

COPD Units of Learning

Title of overarching NOS: PE1 Enable individuals to make informed health choices and decisions	Unit of learning to demonstrate competence: Enable individuals with COPD and other respiratory diseases make informed health choices and decisions
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 helping individuals with COPD and other respiratory diseases make informed decisions and health choices which positively impact on their care plan and self management strategies
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) Level 3 (Novice new to respiratory disease management (including COPD))
COPD and other respiratory diseases and related co morbidities and holistic concepts and approaches to inform health choice decision making	<p>Obtain and offer relevant and current advice, information and guidance on :-</p> <ol style="list-style-type: none"> The individual's health and well being needs and choices Their psychological well being needs and choices The range of relevant co morbidities and/or pre-morbid conditions The individual's current COPD and other respiratory diseases status The individual's care plan Evidence based practice and benefits for COPD and other respiratory diseases related treatments, interventions, rehabilitation, medication and therapies Holistic approaches relevant to COPD and other respiratory diseases health and social well being <p>Check and confirm the information and guidance sources are in a style and format that meets the needs of your COPD caseload and across the organisation</p>
The relevant codes of practice and guidelines related to data management	Describe the application of relevant codes of practice and current guidelines for data management

<p>The relevance of clinical, social and life style behaviours and attitudes and how they can effect the decisions around health choices</p>	<p>Work collaboratively with individuals with COPD and other respiratory diseases to explore their health and well being, psychological, social and life style behaviours and factors</p> <p>Work through the individuals issues and concerns over the likelihood of their social and lifestyle contexts changing as the COPD and/or other respiratory disease progresses</p> <p>Work collaboratively with the individual to help them make informed health choices and decisions</p>
<p>How to engage with individuals with COPD and other respiratory diseases</p>	<p>Work collaboratively with individuals with COPD and other respiratory diseases to encourage them to take an active interest in making health choices and decisions</p> <p>Work through and explore the benefits and any barriers, worries or concerns regarding their engagement in the health choice</p>
<p>Supporting materials</p>	<p>Work collaboratively with individuals to identify and prioritise factors that will influence and impact on the individuals health choices and decisions</p> <p>Offer learning resources to increase the individuals knowledge and understanding of their condition, medication and prognosis</p> <p>Work collaboratively with the individual to address their spiritual and psychological well-being, their health goals and needs for care support</p> <p>Work collaboratively through problem solving tools with the individual to assist them to make informed health choices and decisions that will positively contribute to their health and well being, social and life style, psychological well being and COPD and other respiratory diseases care plans</p> <p>Allow time for the individual to reflect on the information on available healthcare choices</p>

<p>Health promotion models and options</p>	<p>Discuss with the individual the range of models, concepts and approaches for their promotion of health and well being which will influence their health choices and decisions</p> <p>Work collaboratively with the individual and professional colleagues to evaluate the effectiveness and suitability of the different models, concepts and approaches to support the health choices and decisions</p>
<p>Health choices</p>	<p>Offer a range of health choice options that acknowledge and balance the needs of the individual and their care plan to effectively manage their COPD and/or other respiratory diseases</p> <p>Use coaching, mentoring, questioning, listening and interview techniques to explore and identify the individuals views and perceptions on the range of health choices and decisions available to them</p> <p>Work with the individual to identify the positive and negative aspects of the range of potential health choices</p> <p>Work collaboratively with the individual to explore the range of healthcare choices to positively influence their decision making</p> <p>Facilitate access to additional sources of support, information and advice</p> <p>Allow time for the individual to reflect on the benefits and limitations of each health choice option</p> <p>Check the individuals understanding of the health choice decision, rectify any misconceptions and gain their agreement and commitment on the health choice decision</p> <p>Work collaboratively with the individual and professional colleagues to assist the individual make a decision on their health choice option(s) from the information sources provided</p> <p>Value and respect the individuals decision and document their health choice option</p> <p>Work collaboratively the individual and professional colleagues to resolve any issues or conflicting factors identified in their health choice decision</p>

Appropriate communication and listening knowledge and understanding	<p>Communicate in manner and style that meets the needs of the individual, maintaining dignity, respect and inclusion</p> <p>Use appropriate and timely communication with professional colleagues to enable effective and positive health choices and decisions to be made</p>
How to handle information and maintain the confidentiality of records	Record information in line with organisational requirements and maintain the rights of individuals and principles of confidentiality
Liaise with individuals/carers and colleagues	Work collaboratively with key stakeholders on information regarding new and existing health choices for individuals with COPD and other respiratory diseases
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England; respiratory education providers