

HSC225 Support individuals to undertake and monitor their own health care (Level 2)

Elements of Competence

HSC225a Support individuals when undertaking procedures, treatments and dressings

HSC225b Support individuals when obtaining specimens and taking physical measurements

About this unit

For this unit you need to support individuals to undertake and monitor their own health care.

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.

Dressings: bandages; sterile dressings; other applications and covers to dress wounds and abrasions.

Key people: family; friends; carers; others with whom the individual has a supportive relationship.

Physical measurements can include: blood pressure; blood sugar levels; temperature; peak flow.

Specimens can be: blood; urine; other bodily fluids that need testing.

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) and 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.

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"

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.**

Active support	Support that encourages individuals to do as much for themselves as possible to maintain their independence and physical ability and encourages people with disabilities to maximise their own potential and independence
Dressings	Different types of coverings to protect wounds and other types of condition
Individuals	The actual people requiring health and care services. Where individuals use advocates and interpreters to enable them to express their views, wishes or feelings and to speak on their behalf, the term individual within this standard covers the individual and their advocate
Key people	Are those people who are key to an individual's health and social well-being. These are people in the individual's life who can make a difference to their health and well-being.
Others	Are other people within and outside your organisation that are necessary for you to fulfil your job role
Physical measurements	These are measurements taken of the physical attributes of the individual
Rights	The rights that individuals have to: <ul style="list-style-type: none">• be respected• be treated equally and not be discriminated against• be treated as an individual• be treated in a dignified way• privacy• be protected from danger and harm• be cared for in a way that meets their needs, takes account of their choices and also protects them• access information about themselves• communicate using their preferred methods of communication and language
Specimens	These are samples of bodily fluids that need to and can be monitored by individuals
Treatments	Actions and activities that have to, and can be undertaken by individuals to promote their health

HSC225a Support individuals when undertaking treatments and dressings

Performance Criteria

You need to show that,

1. you encourage **individuals** to use their own abilities and skills when identifying the assistance they require to carry out **treatments** and apply **dressings**
2. you advise the individuals and **key people** how to obtain sufficient supplies for the treatments and dressings
3. you encourage the individuals and key people to store materials and equipment appropriately and safely
4. prior to undertaking any treatments and dressings, you assist individuals and key people to prepare the equipment and environment
5. you give and reinforce information, to illustrate and encourage individuals and key people to carry out the activities:
 - at the appropriate times
 - using the correct techniques and equipment
6. you observe individuals, seek advice and take appropriate action where observed changes may indicate that:
 - the activity is no longer needed
 - the activity is causing adverse reactions
 - the activity needs changing
7. you support individuals and key people, to understand the reasons for, and to dispose of waste hazardous and non-hazardous materials safely and hygienically
8. you record on activities and outcomes, within confidentiality agreements and according to legal and organisational requirements

HSC225b Support individuals when obtaining specimens and taking physical measurements

Performance Criteria

You need to show that,

1. you encourage individuals to use their own abilities and skills when identifying the assistance they require to obtain **specimens** and take **physical measurements**
2. prior to obtaining specimens and taking physical measurements, you assist individuals and key people to prepare equipment and the environment
3. after obtaining specimens and taking physical measurements, you encourage individuals and key people to wash their hands and dispose of waste safely
4. you encourage individuals and key people to obtain specimens and take measurements, accurately, at the appropriate times and using the correct techniques and equipment

5. you check the timing and interpretation of the measurements made by individuals
6. where measurements are incorrect you take appropriate remedial action explaining and illustrating to individuals how to interpret the measurement correctly
7. you observe any changes in the individual's condition, seeking advice and taking appropriate action to deal with any changes without delay
8. you assist individuals and key people to monitor their own condition, encouraging them to seek advice and support when changes occur
9. you support individuals to record the measurements correctly and to store the records safely
10. you record activities and outcomes, within confidentiality agreements and according to legal and organisational requirements

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. legal and organisational requirements on equality, diversity, discrimination and **rights** when supporting individuals to undertake and monitor their own health care
2. how your own values in relation to the individual's health and hygiene needs might differ from those of individuals and how to deal with this situation
3. conflicts that might arise between individual choice, good hygiene practices and the individual's plan for their care and how to deal with these
4. how to provide active support and promote the individual's rights, choices and well-being when supporting them to undertake and monitor their own health care

Legislation and organisational policy and procedures

5. codes of practice and conduct; standards and guidance relevant to your own and the roles, responsibilities, accountability and duties of **others** when supporting individuals with their personal care needs
6. current local, UK and European legislation, and organisational requirements, procedures and practices for:
 - accessing records
 - recording, reporting, confidentiality and sharing information, including data protection
 - health, safety, assessing and managing risks associated with supporting individuals to undertake and monitor their own health care
 - the management of risk from infection
 - working intimately with individuals
 - hazardous and non-hazardous waste, how it can be disposed of safely
 - safe disposal routines
 - relating to medications and their administration
 - individuals undertaking and monitoring their own health care

Theory and practice

7. ways of ensuring the individual has sufficient supplies and the effects which may arise if this is not done
8. why and how to explore changes in the individual's condition and in their measurements, possible reasons for such changes and the appropriate actions to take when changes occur

9. actions to take for any key changes in the health and medical condition of the individuals with whom you work
10. the reasons for taking hygienic precautions and how to do this
11. the variety of conditions for which the measurements may be undertaken and the equipment, measurement and materials related to these
12. the different ways in which specimens and physical measurements are taken
13. how treatments are carried out and how to apply dressings safely
14. how to dispose of hazardous and non hazardous waste safely and ways of encouraging individuals to dispose of hazardous and non hazardous waste safely
15. ways to support and help individuals:
 - take, test and interpret the results of specimens correctly
 - take and interpret the results of physical measurement correctly
16. why it is necessary to keep full, accurate and complete records and how the individual should be encouraged to do so