

## Overview

This standard identifies the requirements when you support individuals to monitor health conditions. This includes supporting individuals by carrying out your agreed role to monitor the health condition of individuals, identifying any changes and completing records and reports.

## Performance criteria

### *You must be able to:*

1. identify and agree the roles and responsibilities of yourself and others to monitor the health conditions of individuals
2. establish consent and access information on the health conditions and monitoring requirements of individuals
3. work in partnership with individuals and others to identify how health conditions should be monitored and reported on, in line with individual's preferences, needs, care or support plan, and specific monitoring requirements
4. work in partnership to identify support individuals need to monitor health conditions
5. support individuals to identify and access information, support or resources they need to monitor health conditions
6. encourage and support the independence of individuals to monitor health conditions
7. monitor health conditions in line with the preferences, needs, care or support plan, and specific monitoring requirements of individuals
8. follow the required actions when there are changes in the conditions of individuals
9. contribute to feedback to identify good practice and changes required to support individuals to monitor health conditions
10. contribute to records and reports required to support individuals to monitor health conditions
11. reflect on how you carried out your roles and responsibilities to support individuals to monitor health conditions, with feedback from others

## Knowledge and understanding

### *You need to know and understand:*

1. how to access and review information about individual's health conditions and monitoring requirements
2. how to apply trauma informed principles to support individuals to monitor health conditions
3. the influence of neurodivergence and additional needs on support individuals require to monitor health conditions
4. how to encourage and support individuals' independence to monitor health conditions
5. the importance of dignity, kindness and compassion when supporting individuals to monitor health conditions
6. how to support emotional regulation during the monitoring of health conditions
7. types of information, support and resources that may assist individuals to understand and monitor health conditions
8. the range of health conditions that require monitoring, how this should be carried out and recorded and reported on
9. how individual's culture and background may influence the monitoring of health conditions
10. the importance of accurate monitoring and the impact of this on health conditions
11. the importance of observation in monitoring health conditions
12. the range of equipment used to monitor health conditions
13. types of digital tools and devices that can support individuals to monitor health conditions
14. how changes to individual preferences, conditions and circumstances can impact monitoring activity
15. why changes to health conditions or any concerns should be reported on immediately
16. the relevant legal requirements, standards of practice, frameworks and guidance for supporting individuals to monitor health conditions
17. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to monitor health conditions
18. how to work in partnership with others to support individuals to monitor health condition

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19. how to respond to issues and concerns that may occur when supporting individuals to monitor health conditions
20. how your personal experiences and unconscious bias may impact when supporting individuals to monitor health conditions, and how to address this
21. the role of supervision, reflective practice and learning and development in supporting individuals to monitor health conditions

## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

HSCCLD223



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<b>Developed by</b>	Skills for Care & Development
<b>Version Number</b>	1
<b>Date Approved</b>	31 Jan 2026
<b>Indicative Review Date</b>	31 Jan 2031
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	Skills for Care & Development
<b>Original URN</b>	HSCCLD223
<b>Relevant Occupations</b>	Social Care and Childrens Care
<b>Suite</b>	Health and Social Care & Childcare Learning and Development
<b>Keywords</b>	Monitor health conditions, Health and Social Care & Children's Care Learning and Development

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