

COPD Units of Learning

Title of overarching NOS: PE 4 Agree a plan to enable individuals to manage their condition	Unit of learning to demonstrate competence: Agree a plan to enable individuals with COPD and other respiratory diseases to self manage their condition
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 agree a plan to manage their condition in the short, medium and long term
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 services))
The presenting conditions of COPD and other respiratory diseases, and relevant co morbidities	Discuss with the individual the implications of COPD and other respiratory disease progression and how this may affect their self management plan in the short, medium and long term
Factors that affect the health, well being, behaviour, skills, abilities and life style context	<p>Work collaboratively with the individual to identify their strengths and abilities that enable them to manage their and other respiratory diseases condition</p> <p>Work collaboratively with the individual to explore their health and well being, psychological and social care goals</p> <p>Explore and discuss how their physical, psychological, social and lifestyle context may affect them achieving their self management plan</p> <p>Using appropriate tools screen the individual for anxiety and/or depression</p>
	Where indicated, (in line with explicit

	<p>protocols) discuss with the individual the option for a referral to a trained practitioner for e.g. psychology or cognitive behavioural therapy to support them in achieving their self management plan</p>
Creating a self management plan	<p>Present and discuss the outcomes of the promotion of self management with the individual in a way that helps them understand and manage their condition</p> <p>Work collaboratively with the individual/carer and key health professionals to create a realistic self management plan</p> <p>Working collaboratively to prioritise and gain agreement from the individual on benefits and key performance indicators that will demonstrate the effectiveness of the their self management plan</p>
Risk management	<p>Work collaboratively with the individual/carer and key health professionals to identify any risk factors involved in the formation of the individuals self management plan</p> <p>Undertake a risk assessment to resolve any risk factors, concerns or worries the individual/carer may have concerning their responsibilities in delivering their self management plan</p>
Holistic concepts and approaches to health and social well being for individuals with COPD and other respiratory diseases	<p>Understand holistic concepts and approaches for health and social wellbeing</p> <p>Work collaboratively with the individual to explore if holistic approaches can be included in their self management plan</p>
Health and safety measures	<p>Work with the individual/carer to identify their health, safety and infection control measures required within the self management plan</p> <p>Ensure any learning and/or education resources are provided in a format to meet the individuals/carers needs and understanding, to enable them to carry out the self management plan safely and effectively</p>

How to provide advice, guidance and support	<p>Work collaboratively with health professionals and external agencies to identify resources within budget limits available to assist individuals to manage their COPD and/or other respiratory diseases condition</p> <p>Offer advice, guidance and support to assist individuals formulate a realistic self management plan</p> <p>Provide resources in a timely and appropriate manner to match the individual/carer learning styles and factors to influence effective self management</p> <p>Provide time and encourage the individual to reflect on the advice, guidance and information</p>
Setting realistic goals within a plan	<p>Check with the individual their self management plan identifies goals that can be realistically achieved within the set timeframes and that the intended outcomes are measurable</p> <p>Work collaboratively with the individual to gain agreement on how the individual's self management objectives will be measured</p> <p>Work collaboratively with the individual to set realistic review intervals to evaluate the outcomes set out in their self management plan</p> <p>Check and ensure self management is integral to the individual's goals and COPD and other respiratory disease reviews</p>
How to communicate in an effective manner	<p>Communicate in a manner that meets the individuals needs and respects dignity, confidentiality and values their contribution</p> <p>Be able to focus on the person as an individual through effective listening, feeding back, getting agreement from the individual on their self management plan</p>

Handle information and maintain records	<p>Evaluate materials/information for individuals with COPD and other respiratory diseases and their carers to assist and influence their ability to self manage in a manner that meets their culture, age, maturity, learning abilities and beliefs</p> <p>Pass on information and any required learning resources to individuals/carers to assist them achieving their self management plan</p> <p>Record information and accurately in line with local protocols in a timely manner</p>
Working in partnership with key professional, external agencies , cares and relatives	Liaise and work collaboratively with key health professionals and external agencies to discuss and review the individuals/carers needs to sustain self management of their condition over the short, medium and long term
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England; respiratory education providers