

HSC217 Undertake agreed pressure area care (Level 2)

Elements of Competence

HSC217a Prepare to carry out pressure area care

HSC217c Carry out pressure area care

About this unit

For this unit you need to be able to undertake 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, that is maintaining healthy skin and preventing breakdown.

Scope

The scope is here to give you guidance on possible areas to be covered in this unit. The terms in this section give you a list of options linked with items in the performance criteria. You need to provide evidence for any option related to your work area.

Adverse conditions include: incontinence; lack of nutritional intake; unconsciousness; confusion; surgery

Care plan (usually kept in the care setting) includes: paper document; electronic tool

Changes include: redness; dryness; bruising; skin breakdown; scratches; swelling; oedema; incontinence; changes to conscious state – regaining consciousness or becoming unconscious

Comfortable position and situation includes: in bed; on one side – left or right, on their back, sitting upright, on their front, using 30% tilt; in a chair; by their bed; in their room; in day room/sitting room

Consent can be: informed; verbal

Equipment and materials include: for maintaining hygiene – personal washing equipment; for moving and handling – hoists, slings, slides; for positioning – pillows, chairs, mattresses, back rests.

Information and documentation: care plans; pressure area risk assessment form.

Members of staff may include: the person in charge; nurse; midwife; community staff; supervisor

Others include: other carers such as family members

Pressure relieving aids include: special mattresses for beds; special cushions for chairs; pillows

Standard precautions and health and safety measures including hand washing/cleansing before during and after the activity; the use of **personal protective clothing** and **additional protective equipment**; handling **contaminated** items; disposing of waste; safe moving and handling techniques and untoward incident procedures.

Support includes: physical and emotional involving reassurance; explanations about what is happening; physically holding

Your **knowledge and understanding** will be specifically related to legal requirements and codes of practice applicable to: your job; your work activities; the job you are doing (e.g. domiciliary, residential care, hospital settings); the individuals you are working with.

Values underpinning the whole of the unit

The values underpinning this unit have been derived from the key purpose statement¹, the statement of expectations from carers and people receiving services, relevant service standards and codes of practice for health and social care in the four UK countries. They can be found in the principles of care unit HSC24. To achieve this unit you must demonstrate that you have applied the principles of care outlined in unit HSC24 in your practice and through your knowledge.

This unit is directly transferable to Health national occupational standards CHS5

¹ The key purpose identified for those working in health and social care settings is "to provide an integrated, ethical and inclusive service, which meets agreed needs and outcomes of people requiring health and/or social care"
A4.10 level 2

Key Words and Concepts

This section provides explanations and definitions of the key words and concepts used in this unit. In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **Therefore, we would encourage you to read this section carefully before you begin working with the standards and to refer back to this section as required.**

Additional protective equipment Contaminated

Includes: types of personal protective equipment such as visors, protective eyewear and radiation protective equipment

Includes items contaminated with body fluids, chemicals or radionucleatides.

Any pack/item opened and not used should be treated as contaminated.

Individual

The individual who is receiving pressure area care, and in the context of this unit could be adult or child

Personal protective clothing

Items such as plastic aprons, gloves - both clean and sterile, footwear, dresses, trousers and shirts and all in one trouser suits.

These may be single use disposable clothing or reusable clothing

Pressure sore Risk Assessment tool

A tool devised through research and evidence based practice by which individuals can be assessed in relation to their risk of developing problems related to pressure, common examples are the Norton Scale and the Waterlow scale.

Standard precautions and health and safety measures

A series of interventions which will minimise or prevent infection and cross infection including hand washing / cleansing before during and after the activity and the use of personal protective clothing and additional protective equipment when appropriate

HSC217a Prepare to carry out pressure area care

Performance Criteria

You need to show that,

1. you apply **standard precautions** for infection control and take other appropriate health and safety measures
2. work with others in a methodical and organised manner
3. you explain to the individual what you are going to do in a manner that they will understand and obtain their consent
4. you follow the plan of care accurately, maintaining the privacy and dignity of the individual at all times
5. you ensure that you can carry out the procedure without obstruction from clothing or bedding

HSC217c Carry out pressure area care

Performance Criteria

You need to show that,

1. you encourage the individual to be involved in their own pressure area care
2. you notice any changes to the individuals skin condition and report them to the appropriate member of staff
3. you utilise pressure relieving aids appropriately, according to the care plan and manufacturer's instructions
4. you leave the individual in a comfortable position and situation according to the plan of care
5. you complete all records and documentation or pass the information onto others if this is not within your role

Knowledge Specification for the whole of this unit

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

You need to show that you know, understand and can apply in practice:

Values

1. a working understanding of why you should tell the individuals what you are doing
2. a working understanding of what is meant by consent

Legislation and organisational policy and procedures

3. a basic awareness of the current European and National legislation, national guidelines and local policies and protocols which affect your work practice in relation undertaking agreed pressure area care:
 - health and safety
 - moving, handling, and positioning individuals
 - pressure area risk assessment
4. a working understanding of your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols

Theory and practice

5. a basic awareness of the importance of working within your own sphere of competence and seeking clinical advice when faced with situations outside your sphere of competence
6. a working understanding of the importance of applying standard precautions and the potential consequences of poor practice
7. a working understanding of a variety of **pressure sore risk assessment tools**
8. a working understanding of the uses of pressure sore risk assessment tools, including those used in your area of work

Anatomy and physiology

9. a working knowledge of the normal anatomy and physiology of the skin
10. a working knowledge of the pressure sites of the body
11. a working knowledge of the changes in appearance of the skin when skin integrity is at risk

Care and support

12. a working understanding of the factors which:
 - put individuals at risk of skin break down and pressure sores
 - can help prevent skin break down and pressure sores
13. a working understanding of the importance of moving individuals correctly, and the consequences of poor handling and moving techniques
14. a working understanding of why it is important to follow the care plan and

risk assessment tool

15. a working understanding of the importance of team working in relation to pressure area care

Materials and equipment

16. a working understanding of the pressure relieving aids available within your care setting, and their uses
17. a working understanding of where to get further information for in respect of up-to-date information about pressure area care
18. a working understanding of where to get up-to-date information about pressure relieving aids
19. a working understanding of other individuals who you might involve in pressure area care

Records and documentation

20. a working understanding of why you must report and document the care you have given and any changes, including improvement and deterioration, you have noticed
21. a working understanding of the importance of keeping accurate and up to date records
22. a working understanding of the importance of immediately reporting any issues which are outside your own sphere of competence without delay to the relevant member of staff