

COPD Units of Learning

<p>Title of overarching NOS: CHS 87 Agree rehabilitation plans with individuals, families, carers and other professionals</p>	<p>Unit of learning to demonstrate competence: Able to assess and create an individualised rehabilitation plan through collaboration with the individual with COPD and other respiratory diseases and his/her carers as appropriate</p>
<p>Details of the relationship between the unit to demonstrate competence and relevant national occupational standards (if appropriate)</p>	<p>Users of this unit will be able to demonstrate competence in agreeing plans for Pulmonary Rehabilitation Programmes or for individual rehabilitation that may be done at home through collaboration with the individual and his/her carers as appropriate</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) Level 3 (Novice new to respiratory disease management (Including COPD services))</p>
<p>The reasons why an individual with COPD and other respiratory diseases may be referred for rehabilitation assessment</p>	<p>Outline why individuals with COPD and other respiratory diseases may benefit from rehabilitation programmes</p> <p>Describe the symptoms and indicators for rehabilitation across the COPD spectrum and other respiratory diseases</p> <p>Describe inclusion and exclusion criteria</p>
<p>The application of rehabilitation programmes for individuals with COPD and other respiratory diseases and the importance of gaining valid consent for these plans</p>	<p>Describe the range, frequency and duration of appropriate rehabilitation programmes to support the individual's physical, social, psychological and functioning following assessment</p> <p>Obtain valid consent for the rehabilitation care /treatment programme from the individual</p>

The importance of obtaining a patients history prior to their attendance at the rehabilitation programme	<p>Obtain appropriate and necessary background information to create a safe and effective rehabilitation care plan</p> <p>Identify contra indications and use these to guide clinical decisions about rehabilitation</p>
The patient's general readiness to change and engage in rehabilitation. Understand their individual reasons or attending rehabilitation and behaviour or lifestyle changes they want to make	<p>Obtain information on the lifestyle and behaviours of the individual. Identify any factors that may help or hinder the individualised rehabilitation care plan</p> <p>Discuss and collaborate with the patient to agree a mutually acceptable rehabilitation plan</p>
The impact of the short, medium and long term effects of COPD and other respiratory diseases that may affect an individual's psychological, physical and social and functioning and how this may affect rehabilitation outcomes	<p>Work collaboratively with the individual and those involved in their care to:</p> <ul style="list-style-type: none"> a) Identify the impact of the short, medium and long term effects of COPD and other respiratory diseases on the individual and their family. b) Illicit concerns the patient/carer may have and identify the appropriate interventions to minimise these c) Identify some of the psychological, physical or social issues that may arise and know relevant organisational guidelines and procedures <p>Report and refer the individual to relevant practitioners where alternative or further support is required</p>
The range of information required to complete a thorough risk assessment	Complete a thorough risk assessment related to the individual and environment; identifying specific risks and strategies to reduce or eliminate these risks
The range of rehabilitation options to meet the individuals needs	<p>Assess the individual to identify their rehabilitation needs and options available to meet these needs</p> <p>Clearly present to the patient and/or carer potential efficacy, limitations and risks of each option</p>

How to provide necessary information and support throughout the rehabilitation intervention.	<p>Identify any concerns or issues related to delivery and management of the proposed rehabilitation plan</p> <p>Where difficulties or concerns are identified, agree solutions (where possible) with the individual and refer them on for additional support if required</p>
How to provide information and support on educational topics and self management strategies to support rehabilitation	<p>Identify an individual's needs in relation to self management education</p> <p>Offer relevant and current information and advice on living with lung disease, self management and the use of action plans</p>
The importance of collaborative and individualised goal setting as a motivational tool and an integrated part of successful rehabilitation interventions	<p>Facilitate the individual in identifying goals that are specific, measurable, achievable, realistic and time limited</p> <p>Provide the optimum therapeutic relationship and environment for the individual to engage fully in the rehabilitation process and make their desired behaviour/lifestyle changes</p> <p>Agree the rehabilitation plans with the individual</p>
The importance of written information to support goal setting and rehabilitation plans	<p>Produce a written plan which accurately and concisely records the individuals goals, timescales, review dates and monitoring arrangements</p> <p>Provide copies of the rehabilitation plan to the individual and other relevant health professionals where appropriate</p>
How to measure outcomes and identify monitoring arrangements as appropriate	<p>Explore and discuss with the individual a variety of outcome measures that can be used in their rehabilitation process in order to monitor, review, inform treatment decisions and motivate the individual</p> <p>Agree suitable monitoring and review arrangements tailored to the needs of the individual and which will be able to assess impact of the rehabilitation plan</p>
How to communicate in an effective manner	<p>Show the ability to communicate in a manner that meets the individuals/family's needs, respects dignity, confidentiality and values their contribution</p>

Handle information and maintain the confidentiality of records	Record information in line with organisational and professional requirements and maintain the rights of individuals and principles of confidentiality
Work as part of a multidisciplinary team to arrange and manage rehabilitation plans for individuals with COPD and other respiratory diseases	Liaise with colleagues and agencies to set in place the agreed rehabilitation care plan for the individual
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England; respiratory education providers