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# *IO4-A1. GENERAL TRAINING CURRICULA.*

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*Unit 3: Health Care for  
Enhanced Home Care  
Workers.*

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*West College Scotland, November 2016.*

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## Health Care For Enhanced Home Care Workers

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### Introduction to the Unit

This unit is part of the Enhanced Home Carer qualification. It covers basic clinical care of people living at home who have chronic health conditions.

### Glossary of Terms in the Unit:-

**The Individual:** the person being cared for in their own home.

**Key People:** the important people in the Individual's life e.g. family, friends or neighbours supporting them in a variety of ways.

**EHCW:** Enhanced Home Care Worker

**Care Professionals:** Any Health or Social Care Professionals, for example, Nurses, Doctors, Health Visitors, Social Workers, Home care Managers, Physiotherapists, Occupational Therapists, Podiatrists, Counsellors, Psychiatrists and Psychologist.

**Mentor:** The person appointed to supervise you undertaking this qualification. This may be your Line Manger or other senior member of staff.

**Values:** In all the competencies you should be incorporating the values of:-

- A Person Centred/Family Centred Approach,
- Confidentiality and Privacy
- Respect for the person and their values, culture and religion
- Ensuring Dignity
- Promoting Autonomy
- Ensuring safety
- Promoting Equality and respecting diversity

**Level:** Since this is a qualification for Enhanced Home Care Workers, your examples should reflect wider knowledge and enhanced skills, than is required for lower level qualifications.

**Evidence Gathering Methods:** You will provide evidence of your knowledge, understanding and skills through:-

- **Practice Accounts:** These are written accounts whereby you reflect on your practice and show how you fulfilled the Competences. The Practice Accounts should also show evidence of the Knowledge and Understanding points. Practice Accounts will make up the majority of your evidence.
- **Observation by Care Professionals:** At least one example of your practice should be observed by your Line Manager/Appointed Mentor or a different Care Professional. They will write an account of how you fulfilled the Competences and may include evidence of the knowledge and understanding points too. They may also ask questions to enable you to fulfil some of the Knowledge and Understanding points.
- **Testimony by a Key Person:** One example of your practice may be observed by one of the Individual's Key People and an Account written by them, describing how you fulfilled one or more of the Competences.
- **Discussions and Questioning by your Mentor:** You will have a professional discussion with your mentor where you describe your practice, how you have dealt with a situation or would deal with it.

## KNOWLEDGE AND UNDERSTANDING

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In this section, is detailed what you are expected to know and show understanding of in your practice.

You should show cover:-

1. Basic knowledge of Cardiovascular diseases (e.g. Hypertension, coronary heart disease, angina, heart attack, stroke, congenital heart disease).
2. Basic Knowledge of Diabetes.
3. Basic knowledge of Osteoarticular Diseases (e.g. Arthritis and Arthrosis)
4. Basic knowledge of Cancers most prevalent in your country (breast, lung, prostate, oesophagus, stomach, bone etc.)
5. Basic knowledge of Respiratory diseases (Obstructive Pulmonary Disease, Acute Bronchitis).
6. Basic knowledge of Dementia including Alzheimer's Disease.
7. Basic knowledge of other Neurological Disorders (Parkinson's Disease, Multiple Sclerosis, Neuro-infections, Traumatic Brain Injuries).
8. Basic knowledge of Mental Illness
9. Basic knowledge of Digestive Diseases (e.g. Crohn's disease, ulcerative colitis and cirrhosis).
10. Basic Human Anatomy and Physiology.
11. Legislation and organisational procedures related to Health Care and Data Protection, including Personal Protection Equipment
12. Basic knowledge of Elimination and what Catheter Care consists of.

13. Why someone might need Tracheostomy Care and what it consists of.
14. Why someone might need Peg Tube Feeding and what it consists of.
15. Why Oxygen saturation measurements are important.
16. Why someone might have a Stoma constructed and what Stoma Care consists of.
17. Basic knowledge of Eye Care, dental care and podiatry.
18. Awareness of the signs and symptoms of someone's chronic condition deteriorating.
19. Why good hygiene practice is important.
20. How to feed someone in a supportive way and what correct food hygiene preparation consist of.
21. What correct mobilisation consists of; the correct techniques, equipment to be used and how to ensure the Individual's comfort.
22. What medicines individuals may need for common chronic health conditions and how these might be administered.
23. Why someone might need Skin and Pressure Area Care.
24. The importance of Active and Passive Exercises for people who are very restricted mobility and what mobility and rehabilitation consists of.
25. Why it is important to provide the Individual with information on their health issue.
26. What benefits are there to the Individual being involved in the management of their health condition.
27. How to motivate and educate the Individual on self-management of their health care.

28. How to work in a supportive way with people under stress, e.g. the Individual or Key People in their life.
29. What good nutrition is and how it improves health.
30. What is Health Promotion and how it can help prevent diseases and complications.
31. What having a Person Centred Approach to health care means specifically in practice.
32. How chronic physical illness might have an impact on people's psychological and emotional wellbeing.
33. What Cognitive improvement strategies might be used to improve someone's Wellbeing.
34. Strategies for supporting the Individual who has Dementia.
35. Advocacy Skills for advocating on behalf of the Individual or Key People.
36. How to motivate, build confidence with the aim of increasing the Individual's involvement in their healthcare plan.

## Competences

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The structure of this unit reflects the fact that Enhanced Home Carer Workers have different responsibilities depending on the organisation they work for. National and Organisational Policy and Procedures mean that some Enhanced Home Care Workers will have responsibility for medications and procedures while others won't. This section is therefore, divided into two parts in order to accommodate both. You should choose Part A **or** Part B depending on the roles and responsibilities of your job

### Part A

At least **four** competences need to be directly observed.

