

## SFHCHS5

### Undertake agreed pressure area care



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#### Overview

This standard covers undertaking pressure area care for individuals, following the individual's care plan and risk assessment, and relevant protocols and procedures within your work area. It is aimed at prevention, that is maintaining healthy skin and preventing breakdown. It will link to the standards on moving and handling individuals, and is applicable in a variety of care settings including hospitals, care homes and the individuals own home.

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 apply standard precautions for infection prevention and control and take other appropriate health and safety measures
  - P2 work with others in a methodical and organised manner
  - P3 explain to the individual what you are going to do in a manner that they will understand and obtain their valid consent
  - P4 follow the plan of care accurately, maintaining the privacy and dignity of the individual at all times
  - P5 encourage the individual to be involved in their own pressure area care
  - P6 ensure that you can carry out the procedure without obstruction from clothing or bedding
  - P7 notice any changes to the individuals skin condition and report any changes to the appropriate member of staff
  - P8 utilise pressure relieving aids appropriately, according to the care plan and manufacturers instructions
  - P9 leave the individual in a comfortable position and situation according to the plan of care
  - P10 complete all records and documentation or pass the information onto others if this is not within your role

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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 undertaking agreed pressure area care
- 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 the importance of working within your own sphere of competence and seeking clinical advice when faced with situations outside your sphere of competence
- K5 the importance of applying standard precautions when undertaking agreed pressure area care and the potential consequences of poor practice
- K6 the pressure sore risk assessment tools used in your work area
- K7 the uses of pressure sore risk assessment tools, including those used in your area of work
- K8 why you should tell the individuals what you are doing
- K9 what is meant by valid consent
- K10 the normal anatomy and physiology of the skin
- K11 the pressure sites of the body
- K12 the changes in appearance of the skin when skin integrity is at risk
- K13 the factors which:
  - K13.1 put individuals at risk of skin break down and pressure sores
  - K13.2 can help prevent skin break down and pressure sores
- K14 the importance of moving individuals correctly, and the consequences of poor handling and moving techniques
- K15 why it is important to follow the care plan and risk assessment tool
- K16 the importance of team working in relation to pressure area care
- K17 the pressure relieving aids available within your care setting, and their uses
- K18 where to get further information for in respect of up-to-date information about pressure area care
- K19 where to get up-to-date information about pressure relieving aids
- K20 other individuals who you might involve in pressure area care
- K21 why you must report and, where appropriate, document the care you have given and any changes, including improvement and deterioration, you have noticed
- K22 the importance of keeping accurate and up to date records
- K23 the importance of immediately reporting any issues which are outside

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your own sphere of competence without delay to the relevant member of staff

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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: HWB5 Provision of care to meet health and wellbeing needs

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<b>Developed by</b>	Skills for Health
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<b>Validity</b>	Current
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<b>Originating organisation</b>	Skills for Health
<b>Original URN</b>	CHS5
<b>Relevant occupations</b>	Health, Public Services and Care; Health and Social Care; Managers and Senior Officials; Associate Professionals and Technical Occupations; Health and Social Services Officers; Health Associate Professionals; Personal Service Occupations; Healthcare and Related Personal Services
<b>Suite</b>	Clinical Health Skills
<b>Key words</b>	pressure sore, skin breakdown, prevention, moving and handling