenting symptoms and discuss how the condition has affected them, and how it may affect them in the future. All relevant information about the condition will need to be obtained and reviewed for the assessment, and the outcomes will then be discussed with the individual. 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 principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- 2.the principles of assessment
- 3.the suitability, reliability and validity of different assessment methods for specific long term conditions
- 4.the national and local assessment tools and formats
- 5.the approaches and equipment for identifying signs of specific long term conditions
- 6.the tests and samples that need to be collected for specific long term conditions
- 7.the reliability and limitations of clinical examination techniques, and the interpretation of the results
- 8.the risks associated with clinical examinations
- 9.the relationships between individuals and their carers, and how much they might want their involvement
- 10.the requirements and needs of carers, and how they could respond to changes in the condition of individuals
- 11.the role of carers and others in facilitating communication
- 12.relevant legislation and the parts relating to the care of individuals with long term conditions, including the role of practitioners and clinical practice, human rights, data protection, and health and safety
- 13.the difficulties with communication that can arise as a result of specific long term conditions, and how this changes according to fluctuations of symptoms
- 14.the requirements and needs of individuals, and the resources and services that are available to help them
- 15.individuals' rights to information, and what is likely to be most useful to them during the different phases of their condition

- 16.the current issues and research debates on the specific long term condition
- 17.authoritative information including national, local and voluntary agencies for practitioners, individuals, and carers
- 18.the changes that occur during the course and different stages of specific conditions
- 19.the practitioners that are available to individuals, and how to obtain help from them
- 20.the roles and responsibilities of individuals for managing their own conditions
- 21.the services, equipment, and other resources and benefits available to help manage long term conditions
- 22.when to review the management of specific conditions
- 23.the aetiology, course and progression of specific long term conditions
- 24.the possible causes of specific conditions, including genetic or environmental factors
- 25.the anatomy and physiology relevant to specific conditions
- 26.the symptoms, complications and outcomes of specific conditions and how they can be recognised
- 27.the short, medium and long term effects of specific conditions on individuals and their carers
- 28.the interventions for specific long term conditions
- 29.how symptoms interact with each other
- 30.how symptoms can mask or be indications of other conditions and co-morbidities
- 31.the impact of symptoms on behaviour and lifestyle, and how it can be minimised.

PERFORMANCE CRITERIA

You must be able to do the following:

- 1.respect the individual's rights and wishes relating to their privacy, beliefs and dignity, and obtain informed consent whenever appropriate
- 2.provide appropriate support and information to the individual, and the carers they specify, to enable them to make informed choices throughout the assessment
- 3.discuss the assessment with the individual, and provide them with relevant information and a rationale for the assessment
- 4.review all relevant information to identify the most appropriate assessment to use with the individual
- 5.explore with the individual how they have been affected by their condition
- 6.ensure that health and safety measures relevant to the assessment are undertaken
- 7.conduct the assessment in a sensitive manner that fully involves the individual and those that they choose to include
- 8.conduct clinical examination effectively to identify symptoms and potential causes
- 9.make certain the assessment takes account of all symptoms and signs of potential conditions
- 10.discuss the outcomes of the assessment with the individual in a way that helps them understand and manage their condition
- 11.keep accurate, legible, and complete records, and comply with all the relevant legal, professional, and organisational requirements and guidelines.

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: HWB2 Assessment and care planning to meet health and wellbeing needs. This standard has replaced LTCN8.