

## COPD Units of Learning

Title of overarching NOS: <b>CHS 45 Agree courses of actions following assessment to address health and well being needs of individuals</b>	Unit of learning to demonstrate competence: Agree courses of action following assessment of COPD and other respiratory disease status
Details of the relationship between the unit to demonstrate competence and relevant national occupational standards (if appropriate)	Users will be able to demonstrate competence in reviewing assessments to agree course of action for individuals with COPD and other respiratory diseases to address their health and well being needs
Outcomes: The individual will know and understand:	Assessment criteria To be competent the individual will be able to:
Indicative Level	Level 1 (Expert/specialist) Level 2 (Experienced practitioner)
The presenting conditions of COPD and other respiratory diseases and relevant co morbidities	Discuss with the individual the implications and sequel of COPD and other respiratory disease progression and how this may affect how courses of action to manage their condition in the short, medium and long term
Health, safety and infection control measures	<p>Work with the individual to incorporate standard precautions for infection control and other relevant health and safety measures in their agreed courses of action</p> <p>Confirm the individual /carer understands their requirements and practices to maintain a health and safe environment</p>

<p>Patient History and consent</p>	<p>Check the individual identity and obtain consent to agree with them a plan of action</p> <p>Work collaboratively with health professionals to review the current information on the individuals COPD and other respiratory disease status</p> <p>Identify any gaps or ambiguities in the information sources and take appropriate action to resolve these gaps</p> <p>Work collaboratively with the individual to explore their health and well being goals, experiences, needs and preferences</p> <p>Consult with the multidisciplinary team to resolve any queries or issues concerning the information sources and/or the individuals health and well being goals, needs and preferences</p>
<p>The range of patient education needs</p>	<p>Work with the individual /carer to identify their learning and educational needs concerning COPD and other respiratory disease and for the planned courses of action</p> <p>Review the availability and access of patient education resources and support services to enable the individual/carers to understand their condition to enable them to make informed decisions</p>
<p>The range of assessment tools, techniques and methods to determine health and well being status</p>	<p>Describe the application of the range of assessment tools, techniques and methods to determine an individuals COPD and other respiratory diseases health status</p> <p>Work with the individual and professional colleagues to review findings from assessments to aid the development of courses of action</p> <p>Undertake further assessments if the clinical information is unclear and/or agreed actions cannot be made from the available information</p>

<p>Factors that affect the health, well being, behaviour, skills, abilities and life style context for individual with COPD and other respiratory diseases</p>	<p>Work collaboratively with the individual to identify their strengths and abilities that enable them to manage their COPD and other respiratory disease condition</p> <p>Work collaboratively with the individual to explore how their health and well being, physical, psychological, social and lifestyle contexts may affect decisions related to the development of courses of action</p> <p>Using appropriate tools screen the individual for anxiety and/or depression</p> <p>Work collaboratively with the individual to identify their health and well being, psychological and social care goals</p> <p>Where indicated, (in line with explicit protocols) discuss with the individual the option and benefits of a referral to a trained practitioner for e.g. psychology or cognitive behavioural therapy to support them to come to terms with their COPD and other respiratory diseases</p> <p>Work collaboratively with the individual/carer and key health professionals to identify any risk factors in the planned courses of action</p>
<p>Risk factors management</p>	<p>Undertake a risk assessment to resolve any risk factors, include any concerns or worries the individual/carer may have</p> <p>Work collaboratively with the individual/carer to prioritise the factors that will influence the effectiveness of the agreed courses of action</p>
<p>Holistic concepts and approaches to health and social well being for individuals with COPD and other respiratory diseases</p>	<p>Demonstrate an understanding of holistic concepts and approaches for health and social wellbeing</p> <p>Work collaboratively with the individual to explore if holistic approaches can be included in the planned courses of action</p>

<p>Creating the action plans</p>	<p>Work collaboratively with the individual/carer to address any worries, fears or concerns they may have arising from the results of the assessments or their COPD and other respiratory diseases condition</p> <p>Based on the assessments and stage of COPD and other respiratory diseases, work collaboratively with the individual and professional colleagues to outline feasible options on the range of actions required and available to manage their health and well being, psychological, life style factors and social care needs and preferences</p> <p>Ensure honesty and transparency when explaining the outcomes of the assessment process and the available options for courses of action to the individual/carer</p> <p>Work collaboratively to facilitate the individual/carer come to terms with the information and proposed courses of action</p> <p>Provide time for the individual to reflect on the information and check their understanding</p>
<p>How to value and respect the individuals health choices</p>	<p>Work collaboratively to incorporate the needs health and well being goals and objectives of individuals/carers in the agreed course of action</p> <p>Value and respect the individuals opinions on their health choices and their freedom of choice and seek agreement from them on the planned courses of action</p>
<p>How to provide advice guidance and information and support</p>	<p>Offer advice, guidance, information and support to assist the individual understand the rationale for any courses of action, any likely changes to health and social wellbeing, any recommended lifestyle changes or future needs and care support</p> <p>Work collaboratively with the individual to identify any additional needs regarding domestic, personal social and financial affairs to assist them to cope and function through the progression of COPD and other respiratory diseases</p>

Setting realistic goals for courses of action	<p>Confirm with the individual and any key health professionals involved in the individuals care that the agreed courses of action meet the individuals immediate and short term needs</p> <p>Work collaboratively with health professionals and the individual to agree realistic review times to assess the effectiveness of the agreed course of action</p> <p>Include steps in the review to ensure that the goals/objectives are (SMART) specific to the individual, realistic, measurable, achievable and timed with clear expectations of outcomes</p> <p>Work collaboratively to set review intervals to evaluate the outcomes in the action plan</p>
How to communicate effectively	<p>Communicate with individuals and health professionals in a manner that achieves clarity, understanding and respects the individuals rights, dignity and confidentiality</p> <p>Share the agreed courses of action with key health professionals in a professional manner</p>
Handle information and maintain records	Record information and accurately in line with local protocols in a timely manner
Working in partnership with key professional, external agencies , cares and relatives	Liaise and work collaboratively with key health professionals and external agencies to discuss the planned courses of action and review the outcomes in a timely manner
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England; respiratory education providers