

## **HSC360 Move and position individuals (Imported unit)**

### **Elements of Competence**

- HSC360a** Prepare the equipment, the environment and the individual for moving and positioning
- HSC360b** Move and position the individual

### **About this unit**

For this unit you need to be able to move individuals from one place to another and re-position individuals within their immediate environment, as part of their care plan and according to their specific needs and condition.

### **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 effects** includes: pain; discomfort; distress

**Moving and handling equipment** may include: hoists; slides; slide sheets; slings; pillows

**Standard precautions and health and safety measures** including handwashing/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.

Your **knowledge and understanding** for this unit will relate to legal requirements and codes of practice applicable to the scope of your work and others with whom you work; the nature of the work you are undertaking; your role and level of responsibility within your organisation (e.g. whether you have responsibility to support the work of others); the individuals, key people<sup>1</sup> and others with whom you are required to work and the degree of autonomy you have for the management of your own work activities.

### **Values underpinning the whole of the unit**

The values underpinning this unit have been derived from the key purpose statement<sup>2</sup>, 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. If you are working with children and young people they can be found in the principles of care unit HSC34. If you are working with adults they can be found in HSC35. To achieve this unit you must demonstrate that you have applied the principles of care outlined in either unit HSC34 or HSC35 in your practice and through your knowledge.

This unit is directly transferable to Health national occupational standard CHS6

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<sup>1</sup> If you are working with children and young people the term "individuals" covers children and young people and key people" covers parents, families, carers, friends and others with whom the child/young person has a supportive relationship

<sup>2</sup> 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.**

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<b>Active support</b>	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
<b>Additional protective equipment</b>	Includes: types of personal protective equipment such as visors, protective eyewear and radiation protective equipment
<b>Communicate</b>	The individual's preferred spoken language; the use of signs; symbols; pictures; writing; objects of reference; communication passports; other non verbal forms of communication; human and technological aids to communication
<b>Contaminated</b>	Includes items contaminated with body fluids, chemicals or radionucleatides. Any pack/item opened and not used should be treated as contaminated
<b>Hazards</b>	Hazards are items with the potential to cause harm
<b>Individual</b>	The person being moved, this could be an adult or child with any of the conditions mentioned
<b>Personal protective clothing</b>	Includes 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
<b>Risk</b>	A risk is the likelihood of the hazards potential being realised, it can be to individuals in the form of infection, danger, harm and abuse and/or to the environment in the form of danger of damage and destruction
<b>Standard precautions and health and safety measures</b>	A series of interventions which will minimise or prevent infection and cross infection including: hand washing/cleansing before during and after the activity; the use of personal protective clothing and additional protective equipment when appropriate

**HSC360a** Prepare the equipment, the environment and the individual for moving and positioning

### **Performance Criteria**

You need to show that,

1. you apply **standard precautions** for infection control and all other relevant **health and safety measures** when preparing to move and handle the **individual**
2. you check the individual's care plan and the moving and handling **risk** assessment prior to commencing any moving and handling
3. you assess any immediate risks to **individuals** and where you think there is a risk that you cannot deal with and seek advice from the appropriate people before moving or handling individuals
4. you inform the individual what you are about to do and support them to **communicate** the level of support they require
5. you obtain the individual's consent and ensure they understand why they are being moved and handled in particular ways and how they can usefully co-operate in the procedure
6. you remove potential **hazards** and prepare the immediate environment, ensuring adequate space for the move to take place, in agreement with all concerned
7. you seek appropriate assistance to enable you to move and handle the individual safely

**HSC360b** Move and position the individual

### **Performance Criteria**

You need to show that,

1. you apply standard precautions for infection control and all other relevant health and safety measures when moving and positioning the individual
2. you move the individual according to the care plan
3. you position the individual according to the care plan using the correct technique and in a way that will avoid causing undue pain or discomfort
4. you observe the individual throughout the activity and stop the activity if any adverse effects occur
5. you seek help from other professionals if problems arise during the activity
6. you use the appropriate equipment in order to maintain the individual in the required position
7. you record the activity in the appropriate documents, noting when the next positioning manoeuvre is due

## **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 the effect that the individual's personal beliefs and preferences may have their preferences for moving, handling and positioning
2. a working understanding of reasons why the individual's preferences on how they are moved, handled and positioned
3. a working understanding of how to provide active support and promote the individual's rights, choices and well-being when preparing to move, handle and position individuals

### **Legislation and organisational policy and procedures**

4. a factual awareness of the current European and National legislation, national guidelines and local policies and protocols which affect your work practice in relation to moving, handling and positioning of individuals
5. a working understanding of your responsibilities and accountability under the current European and National legislation, national guidelines and local policies and protocols in relation to moving, handling and positioning of individuals
6. a working understanding of the application of standard precautions to moving, handling and positioning individuals and the potential consequences of poor practice
7. a working understanding of how to access up-to-date copies of organisational risk assessments for moving, handling and positioning specific individuals

### **Theory and practice**

8. a working understanding of the importance of effective communication and co-ordinating actions between yourself and:
  - the individual
  - the team involved in the activity
  - the wider health care team
9. a working understanding of the potential hazards associated with moving and positioning for the individual, yourself, and others involved in the activity
10. a working understanding of the importance of moving, handling and positioning the individual according to the care plan and their presenting condition(s) and the potential consequences of poor practice
11. a working understanding of the importance of good communication and co-ordinating actions effectively with others involved in moving, handling and

positioning individuals

12. a working understanding of conflicts which might arise between individual choice, good health, safety and hygiene practices, risk assessments and management and the individual's plan of care and how to deal with these

### ***Anatomy and physiology***

13. a working understanding of the normal:
  - skeleton and muscle attachments
  - range of movement in jointsin relation to the importance of correct movement and positioning
14. a working understanding of common physical conditions of individuals in your work area, the effect they have upon normal movement, in relation to the importance of correct movement and positioning, e.g. Strokes (cerebro-vascular events/accidents)

### ***Care and support***

15. a working understanding of the importance of offering effective verbal and non-verbal support and reassurance to patients during preparation for moving and positioning activities
16. a working understanding of how individuals may be able to contribute to the moving/handling/positioning process and factors which limit their contribution
17. a working understanding of reasons for moving and positioning individuals according to the care plan and their presenting condition(s)
18. a working understanding of potential key changes in the conditions and circumstances of individuals that you are moving, handling and positioning, and actions to take in these circumstances

### ***Materials and equipment***

19. a working understanding of the aids and equipment you may use for moving, handling and positioning
20. a working understanding of safety factors that need to be taken account of when preparing moving, handling and positioning equipment/machinery

### ***Procedure and techniques***

21. a working understanding of the importance of preparing the environment for moving and handling prior to attempting to move and handle individuals
22. a working understanding of the importance of keeping the environment clear during moving, handling and positioning activities
23. a working understanding of why it is vital to follow the care plan
24. a working understanding of the importance of team working
25. a working understanding of the importance of using safe moving techniques, adhering to risk assessments and other information about moving, handling and positioning specific individuals and the possible consequences for the individual, yourself and others if you do not
26. a working understanding of the importance of not dragging the individual during moving, handling and positioning and the relationship of this to the prevention of pressure sores
27. a working understanding of potential risks to individuals, those assisting in the moving and handling; others within the environment and the environment itself if moving and handling is not carried out correctly

(including procedures prior to, during and after moving, handling and positioning individuals)

28. a working understanding of sources of further help for moving, handling and positioning individuals in different health and care settings
29. a working understanding of the importance of restoring the environment after moving, handling and positioning activities

***Records and documentation***

30. a working understanding of the importance of keeping accurate and up to date records
31. 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