

## COPD Units of Learning

<p>Title of overarching NOS: <b>CHS 69 Support individual with long term conditions to optimise their physical functions</b></p>	<p>Unit of learning to demonstrate competence: Support individuals with COPD and other respiratory disease to optimise their physical functions</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 diagnosed with COPD and other respiratory diseases to optimise their physical functions</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 the review of their pulmonary rehabilitation plans and physical functions</p> <p>Obtain and review all current information on the individuals COPD and other respiratory disease status relevant to their physical 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>Pulmonary rehabilitation and physical functioning for individuals with COPD and other respiratory diseases</p>	<p>Discuss with the individual the implications of their COPD and other respiratory disease progression alongside any factors related to their co morbidities that influence their physical functioning in the short, medium and long term</p> <p>Outline and discuss with the individual how pulmonary rehabilitation improves physical functioning during the course of COPD and/or other respiratory diseases</p> <p>Check the individual's understanding of the links between pulmonary rehabilitation and physical exercise and rectify any misconceptions</p> <p>Explore with the individual their pulmonary rehabilitation experiences and future physical functioning goals</p> <p>Explain to the individual how fluctuations in pulmonary symptoms may affect physical functioning</p>
<p>Factors that affect the health, well being, behaviour, skills, abilities and life style context</p>	<p>Demonstrate an understanding of how the individual's health beliefs, behaviours, skills and life style affect their pulmonary rehabilitation and physical functioning</p> <p>Explore the individuals expectations and hopes for the future including their understanding and willingness to accept changes in lifestyle</p> <p>Verify the individuals understanding of any required lifestyle/behavioural changes to support their physical functioning within pulmonary rehabilitation</p>
<p>The importance of planning to optimise physical functioning</p>	<p>Work collaboratively with the individual to prioritise factors that will positively impact on their future physical well being and pulmonary rehabilitation</p> <p>Work collaboratively with the individual and key professionals to review the information to identify appropriate methods, exercises and interventions to manage and monitor the individual's physical functioning as part of their pulmonary rehabilitation plan</p> <p>Liaise and agree with the individual and key stakeholders the goals and priorities for optimising their physical functions through pulmonary rehabilitation</p>

	Offer support mechanisms to help the individual attain their goal of optimising their physical functioning through pulmonary rehabilitation in line with local policies and protocols
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 physical functioning</p>
How holistic concepts and approaches to health and social well being can benefit individuals with COPD and other respiratory diseases	<p>Outline holistic concepts and approaches for health and social wellbeing suitable for individuals with COPD and other respiratory diseases</p> <p>Work collaboratively with the individual and professional colleagues to explore and discuss the feasibility of holistic approaches to optimise their physical functioning</p>
How to provide advice guidance and information	<p>Offer advice and guidance arising from discussions on pulmonary rehabilitation and physical functioning</p> <p>Provide information to the individual so they may make informed choices to optimise their pulmonary rehabilitation and physical functions</p> <p>Verify the individuals understanding of the information and advice given; rectify any misconceptions</p>
How to make appropriate and timely referrals	Make timely and appropriate referrals to key professionals to enable suitable rehabilitation planning to enable the individual to address their physical difficulties through pulmonary rehabilitation

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 pulmonary rehabilitation needs to optimise their physical functioning</p> <p>Ensure all relevant personnel involved in the physical functioning and pulmonary rehabilitation 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 and accurately in line with local protocols in a timely manner</p>
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 individuals pulmonary rehabilitation and physical functioning needs over the short, medium and long term</p>
Endorsement of the unit by a sector or other appropriate body (if required)	<p>COPD Strategy Group/DH England;; respiratory education providers</p>