

COPD Units of Learning

<p>Title of overarching NOS: CHS 70 Support the individual with long term conditions to optimise their psychological functions</p>	<p>Unit of learning to demonstrate competence: Support the individual with COPD and other respiratory diseases to optimise their psychological well being</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 supporting individuals with diagnosed COPD and other respiratory diseases to optimise their psychological well being in the short, medium and long term progression of COPD and other respiratory diseases</p>
<p>Outcomes: The individual will know and understand:</p>	<p>Assessment criteria To be competent the individual will be able to:</p>
<p>Indicative Level</p>	<p>Level 1 (Expert/specialist) Level 2 (Experienced practitioner)</p>
<p>The current national and local guidelines, professional codes of conduct, organisational policies, protocols and practices relevant to supporting individuals with long term conditions</p>	<p>Demonstrate the application of current national and local guidelines, professional codes of conduct, organisational policies, protocols and practices in supporting individuals with long term conditions</p>
<p>Importance of patient consent and history</p>	<p>Obtain consent from the individual/carer for review of their psychological and emotional well being</p> <p>Obtain and review all current information on the individuals COPD and other respiratory disease status relevant to psychological functioning</p> <p>Identify any gaps or ambiguities in the information sources and consult with the multidisciplinary team to resolve any queries or issues</p> <p>Explore with the individual their experiences, needs and preferences</p>

<p>The presenting conditions of COPD and other respiratory diseases and relevant co morbidities and factors that affect psychological, social and emotional well being</p>	<p>Discuss with the individual the implications of their COPD and other respiratory disease progression and relevant co-morbidities</p> <p>Work with the individual to identify positive and negative influences affecting their psychological, social and emotional well being; include relevant behaviours and lifestyle context</p> <p>Explore with the individual their psychological experiences, their expectations and hopes for the future</p> <p>Encourage the individual to reflect on their self management strategies, life style and behaviours to effectively manage their COPD and other respiratory diseases</p> <p>Prioritise the factors that impact on their current psychological and emotional well being</p> <p>Work with the individual and key professionals to consider how these factors may affect their psychological needs in the short, medium and long term</p> <p>Outline and discuss with the individual ways to optimise their psychological functioning to meet their health and well being goals during the course of COPD and other respiratory disease</p> <p>Verify the individual's understanding of any recommended changes to their behaviour and life style context to support their psychological functioning</p> <p>Agree with the individual the action plan to achieve their goal for optimising their psychological functions and set a date to review the outcome</p> <p>Check the individual's understanding and rectify any misconceptions</p>
<p>Holistic concepts and approaches to health and social well being for individuals with COPD and other respiratory diseases</p>	<p>Outline holistic concepts and approaches for health and social wellbeing for consideration</p> <p>Work with the individual and professional colleagues to explore and discuss the feasibility of holistic approaches to optimise their psychological well being</p>

The importance of focusing on people as individuals	<p>Focus on the person as an individual through effective listening, feeding back, gaining agreement from the individual on their wishes and needs</p> <p>Provide time to listen to the individuals worries and concerns regarding their psychological functioning</p>
How to offer professional psychological support	<p>Using appropriate assessment tools, identify whether the individual needs extra support for psychological and emotional wellbeing</p> <p>Recommend evidence based coping strategies to improve psychological and emotional well being with the individual and key stakeholders and check their understanding</p> <p>Ensure the individual is aware they can seek professional help if the coping strategies do not appear to help</p> <p>Assess whether the individual requires a referral to specialist psychologist</p>
How to provide advice guidance and information	<p>Offer advice and guidance to the individual arising from discussions with professional colleagues</p> <p>Obtain and offer information to the individual so they may make informed choices throughout the process of optimising their psychological functions</p> <p>Verify the individuals understanding of the information and advice given; rectify any misconceptions</p>
How to make appropriate and timely referrals	<p>Make timely and appropriate referrals to key professionals to provide the necessary psychological support</p>

How to communicate effectively	<p>Demonstrate the use of questions, listening carefully observing and summarising back</p> <p>Use communication styles in ways which are appropriate to the individual maintaining their confidentiality, dignity and respect</p> <p>Use appropriate and timely communication with professional colleagues to discuss the individual's psychological needs</p> <p>Ensure all relevant personnel involved in the psychological care of the individual are informed of discussions and decisions</p>
Handle information and maintain records	<p>Document all key discussions and decisions</p> <p>Record information accurately in line with local protocols in a timely manner</p>
The importance of working in partnership with key professional and external agencies	Liaise and work with key health professionals and external agencies to discuss and review the individuals needs over the short, medium and long term in line with local policies and protocols
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England; respiratory education providers