

<b>Title</b>	<b>Support a person with spinal injury in a health or wellbeing setting</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	<p>People credited with this unit standard are able to:</p> <ul style="list-style-type: none"> <li>• describe basic anatomy and function of the spinal cord and the causes of spinal cord injury;</li> <li>• describe the impact of a spinal injury on a person’s health and functional status;</li> <li>• contribute to developing a personal plan for supporting a person with a spinal injury in a health or wellbeing setting;</li> <li>• contribute to the application of a personal plan used to support a person with a spinal injury in a health or wellbeing setting;</li> <li>• contribute to the evaluation a personal plan to support a person with a spinal injury in a health or wellbeing setting.</li> </ul>
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<b>Classification</b>	Health, Disability, and Aged Support > Core Health
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<b>Available grade</b>	Achieved
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**Guidance information**

1 Assessment conditions:  
Evidence for the practical components of this unit standard must be generated in a health or wellbeing setting.

People awarded credit for this unit standard must work under the guidance and delegation of a health professional in accordance with own role and responsibilities, and organisational policies and procedures.

2 Range:  
Evidence generated for assessment against this standard must reflect workplace requirements specified in:

- documented organisational policies, procedures, and methodologies;
- applicable health and safety plans, contract work programmes, and quality assurance programmes.

Evidence generated for assessment against this standard must reflect the values, processes, and protocols required to work with Māori, Pasifika, and people from diverse cultures.

Evidence generated for assessment against this standard must reflect the legislative and regulatory requirements specified in:

- Health and Disability Commissioner (Code of Health and Disability Services Consumers’ Rights) Regulations 1996 (the Code of Rights);

- Health and Disability Services (Safety) Act 2001;
- Health Practitioners Competence Assurance Act 2003;
- Health and Safety at Work Act 2015;
- Human Rights Act 1993;
- Medicines Act 1981;
- Privacy Act 1993.

Evidence generated for assessment against this standard must reflect the best practice guidelines and principles specified in:

- NZS 8134.0:2008 *Health and disability services (general) Standard*;
- NZS 8134.1:2008 *Health and disability services (core) Standards*;
- NZS 8158:2012 *Home and Community Support Sector Standard*.

NZ standards can be retrieved from <http://www.standards.co.nz/>.

### 3 Definitions:

*Health or wellbeing setting* includes but is not limited to the aged care, acute care, community support, disability, mental health, social services, whānau ora providers, and youth development sectors.

*Health professional* refers to a person who is registered with an authority (which is appointed by or under the Health Practitioners Competence Assurance Act 2003) as a practitioner of a particular health profession to deliver health services in accordance with a defined scope of practice.

*Organisational policies and procedures* are the policies, procedures, and methodologies used in an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts.

*Person* is a person accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, or service user.

*Personal plan* is an individual or group plan developed for people receiving support. It may include their family and whānau.

*Support* should aim to maintain, improve, or restore a person's independence by utilising existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.

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## Outcomes and performance criteria

### Outcome 1

Describe basic anatomy and function of the spinal cord and the causes of spinal cord injury.

#### Performance criteria

- 1.1 Major structures of the spinal cord and their functions are described.
- Range vertebrae, spinal cord and spinal nerves, disc.
- 1.2 The causes of spinal cord injuries are described.
- Range traumatic, non-traumatic.
- 1.3 The differences between complete and incomplete spinal cord injury are described.
- 1.4 The differences between tetraplegia and paraplegia are described.

### Outcome 2

Describe the impacts of a spinal injury on a person's health and functional status.

#### Performance criterion

- 2.1 Spinal injury is described in terms of impacts on the person.
- Range physical, emotional/psychological, social, environmental, cultural.

### Outcome 3

Describe own role in application of a personal plan for a person with spinal injury.

#### Performance criteria

- 3.1 Appropriate personal care techniques from the personal plan are identified and described.
- Range may include but is not limited to: medication, bowel cares, bladder and catheter cares, nutrition, skin conditions, personal hygiene; evidence is required of three techniques.
- 3.2 Appropriate support strategies from the personal plan are selected and described.
- Range may include but is not limited to: assessment, planning, goal setting, risk management and review, monitoring, person-centred approach, moving and handling, specialist equipment/technology,

challenging/reducing stigma and discrimination, information provision;  
evidence is required of four strategies.

#### Outcome 4

Contribute to the application of a personal plan used to support a person with spinal injury in a health or wellbeing setting.

#### Performance criteria

4.1 Personal care techniques are applied in accordance with the personal plan.

Range evidence is required of using three techniques.

4.2 Support strategies are applied in accordance with the personal plan.

Range evidence is required of using four strategies.

#### Outcome 5

Contribute to the evaluation of a personal plan used to support a person with a spinal injury in a health or wellbeing setting.

#### Performance criterion

5.1 The person's health and functional status is evaluated in accordance with the applied personal plan and reported according to organisational policies and procedures.

<b>Planned review date</b>	31 December 2026
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	MM 2021	

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>

#### Comments on this unit standard

Please contact Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.