



## CHS235 Promote the benefits of activities to improve physical health and well-being

### OVERVIEW

This standard covers promoting the physical health and wellbeing of individuals in a holistic way - recognising the inter-relatedness of these and the difficulties that individuals may have in understanding their physical health needs and how these may be addressed. Activities to improve physical health refers to clinical procedures and treatments, such as the care of skin lesions, the application of dressings, elimination and other treatments specific to the individual, the taking of physical measurements and obtaining specimens, or therapeutic interventions such as special diets, exercise, massage or relaxation. This standard applies to practitioners involved in promoting the physical health and wellbeing of individuals with specific health needs. The practitioner may be directly responsible for aspects of the individual's physical health care or may be working alongside another health care practitioner who is responsible for implementing activities to monitor, maintain or improve the individual's physical health and wellbeing. 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. why there should be clear links between the overall care programme and the planned activities
2. why individuals and significant others should be encouraged to participate in planning and implementing activities
3. the rights and responsibilities of individuals to be involved in making decisions which affect them under current legislation and agreed legislation which is in the process of being implemented
4. why individuals may not be able or willing to make their own decisions
5. how to recognise when individuals are not able to exercise their rights to make informed choices and methods of enabling people to exercise their rights effectively - themselves, with your help, or through the use of another, such as an interpreter or advocate
6. the importance of diet and physical activity in improving both physical health and wellbeing
7. procedures for referring the individual to a GP or other medical practitioner
8. the different options which may be available to meet the individual's needs and which are available and suitable for them and what may affect availability and suitability of

- the different options
- 9.the information which the individual and significant others are likely to want and/or need in relation to the activities given their need to be involved, any concerns they may have and the physical health and wellbeing needs of the individual
  - 10.the assessment of the individual's physical health and wellbeing needs which has been undertaken, either by yourself or another member of the care team
  - 11.the individual's personal beliefs and preferences and the ways in which these may affect the plan which is drawn up
  - 12.the general factors which may inhibit physical health and wellbeing improvements, and ways in which these factors can be minimised
  - 13.the strengths and interests of the individual and the ways in which these can be incorporated into the programme of care
  - 14.the purpose of agreeing the location and timing of activities with individuals and significant others, how far ahead it is possible to plan for individual needs, and the factors which may intervene and alter plans
  - 15.your role in promoting the physical health and wellbeing of individuals with specific health needs and the way in which this can contribute to the overall quality of care
  - 16.the information which it may be necessary to share with others as a result of the planning, how to make sure that the individual is clear about this and understands, to the best of their ability, to what they are committing themselves
  - 17.methods of reaching working agreements with individuals and significant others
  - 18.methods of communicating with individuals and significant others
  - 19.methods of supporting individuals to make informed choices
  - 20.the roles which individuals and others may take, and may need to take, if activities are to be successful and how to explain and agree these with individuals and significant others

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.obtain appropriate and necessary information about the individual's physical health and wellbeing needs and use this to accurately assess the support required to enable the individual to participate in activities to improve their physical health and wellbeing
- 2.clearly explain the nature, purpose and benefits of activities to improve physical health and wellbeing to individuals and significant others
- 3.encourage individuals and significant others to discuss their concerns, personal beliefs and preferences with regard to activities to improve their physical health and wellbeing
- 4.discuss the health care options that are available and suitable to the individual's identified physical health and wellbeing needs and their personal beliefs and preferences and support the individual in making an informed choice
- 5.provide appropriate help to individuals who are unable to exercise their rights to make decisions for themselves
- 6.discuss the aims of the activities with the individual and significant others in a manner which allows any differences of opinion between the different parties to be reconciled and confirms the individual's consent
- 7.discuss and agree the role of the individual and significant others in achieving the

- aims and goals of the activities with all concerned
8. agree the location and timing of the activities with the individual and significant others and make or confirm the necessary arrangements consistent with your role and responsibilities
  9. explain how the activities will be evaluated and reviewed and agree the role of the individual and significant others within this process
  10. clarify the information which may be made available to others as a result of the activities and confirm the individual's understanding and agreement
  11. ensure the information you communicate to others on the agreed activities achieves the best balance between the interests of the individual, any risks and the legal duty of care

### **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health. This standard replaced MH28. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB4 Enablement to Address Health and Wellbeing Needs