

## CHS87 Agree rehabilitation plans with individuals, families, carers and other professionals

### OVERVIEW

This standard covers the agreement and development of rehabilitation plans. The rehabilitation plan may have been developed following a clinical, surgical or therapeutic intervention for a specific health condition (e.g. a cardiac rehabilitation plan). The agreement of the rehabilitation plan would normally take place following the assessment of the individual's needs, abilities and any associated levels of risk. 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 current European, national and local legislation, policies, protocols and guidelines that affect your work practice
- 2.How to ask questions, listen carefully, observe and summarise back
- 3.How to adapt communication styles in ways which are appropriate to different people
- 4.The principle of informed consent, and how to obtain informed consent from individuals
- 5.How to effectively negotiate with individuals, family members, carers and other professionals
- 6.The importance of incorporating full and accurate information about individuals and how to do so
- 7.The practice of confidentiality and what information may be given to whom
- 8.How to produce written plans that are clear and concise
- 9.How to set goals that are SMART
- 10.How to measure outcomes to assess the impact of agreed plans
- 11.The range of motivations people may have for changing their behaviour and lifestyle, and how to discover their motivations
- 12.Basic counselling techniques
- 13.The holistic model of health
- 14.Research based evidence of the impact of environmental, social, lifestyle and behavioural factors on the incidence of specific health conditions
- 15.The potential bio-psycho-social impact of specific health conditions on individuals' and their families
- 16.The possible effects that modification of lifestyle and risk factors may have on individuals and their possible impact on rehabilitation planning

- 17.How to define risk stratification and its role in rehabilitation planning
- 18.The potential interaction of other health conditions
- 19.Drugs commonly used in the treatment of specific health conditions and their potential side effects
- 20.How to obtain and interpret assessments of individuals' rehabilitation needs
- 21.The availability and resource implications of local rehabilitation services

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.explain clearly to individuals:
  - 1.your own role and its scope, your responsibilities and accountability
  - 2.the information that will be obtained and stored in records and with whom this information might be shared
  - 3.what is involved in the development and implementation of the rehabilitation plan
- 2.respect individuals dignity, wishes and beliefs
- 3.obtain individuals' informed consent to the development and implementation of the rehabilitation plan
- 4.review assessments of the individual's physical, psychological, social and emotional needs for rehabilitation, taking full account of the individual's personal circumstances
- 5.negotiate priorities in partnership with the individual, family members, carers and other health professionals as required
- 6.establish how the individual's priorities can best be met by the services available
- 7.agree goals that are specific, measurable, achievable and realistic, leading to desired rehabilitative changes
- 8.clearly identify where the individual will be using self-help techniques
- 9.clearly identify other individuals or agencies who will be involved in delivering the services required by the plan
- 10.identify and take full account of any levels of risk associated with the individuals health condition
- 11.produce a written plan which accurately and concisely records the individual's goals, timescales, review dates and monitoring arrangements
- 12.provide copies of the rehabilitation plan to the individual and other relevant health professionals
- 13.ensure the monitoring and review arrangements take account of levels of any levels of risk associated with the individuals health condition
- 14.ensure that monitoring arrangements will provide sufficient information to assess the impact of the rehabilitation plan

## 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 peoples' health and wellbeing needs. This standard has replaced CHD\_FG3 and EUSC\_06