

## CHS70 Support individuals with long term conditions to optimise their psychological functions

### OVERVIEW

This standard covers the way practitioners can support individuals with long term conditions to optimise their psychological functions. The practitioner will need to review all relevant information about the individual's condition and symptoms, and confirm with them the actions being taken to optimise their psychological functions. The practitioner can monitor the use of medical/psychological interventions, and identify how effective they have been and whether any problems have emerged. 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 relationships between individuals and their carers, and how much they might want their involvement
- 2.the difficulties with communication that can arise as a result of specific long term conditions, and how this changes according to fluctuations of symptoms
- 3.the role of carers and others in facilitating communication
- 4.relevant legislation and the parts relating to the care of individuals, including the role of practitioners and clinical practice, human rights, data protection, and health and safety
- 5.the principles of informed consent, including implied consent and expressed consent, and how these are applied in practice to protect individuals
- 6.the requirements and needs of individuals, and the resources and services that are available to help them
- 7.individuals' rights to information, and what is likely to be most useful to them during the different phases of a long term condition
- 8.the current issues and research debates on long term conditions
- 9.authoritative information and available resources including national, local and voluntary agencies for practitioners, individuals, and carers
- 10.the changes that occur during the course and different stages of specific long term conditions
- 11.the practitioners that are available to individuals, and how to obtain help from them
- 12.the roles and responsibilities of individuals for managing their own long term conditions
- 13.when to review the management of long term conditions

- 14.the aetiology, course, and progression of specific long term conditions
- 15.the anatomy and physiology relevant to specific long term conditions
- 16.the symptoms, complications, and outcomes of specific long term conditions
- 17.the short, medium, and long term effects of specific long term conditions on individuals and their carers
- 18.the interventions for specific long term conditions
- 19.the difficulties with psychological functions that can arise as a result of specific long term conditions, and changes that occur due to fluctuations of symptoms
- 20.the guidelines and procedures for dealing with difficulties with psychological functions
- 21.the methods and equipment that can be used to assess and monitor psychological functions
- 22.the interventions available for assisting the management of psychological functions
- 23.the services and resources available for dealing with difficulties with psychological functions

## 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 process of optimising their psychological functions
- 3.ensure that health and safety measures relevant to optimising their psychological functions are undertaken
- 4.review all relevant information about the individual's condition
- 5.agree with the individual the goals and priorities for optimising their psychological functions and when progress will be reviewed
- 6.identify the most appropriate interventions to use with the individual to optimise their psychological functions and the best person to deliver these in accordance with legislation and guidance
- 7.enable the individual to monitor their responses to the use of interventions, and to report any concerns or problems with them
- 8.establish whether the interventions are being suitably provided and utilised
- 9.monitor the condition of the individual, and take appropriate action to respond to any psychological difficulties or adverse effects
- 10.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: HWB6 Assessment and treatment planning. This standard has replaced LTCN21.