

COPD Units of Learning

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| <p>Title of overarching NOS: HCS6 Perform a range of procedures to monitor/support physiological response to modify function, performance or therapy;</p> | <p>Unit of learning to demonstrate competence: Safely deliver exercises to support rehabilitation for individuals with COPD and other respiratory diseases</p> |
| <p>Details of the relationship between the unit to demonstrate competence and relevant national occupational standards (if appropriate)</p> | <p>Users will be able to demonstrate competence in safely delivering exercises to support rehabilitation for individuals using appropriate exercise tests (i.e. for SBOT, Pulmonary Rehab, Surgery etc</p> |
| <p>Outcomes: The individual will know and understand:</p> <p>Indicative Level</p> | <p>Assessment criteria To be competent the individual will be able to:</p> <p>Level 1 (Expert/specialist) Level 2 (Experienced practitioner)</p> |
| <p>The current national guidelines, professional codes of conduct, organisational policies and protocols and practices relevant to COPD and other respiratory diseases</p> | <p>Demonstrate the application of the current national guidelines, professional codes of conduct, organisational policies and protocols and practices relevant to COPD and other respiratory diseases</p> |
| <p>The presenting conditions of COPD and other respiratory diseases and relevant co morbidities</p> | <p>Take account of the individuals COPD and other respiratory diseases status, physical ability, psychological and emotional wellbeing, rehabilitation plans and any underlying co morbidities</p> <p>Consider how these may affect the delivery of appropriate exercises in the short, medium and long term</p> |
| <p>Health, safety and infection control measures</p> | <p>Apply the standard precautions for infection control and other relevant health and safety measures during the delivery of exercises for individuals with COPD and other respiratory diseases</p> <p>Confirm the individual /carer understands their requirements and practices to maintain a health and safe environment</p> |

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| <p>The importance of patient history and consent</p> | <p>Confirm the individual's consent for their prescribed exercise regime to support their rehabilitation</p> <p>Review all current information on the individuals rehabilitation plans and capability outlined in their tailored exercise regime</p> <p>Consult with the multidisciplinary team to resolve any queries or issues concerning the exercise plan</p> |
| <p>The indication, contraindications and risk assessment for the prescribed exercise regime</p> | <p>Confirm with the individual and people involved in their care, the request for exercises to support rehabilitation</p> <p>Review the information available concerning any identified contra indications or barriers to the planed exercises</p> <p>Review the risk assessment for the individuals exercise regime and take appropriate action to reduce any identified risks for the planned exercise regime</p> |
| <p>Factors that affect the health, well being, behaviour, skills, abilities and life style context</p> | <p>Confirm with the individual their strengths and abilities enabling them to undertake the exercises</p> |
| <p>The range of exercises and their techniques to achieve rehabilitation safely and effectively</p> | <p>Briefly explain the physiology of exercise relevant to the individuals rehabilitation plan</p> <p>Clearly explain to the individual the range of exercises and the correct techniques to achieve rehabilitation safely and effectively</p> <p>Check the individuals understanding of the exercise procedures</p> |
| <p>How to set realistic targets for exercises</p> | <p>Select the appropriate exercises tailored to meet the individual's rehabilitation plan</p> <p>Confirm with the individual and any key health professionals that the exercises are realistic and match the individuals capabilities, rehabilitation goals and stage of COPD and other respiratory disease</p> |

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| <p>The importance of instruction to ensure exercises are carried out safely and effectively</p> | <p>Demonstrate to the individual their range of exercise tests, their purpose and procedures Clearly explain the sequence of exercises required for rehabilitation and check the individual's understanding</p> <p>Provide written instructions and explain the checks required to ensure the safe operational status of the exercise equipment</p> <p>Prepare the exercise equipment and modify the procedure to match the individuals exercise capabilities</p> <p>Instruct the individual to take rests and replace fluid intake at regular intervals during exercise</p> <p>Ensure emergency equipment and resources are available, operational and suitable to use for the individual</p> <p>Ensure a trained practitioner is available in the event of an emergency situation</p> |
| <p>How to deliver tailored exercises</p> | <p>Attach monitoring devices to the individual securely and in the correct position for each exercise test</p> <p>Generate the type, range, series and number of measurements in the correct sequence to provide sufficient data to compare against existing baseline assessments</p> <p>Modify the exercise interventions based on the individuals capabilities and emerging data to ensure the safety of the individual</p> <p>Monitor the individuals condition during the exercises to ensure the individual is exercising to their maximum ability</p> <p>Stop the procedure and seek assistance if the individuals condition deteriorates during the exercises and if appropriate, instigate the emergency action procedures</p> |
| <p>Provide advice guidance and information and support</p> | <p>Respond in a timely manner to any queries from the individual/carer may express concerning their exercise regime outlined in the rehabilitation plan</p> <p>Offer advice, guidance, information and support prior to, during and following exercises</p> |

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| Communication | <p>Check and confirm the individuals understanding of the exercise regime procedures and instructions in a format and style to aid understanding</p> <p>Use appropriate and timely communication with professional colleagues regarding the individual's exercise attendance and performance</p> |
| Handle information and maintain records | Record information and accurately in line with local protocols in a timely manner |
| The importance of working in partnership with key professional and external agencies | <p>Liaise and work with key health professionals and external agencies to discuss and review the individual's capabilities and support needs for undertaking exercises</p> <p>Share information of any non attendance and the outcomes of the individual's exercise regime with professional colleagues involved in their care</p> |
| Endorsement of the unit by a sector or other appropriate body (if required) | COPD Strategy Group/DH England; respiratory education providers |