

## AH7.2014 Support individuals through detoxification programmes

### OVERVIEW

For this standard you need to work with individuals to achieve stabilisation and/or withdrawal from alcohol or other substance use through a planned programme of treatment and care. Detoxification programmes involve a range of interventions to address individuals' physical, psychological, emotional, social and legal problems and in many cases include the prescribing of substitute medication. This standard relates to substances which may include alcohol, prescription and over-the-counter medicines, controlled or currently legal drugs, and new psychoactive substances. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 2

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.legal, organisational and policy requirements relevant to your role and the activities being carried out
- 2.the principle of confidentiality and the implications for your practice
- 3.local systems, procedures and protocols for safeguarding children and young people
- 4.how to adapt communication styles in ways which meet the individual's needs, strengths and capabilities
- 5.how to share information obtained during assessment or treatment with another agency in line with local protocols
- 6.how to prioritise requests for assessment according to their priority in line with your organisation's criteria
- 7.how to involve individuals in the assessment of their needs
- 8.your responsibility and accountability for the wellbeing of individuals
- 9.how to support the choice and wellbeing of the individual which is appropriate to their needs and preferences
- 10.how to assess an individual's motivation and readiness to engage in a treatment programme
- 11.how to review assessments at appropriate intervals once an individual has commenced a programme of care
- 12.the importance of keeping full and accurate records, and how to do so in line with organisational requirements
- 13.locally agreed criteria for admission of individuals to a detoxification programme

- 14.the principles of equality, diversity and anti-discriminatory practice and how they are applied
- 15.how to arrange for the completion of comprehensive substance use and risk assessments
- 16.how to establish the appropriate level of urgency for admission to a detoxification programme
- 17.advice and information required by individuals prior to a detoxification programme
- 18.how to agree a contract of care, outlining the responsibilities of your organisation and the responsibilities of the individual during the detoxification programme
- 19.how to involve significant others and carers in an individual's detoxification programme in order to support the individual
- 20.how to manage an individual's expectations of a detoxification programme
- 21.how to formulate a treatment and care plan for an individual
- 22.how to involve members of other service teams in planning and reviewing an individual's care plan
- 23.how to actively involve an individual in formulating and reviewing a care plan
- 24.harm reduction good practice including overdose prevention, safer injecting, contraception and safer sex
- 25.how to arrange for an individual to undergo appropriate health tests in line with organisational procedures
- 26.how to review expectations and plans with individuals who are not yet able to complete the detoxification programme
- 27.the available detoxification options, including substitute medications and regimes
- 28.the possible side effects of withdrawal and detoxification
- 29.the risks associated with repeat detoxification
- 30.the risks associated with relapse and reduced tolerance post-detoxification
- 31.locally agreed criteria for selecting specific detoxification options
- 32.the evidence base for detoxification programmes and realistic expectations of outcomes
- 33.how to deal with challenging, abusive, aggressive or chaotic behaviour
- 34.how to assess the risk to individuals, children, families and to others from an individual's substance use and/or co-existent problems and the appropriate action to take
- 35.how to recognise the signs of injury, abuse or neglect in the individual and how to raise concerns with the appropriate person or agency
- 36.the importance of regularly reviewing risk assessments
- 37.the signs and implications of a range of substance use related problems
- 38.ways of keeping your knowledge about substances and indications of substance use up to date
- 39.the range of substance use services offered by your organisation and other organisations, including peer support
- 40.how to understand the language used by substance users in your locality
- 41.how to assess and manage complex needs and co-morbidities in the context of detoxification

## **PERFORMANCE CRITERIA**

You must be able to do the following:

- 1.confirm the eligibility of the individual for admission to the detoxification programme in line with locally agreed criteria
- 2.arrange for individuals to undertake a comprehensive assessment to evaluate their substance use problems and potential risks to the individual and others
- 3.arrange the start of the detoxification programme with the level of urgency appropriate to the individual's needs and circumstances
- 4.provide the individual with advice and information about the detoxification programme prior to commencement
- 5.explain to the individual the risks associated with detoxification, including reduced tolerance and the risk of relapse and how these are to be minimised
- 6.assess whether the individual's carers or significant others have a role to play in the detoxification programme and if so, include them in the planning and induction
- 7.agree a contract of care in line with your organisation's policies and procedures
- 8.support the individual to maintain realistic expectations of the detoxification programme
- 9.formulate a treatment and care plan with the individual, involving relevant members of other service teams
- 10.when appropriate, refer the individual to a prescribing service for prescribing of substitute medication
- 11.maintain accurate and complete records of referrals to other services in line with locally agreed protocols
- 12.arrange for provision of appropriate services according to the individuals identified needs
- 13.provide harm reduction advice appropriate to the individuals' needs
- 14.offer the individual tests for liver function, HIV and hepatitis B and C and refer appropriately where tests are positive
- 15.regularly review the treatment and care plan with the individual and others involved in service delivery
- 16.screen the individual for substance use to monitor compliance according to your organisations protocols
- 17.review expectations and plans with individuals who are not yet able complete the detoxification programme
- 18.arrange a discharge planning meeting with attendance by other service provider team members in order to formalise an ongoing care plan
- 19.ensure individuals who are abstinent are referred to sources of further appropriate support
- 20.maintain active co-ordination between detoxification services and subsequent rehabilitative care
- 21.encourage individuals who have completed detoxification to be assessed for suitable rehabilitation
- 22.complete case closure documentation promptly and accurately for individuals who have completed the programme or who have left the programme prematurely
- 23.review the service to be provided to individuals that have not completed the programme

## **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: HWB7 Interventions and treatments