

Title	Recognise and respond to changes to the health and wellbeing of a person in an aged care, health, or disability context		
Level	4	Credits	8

Purpose	<p>People credited with this unit standard are able to, in an aged care, health, or disability context:</p> <ul style="list-style-type: none"> • explain the effects of changes to the ongoing health and wellbeing of a person; • recognise and describe negative health and wellbeing indicators, and explain their potential consequences for a person; • respond to and record recognised negative health and wellbeing indicators for a person.
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Classification	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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Available grade	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.

This unit standard cannot be assessed against in a simulated environment.

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 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*.

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

3 Reference

- Minister of Health. (2003). *Improving quality (IQ): A systems approach for the New Zealand health and disability sector*. Retrieved from <https://tinyurl.com/ybs49tle>.

4 Definitions

Changes refer to any external factors (e.g. environmental changes, economic drivers, social/cultural determinants) or factors intrinsic to a person (e.g. metabolic changes, acute medical conditions, impaired/enhanced cognition), that cause – or may cause – a variation in the person’s level of physical and/or mental health and wellbeing.

Health and wellbeing refers to a holistic concept of a person’s mental, emotional, physical, spiritual, and social wellbeing.

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.

Quality is the degree of excellence to which a health-related organisation aspires in achieving its own service delivery objectives and meeting the needs of consumers and other stakeholders. The Ministry of Health identifies the five key dimensions of quality in the health and disability system as: people-centred, access and equity, safety, effectiveness, efficiency.

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

Outcomes and performance criteria

Outcome 1

Explain the effects of changes to the ongoing health and wellbeing of a person in an aged care, health, or disability context.

Range mental, emotional, physical, spiritual, social wellbeing.

Performance criteria

- 1.1 Positive effects of changes are explained against a person’s ongoing health and wellbeing.
- 1.2 Negative effects of changes are explained against the person’s ongoing health and wellbeing.
- 1.3 The importance of recognising positive and negative effects of changes is explained in terms of service provision quality to the person and their family and whānau.

Outcome 2

Recognise and describe negative health and wellbeing indicators, and explain their potential consequences for a person and their family and whānau in an aged care, health, or disability context.

Performance criteria

2.1 Negative health and wellbeing indicators for a person are recognised and described in accordance with their personal plan.

Range negative health and wellbeing indicators may include but are not limited to variations in – eating, drinking, and sleeping patterns, pain levels, ability to function, daily routines, behaviour, communication, appearance, general manner or mood, participation and activity levels, achievement of goals; evidence is required of three indicators for each of two persons.

2.2 The potential consequences of negative health and wellbeing indicators for the person and their family and whānau are described.

Range potential consequences may include but are not limited to – infection, malnutrition, reduced mobility, altered cognitive function, emotional distress, challenging behaviour, reduced independence, increased disability, social isolation, depression, neglect, change in relationships, death; evidence is required of two potential consequences for each of two persons and their families and whānau.

Outcome 3

Respond to and record recognised negative health and wellbeing indicators for a person in an aged care, health, or disability context.

Performance criteria

3.1 The response to recognised negative health and wellbeing indicators is in accordance with the nature of the indicators, personal plan, and organisational policies and procedures.

Range responses to recognised negative health and wellbeing indicators may include but are not limited to – identifying a concerning trend, taking timely action, emergency response, changing the personal plan, referral to appropriate services, managing closure; evidence is required of responses to two persons.

3.2 The recording of recognised negative health and wellbeing indicators is in accordance with own role and delegated authority, and organisational policies and procedures.

Range evidence is required of recording recognised negative health and wellbeing indicators for two persons.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 June 2011	31 December 2022
Review	2	MM 2021	

Consent and Moderation Requirements (CMR) reference	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 if you wish to suggest changes to the content of this unit standard.