

## CHS135 Implement programmes and treatments with individuals who have restricted movement / mobility

### OVERVIEW

This standard is about working with individuals in treatment or rehabilitation programmes to support those who are unable to undertake day-to-day activities for themselves, for example as a result of a long-term neurological or debilitating condition. Typical programmes and treatments, which may be condition specific or of a more general, nature could include 24-hour posture management, passive movement, respiratory care and control of oedema. 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 and national legislation, national guidelines and local policies and protocols which affect your work practice in relation to providing programmes and treatments for individuals who have severely restricted movement/mobility
- 2.your responsibilities under the current European and national legislation, national guidelines and local policies and protocols on your actions within the treatment environment
- 3.why it is necessary to obtain consent prior to working with an individual and the methods used to achieve this where the individual is not able to give their consent directly
- 4.the policies and guidance which clarify your scope of practice
- 5.policies and guidance relating to the moving and positioning of individuals and the impact they have upon your work
- 6.the main types of programmes and treatments carried out with people who have restricted mobility and movement, the reasons for using them, their capabilities and limitations
- 7.why you should seek to support and encourage the individuals to promote their own health and wellbeing and how this might be achieved
- 8.the signs of adverse reaction to different programmes and treatment, how to recognise these and appropriate action to take in the event of their occurrence
- 9.the methods and techniques that can be used to motivate individuals and encourage their participation
- 10.the equipment and materials which can be used in relation to different programmes and treatments and the uses, capabilities and limitations of each

- 11.the potential risks associated with the range of programmes or treatments you undertake and how to manage these effectively
- 12.what is involved in monitoring an individual's condition and why it is important that is carried out accurately
- 13.the actions you should take if adverse reactions are shown
- 14.the information that should be recorded, relevant record keeping practices and procedures and the importance of accurate records to the quality of treatment
- 15.the physiological benefits of movement
- 16.the anatomy and physiology of the skin and the principles of pressure area care
- 17.musculo-skeletal anatomy
- 18.the principles of posture management
- 19.the anatomy and physiology of the lungs
- 20.the reaction to pain within the body

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.obtain valid consent from the individual before commencing treatment
- 2.ensure that the individual is correctly positioned, taking into account the individual's condition, modesty and the treatment/programme to be carried out
- 3.work with the individual to implement activities as detailed within the individual's treatment/programme, modifying in line with relevant protocols or guidelines to meet the emerging needs of the individual at each stage of treatment
- 4.effectively monitor the individual's condition during and after the programme/treatment
- 5.take appropriate and prompt action, in line with relevant protocols and guidelines, in response to any indications of adverse reaction to the programme/treatment
- 6.support and encourage the individual to participate in the programme/treatment by actively listening to their comments and concerns
- 7.keep accurate, complete and legible records of the programme activities undertaken and the individual's condition, in accordance with local policies and procedures
- 8.feed back to the referring practitioner regularly or when there is a change in the individual's condition

## 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