

## CHS5 Undertake agreed pressure area care

### OVERVIEW

This standard covers undertaking pressure area care for individuals, following the individual's care plan and risk assessment, and relevant protocols and procedures within your work area. It is aimed at prevention, maintaining healthy skin and preventing breakdown. It will link to the standards on moving and handling individuals, and is applicable in a variety of care settings including hospitals, care homes and the individuals own home. Version No 3.

### KNOWLEDGE AND UNDERSTANDING

You need to know and understand:

- 1.the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere
- 2.the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- 3.how to access and interpret all relevant work instructions and information
- 4.specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- 5.the duty to report any acts or omissions that could be unsafe/detrimental to you or others
- 6.the hazards and risks which may arise during the execution of your work role and how you can minimise these
- 7.how to adapt communication styles in ways which are appropriate to the needs of the individual
- 8.the correct use of any equipment and PPE to protect the health and safety of you and others
- 9.the principles, practice and procedures associated with informed consent
- 10.the needs of individuals including issues relating to dignity, confidentiality, and privacy
- 11.organisational management structures, roles, and responsibilities
- 12.the importance of applying standard precautions when undertaking agreed pressure area care and the potential consequences of poor practice
- 13.the pressure sore risk assessment tools used in your work area
- 14.the uses of pressure sore risk assessment tools
- 15.why you should tell the individuals what you are doing
- 16.the normal anatomy and physiology of the skin
- 17.the pressure sites of the body

- 18.the changes in appearance of the skin when skin integrity is at risk
- 19.the factors which:
  - put individuals at risk of skin break down and pressure sores
  - can help prevent skin break down and pressure sores
- 20.the importance of moving individuals correctly, and the consequences of poor moving and handling techniques
- 21.why it is important to follow the care plan and risk assessment tool
- 22.the importance of team working in relation to pressure area care
- 23.the pressure relieving aids available and their uses
- 24.how to source up to date information on pressure area care and pressure relieving aids
- 25.other individuals who you might involve in pressure area care
- 26.how to complete and safely store all relevant documentation in accordance with organisational requirements

## PERFORMANCE CRITERIA

You must be able to:

- 1.access and accurately interpret all relevant work instructions and information
- 2.work safely at all times and in accordance with all relevant legislation, guidelines, policies, procedures and protocols
- 3.deal promptly and effectively with any problems within your control and report those which cannot be solved
- 4.identify and minimise hazards and risk in the workplace
- 5.communicate with the individual and key people at a pace, in a manner and at a level appropriate to the individual's understanding, preferences and needs
- 6.respect the individual's rights and wishes relating to their privacy, beliefs and dignity
- 7.provide support to the individual and ensure health and safety measures are implemented at all times
- 8.gain valid, informed consent from the individual in accordance with specific procedures
- 9.follow the plan of care, maintaining the privacy and dignity of the individual at all times
- 10.encourage the individual to be involved in their own pressure area care
- 11.ensure that you can carry out the procedure without obstruction from clothing or bedding
- 12.identify any changes to the individuals skin condition and report these changes to the appropriate member of staff
- 13.utilise pressure relieving aids appropriately, according to the care plan and manufacturers' instructions
- 14.leave the individual in a comfortable position and situation according to the plan of care
- 15.complete and store all relevant documentation in accordance with organisational requirements

## ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. Final version approved March 2021