#### Provide an example of:

1. How you used your knowledge of the Individual and their condition in order to advocate on their behalf in relation to healthcare decisions.
2. Providing care for someone with a specific chronic health condition in line with their care plan.
3. Advising or Assisting the Individual with their eye care, or dental care.
4. Advising or Assisting the person with their podiatry and adhering to the limits of your role.
5. When you have detected new and progressive symptoms in the Individual and have communicated the symptoms to their Care Professionals.
6. Working collaboratively with others and acting according to specialist advice.
7. Receiving and storing medications and products according to organisational policy.

8. Identifying when someone was a High Risk Person i.e. one with complications and 'at risk' of hospitalisation.
9. Identifying when someone's Stoma has become irritated, inflamed or causing pain and reported it to their Care Professional.
10. Supporting someone who is receiving Peg Feeding by providing information or emotional support.
11. Monitoring and supporting an individual who is receiving Catheter Care by providing information and emotional support.
12. A discussion of how to support an individual who needs Tracheostomy Care.
13. Recording and reporting any deterioration in a person's condition to the relevant health professional in line with Data Protection legislation and Organisational Policy.
14. A discussion or demonstration of how you would measure Vital Signs of the Individual and contact the relevant health professional.
15. Monitoring Pressure Area Care then recording and reporting any deterioration in the Individual's condition to the appropriate health professional in line with Data Protection and Organisational Policy.
16. Observing and monitoring the Individual's Wound Care and record and report any concerns to the relevant health professional in line with Data Protection and Organisational Policy.
17. Monitoring the Individual's psychological wellbeing and reporting any deterioration in line with Data Protection legislation and organisational policy.
18. Supporting the Individual with Dementia in a creative or innovative way in line with their Care Plan.



19. Engage effectively with the Individual in a discussion about how they can take some control of their health and create a plan together.
  
20. Increasing the autonomy and self-confidence of the individual in managing their illness through encouraging active involvement.

## Part B

You will be carrying out the following competences. At **least 4** Competences must be directly observed by your mentor. For each example you should be following organisational policy and procedures.

### Provide An Example of:

1. Appropriate feeding of the Individual and ensured correct food hygiene and preparation.
2. Administering medication to the Individual. This can be by mouth, rectal or topical administrations. Identify possible contra-indications to the Individual's condition as a result of the medication administered and explain what action you would take.
3. Assisting the Individual with their eye care, or dental care.
4. Assisting the person in their podiatry care and adhering to the limits of your role.
5. When you have identified an Individual as being a high risk of hospitalisation due to complications in their condition and have taken appropriate action.
6. Catheter Care you have been involved in. You should include how you:
  - Used correct equipment/materials
  - Ensured their comfort,
  - Used correct techniques
  - Followed infection prevention procedures
  - Provided appropriate information and support
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy.
7. Peg Tube Feeding you have been involved in. You should include how you:
  - Used correct equipment/materials
  - Ensured their comfort,
  - Used correct techniques

- Provided appropriate information and support
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy.
8. Stoma Care you have been involved in. You should include how you:
- Used correct equipment/materials
  - Ensured their comfort,
  - Used correct techniques
  - Followed infection prevention procedures
  - Checked the skin for signs of irritation or inflammation
  - Provided appropriate information and support
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy.
9. Tracheostomy Care you have been involved in. You should include how you:
- Used correct equipment/materials
  - Ensured their comfort,
  - Used correct techniques
  - Followed infection prevention procedures
  - Provided appropriate information and support
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy.
10. Oxygen saturation measurement and monitoring oxygen use. You should include how you:-
- Used the correct technique
  - ensured accuracy,
  - recorded and reported relevant information in line with Data Protection legislation and organisational policy
11. Taking Physical measurements and monitoring of weight or fluid intake/output or urine from a drainage bag. Also include how you recorded the information in line with Data Protection legislation.
12. A discussion or demonstration of how you would measure Vital Signs of the Individual and contact the relevant health professional.

13. Pressure Area Care and include how you:-
- Used the correct equipment/materials
  - Used the correct techniques & followed agreed Risk Assessments
  - ensured their comfort
  - provided appropriate information and support
  - Observed any signs of deterioration
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy
14. Wound Care and application of dressings. You should include how you:-
- Used the correct equipment/materials
  - Ensured their comfort,
  - Used correct techniques
  - Followed infection prevention procedures
  - Provided appropriate information and support
  - Observed any signs of deterioration
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy
15. Mobilising someone who is bedridden or supporting someone with general Mobility and Rehabilitation. You should include how you:-
- Used the correct equipment/materials
  - Used the correct techniques & followed agreed Risk Assessments
  - Ensured their comfort
  - Provided appropriate information and support
  - Observed any signs of deterioration
  - Recorded and reported relevant information in line with Data Protection legislation and organisational policy.
16. Monitoring the Individual's psychological wellbeing and reporting any deterioration in line with Data Protection legislation and organisational policy.
17. Supporting the Individual with Dementia in a creative or innovative way in line with their Care Plan.

18. When you have detected new and progressive symptoms in the Individual and have communicated the symptoms to the appropriate health professionals.
19. Working collaboratively with others and acting according to specialist advice.
20. Increasing the autonomy and self-confidence of the individual in managing their illness through active involvement.
21. An example of how you used your knowledge of the Individual and their condition in order to advocate on their behalf in relation to healthcare decisions.