

COPD Units of Learning

<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 assess exercise tolerance 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 assessing the exercise tolerance of individuals using appropriate field 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 disease status, physical ability, psychological and emotional wellbeing and any underlying co morbidities</p> <p>Consider how these factors may affect the individual's capability of exercise tolerance in the short, medium and long term</p>
<p>Health, safety and infection control measures</p>	<p>Apply standard precautions for infection control and other relevant health and safety measures that need to be considered when undergoing exercise</p> <p>Confirm the individual /carer understands their requirements and practices to maintain a health and safe environment</p>

Patient History and consent	<p>Confirm the request for exercise tolerance assessment and obtain consent from the individual/carer for the assessment of their exercise tolerance levels</p> <p>Obtain and review all current information on the individuals COPD and other respiratory disease status and rehabilitation plans</p> <p>Identify any gaps or ambiguities in the information sources and consult with the multidisciplinary team to resolve any queries or issues</p>
The indication, contraindications and risk assessment for exercise tolerance assessment	<p>Work collaboratively with the individual and with key health professionals to identify and discuss any identified contra indications or barriers to the exercise tolerance assessment</p> <p>Undertake a risk assessment for the individuals exercise tolerance assessment</p>
Factors that affect the health, well being, behaviour, skills, abilities and life style context	<p>Discuss with the individual their strengths and abilities to enable them to undertake exercises</p> <p>Explore the individuals preferences for exercises</p> <p>Work with the individual to explore how their behaviours, skills abilities and life style impact on their planned exercise regime</p>
The range of exercises and procedures	<p>Work with key professionals and the individual to outline an exercise regime exercise in line with their physiological goals and physical capabilities</p> <p>Describe the application of the range of exercises and their procedures for the exercise tolerance assessment to determine an individuals capabilities</p> <p>Check the individuals understanding of the exercises used to determine their tolerance levels</p>
Setting realistic exercises	<p>Check with the individual and any key health professionals involved in their care that the exercises are realistic and match the individuals capabilities and stage of COPD and other respiratory disease</p>

Preparation for exercise tolerance assessments	<p>Check the operational status of the exercise equipment</p> <p>Prepare the exercise equipment and modify the procedure to match the individuals exercise capabilities</p> <p>Ensure emergency equipment and resources are available, operational and suitable to use for the individual</p>
Perform exercise tolerance assessment	<p>Clearly explain the sequence of exercises required for the assessment to the individual and check their understanding</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 baseline measurements in the correct sequence to provide sufficient information for baseline assessments</p> <p>Modify exercise interventions based on emerging data to ensure the safety of the individual</p> <p>Monitor the assessment procedure and the individuals condition to ensure the individual is tested to maximum ability and that reproducible data is obtained</p> <p>Stop the procedure and seek assistance if the individual's condition deteriorates during the exercise tolerance assessment and if appropriate, instigate the emergency action procedures</p>
Interpretation of results	<p>Differentiate between relevant and irrelevant data to identify deviations from expected values in accordance with the individual's clinical stage of COPD and other respiratory disease</p> <p>Seek advice from relevant professional if the data or individual's responses are outside your area of expertise</p>
Provide advice guidance and information and support	<p>Respond in a timely manner to any queries from the individual/carer may express concerning the exercises tolerance assessment</p> <p>Offer advice, guidance, information and support prior to, during and following exercise tolerance assessments</p>

How to communicate effectively	<p>Communicate in manner and style that meets the needs of the individual to assist them to undertake exercises safely and effectively, maintaining dignity, respect and inclusion</p> <p>Use appropriate and timely communication with professional colleagues to enable effective assessment of the individual's ability to undertake exercise</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, external agencies , cares and relatives	<p>Liaise and work with key health professionals and external agencies to discuss and review the individuals/carers capabilities and support for undertaking exercises</p> <p>Share the individual's agreed courses of action with key health professionals maintaining confidentiality, dignity and ethical values</p>
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England; respiratory education providers