

## **SFHCHS138**

Assist in the implementation of mobility and movement programmes for individuals to restore optimum movement and functional independence

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### **Overview**

This standard applies to anyone whose role requires them to assist the practitioner to support individuals participating in programmes designed to restore optimum movement and functional independence. Typical programmes and treatments could include exercise regimes and the use of gym equipment.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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### Performance criteria

*You must be able to:*

- P1 obtain valid consent from the individual before working with them
- P2 correctly carry out the specified activities using methods and equipment as detailed within the individual's the treatment plan
- P3 seek prompt advice and assistance from a relevant contact where a programme activity called for is beyond the limits of your role
- P4 progress through the specified programme in accordance with the individual's needs and the agreed therapeutic goals
- P5 provide the individual with sufficient time, opportunity and encouragement to practice existing and newly developed skills
- P6 encourage the individual to take advantage of planned and unplanned opportunities to integrate skills developed within the programme into their normal daily activities
- P7 support and encourage the individual to be as self-managing as possible throughout the programme
- P8 take appropriate and prompt action, in line with relevant protocols and guidelines, in response to any factors which indicate adverse reaction to the programme
- P9 effectively monitor the individual during and after the programme/treatment as detailed within the individual's the treatment plan
- P10 provide accurate and prompt feedback to the individual's care team to support effective future planning
- P11 keep accurate, complete and legible records of the programme activities undertaken and the individual's condition
- P12 ensure that the individual is correctly positioned, taking into account the individual's condition, modesty and the treatment/programme to be carried out
- P13 feedback to the practitioner regularly or when there is a change in the individuals condition

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#### Knowledge and understanding

*You need to know and understand:*

- K1 the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to assisting in the implementation of mobility and movement programmes for individuals to restore optimum movement and functional independence
- K2 your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- K3 the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- K4 why it is necessary to obtain valid consent prior to working with an individual and the methods used to achieve this where the individual is not able to give their consent directly
- K5 the signs of adverse reaction to different programmes and treatment
- K6 the reasons why it is important to report signs of adverse reaction and the potential consequences of not doing so promptly
- K7 the policies and guidance which clarify your the limits of your role and the relationship between yourself and the practitioner in terms of delegation and supervision
- K8 policies and guidance relating to the moving and positioning of individuals and the impact they have upon your work
- K9 the types of programmes and treatments carried out with people who have restricted mobility and movement
- K10 what is involved in monitoring an individual's condition and why it is important that this is carried out accurately
- K11 why you should seek to support and encourage the individual to promote their own health and wellbeing
- K12 the actions you should take if adverse reactions are shown
- K13 the factors that facilitate an effective and collaborative working relationship
- K14 the potential dangers associated with programmes, equipment and materials and the actions you should take to avoid them
- K15 the equipment and materials which can be used in relation to different programmes and treatments and the uses of each
- K16 the information that should be recorded and the importance of doing this as soon as possible after working with the individual
- K17 record keeping practices and procedures in relation to therapeutic programmes/treatments
- K18 the sort of information that might be needed by the practitioner prior to or

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during the course of a programme or treatment

- K19 what sort of information would be appropriate to give to a family member, informal carer or other healthcare worker around the individual's programme/treatment
- K20 the effects and benefits of active functional exercise
- K21 the simple anatomical structures involved in the different types of programme/treatment
- K22 the condition causing the individuals difficulties around movement and mobility
- K23 the psychological effects of disability due to injury or disease

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### **Additional Information**

#### **External links**

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

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<b>Developed by</b>	Skills for Health
<b>Version number</b>	1
<b>Date approved</b>	June 2010
<b>Indicative review date</b>	June 2012
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating organisation</b>	Skills for Health
<b>Original URN</b>	CHS138
<b>Relevant occupations</b>	Health, Public Services and Care; Nursing and Subjects and Vocations Allied; Health and Social Care; Health Professionals; Healthcare and Related Personal Services
<b>Suite</b>	Clinical Health Skills
<b>Key words</b>	Therapy; mobility and movement programmes; optimum movement; functional independence; exercise programmes; rehabilitation equipment