U21102 Undertake agreed pressure area care

Unit Descriptor:

This unit describes the competence required to undertake the competence required to undertake agreed pressure area care.

The unit describes the essential abilities of:

- Communicating effectively
- Operating within organisational procedures
- Meeting legal requirements

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<tr>
<th>ELEMENT</th>
<th>PERFORMANCE CRITERIA</th>
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<tbody>
<tr>
<td><strong>1.</strong> Prepare to carry out pressure area care</td>
<td>1.1 Apply <strong>standards precautions</strong> for infection control and take other appropriate <strong>health and safety measures</strong>.</td>
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<td>1.2 Work with <strong>others</strong> in a methodical and organised manner.</td>
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<td>1.3 Explain to the individual what you are going to do in a manner that they will understand and obtain their <strong>consent</strong>.</td>
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<td>1.4 Follow the <strong>plan of care</strong> accurately, maintaining the privacy and dignity of the individual at all times.</td>
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<td>1.5 Ensure that you carry out the procedure without obstruction from clothing or bedding.</td>
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<td><strong>2.</strong> Carry out pressure area care</td>
<td>2.1 Encourage the individual to be involved in their own pressure area care.</td>
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<td>2.2 Notice any <strong>changes</strong> to the individual’s skin condition and report them to the appropriate <strong>member of staff</strong>.</td>
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<td>2.3 Utilise <strong>pressure relieving aids</strong> appropriately, according to the <strong>care plan</strong> and manufacturer’s instructions.</td>
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<td>2.4 Reposition and leave the individual in a <strong>comfortable position and situation</strong> according to the plan of care.</td>
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2.5 Complete all records and documentation or pass the information onto others if this is not within your role.
RANGE STATEMENT

You must cover the items below:

Element 1: Prepare to carry out pressure area care

A. Standard precautions and health and safety measures:

   (i) hand washing/cleaning before; during and after the activity
   (ii) the use of personal protective clothing and additional protective equipment
   (iii) handling contaminated items
   (iv) disposing of waste
   (v) safe moving and handling techniques and untoward incident procedures

B. Others: (Applies to Element 2 also)

   (i) other carers such as family members

C. Consent:

   (i) informed
   (ii) verbal

D. Care plan: (Applies to Element 2 also)

   (i) paper document kept in the same setting
   (ii) electronic tool kept in the same setting

E. Adverse conditions:

   (i) incontinence
   (ii) lack of nutritional intake
   (iii) unconsciousness
   (iv) confusion
   (v) surgery
   (vi) immobility (impaired immobility)

F. Support:

   (i) physical and emotional involving reassurance
   (ii) explanations about what is happening
   (iii) physically holding
G. Equipment and materials:

(i) for maintaining hygiene – personal washing equipment
(ii) for moving and handling – hoists, slings, slides
(iii) for positioning – pillows, chairs, mattresses and back rest

H. Changes: (Applies to Element 2 also)

(i) redness
(ii) dryness
(iii) bruising
(iv) skin breakdown
(v) scratches
(vi) swelling
(vii) oedema
(viii) incontinence
(ix) changes to conscious state – regaining consciousness or becoming unconscious

I. Comfortable position and situation: (Applies to Element 2 also)

(i) in bed, on one side – left or right, on their back, sitting upright
(ii) on their front, using 30% tilt
(iii) in a chair
(iv) by their bed
(v) in their room
(vi) in day room/sitting room

J. Pressure relieving aids: (Applies to Element 2 also)

(i) special mattress for beds
(ii) special cushions for chairs
(iii) pillows
Element 2: Carry out pressure area care

K. Members of staff:

(i) the person in charge
(ii) nurse
(iii) midwife
(iv) community staff
(v) supervision

L. Care plan:

(i) paper document
(ii) electronic tool

M. Information and documentation:

(i) care plans
(ii) pressure area risk assessment forms
## UNDERPINNING KNOWLEDGE AND SKILLS

### Values

1. A working understanding of why you should tell the individuals what you are doing.

2. A working understanding of what is meant by consent.

### Legislation and organisational policy and procedures

3. Codes of practice and conduct, standards and guidance relevant to your own and the roles, responsibilities, accountability and duties which affect your work practice in relation undertaking agreed pressure area care:
   - health and safety
   - moving, handling, and positioning individuals
   - pressure area risk assessment

4. A working understanding of your responsibilities and accountability in relation to the current and local legislation, national guidelines and local policies and protocols.

### Theory and practice

5. A basis awareness of the importance of working within your sphere of competence and seeking clinical advice when faced with situations outside your sphere of competence.

6. A working understanding of the importance of applying standard precautions and the potential consequences of poor practice.

7. A working understanding of a variety of **pressure sore risk assessment tools**.

8. A working understanding of the uses of pressure sore risk assessment tools, including those used in your area of work.

### Anatomy and physiology

9. A working knowledge of the normal anatomy and physiology of the skin.

10. A working knowledge of the pressure sites of the body.

11. A working knowledge of the changes in appearance of the skin when integrity is at risk.
Care and support

12. A working understanding of the factors which:
   - put individuals at risk of skin break down and pressure sores
   - can help prevent skin break down and pressure sores

13. A working understanding of the importance of moving individuals correctly, and the consequences of poor handling and moving techniques.

14. A working understanding of why it is important to follow the care plan and risk assessment tool.

15. A working understanding of the importance of team working in relation to pressure area care.

Materials and equipment

16. A working understanding of the pressure relieving aids available within your care setting, and their uses.

17. A working understanding of where to get further information for in respect of up-to-date information and pressure area care.

18. A working understanding of where to get up-to-date information about pressure relieving aids.

19. A working understanding of other individuals who might involve in pressure area care.

Records and documentation

20. A working understanding of why you must report and document the care you have given and any changes, including improvement and deterioration, you have noticed.

21. A working understanding of the importance of keeping accurate and up-to-date records.

22. A working understanding of the importance of immediately reporting any issues which are outside your own sphere of confidence without delay to the relevant member of staff.
EVIDENCE GUIDE

(1) Critical Aspects of Evidence

- You must provide your assessor with evidence for ALL of the performance criteria, all of the knowledge and the parts of the range that are relevant to your job role.

- The evidence must reflect the policies and procedures of the workplace and be linked to current legislation, values and the principles of best practice within the Health and Social Care Sector.

- All evidence must relate to your own work practice.

(2) Methods of Assessment

The following forms of evidence are required:

- **Direct observation:** your assessor or an expert witness must observe you in real work activities which provide evidence for a significant amount of the performance criteria for both elements in this unit.

- **Personal statement/professional discussion:** these will be a description of your practice of how you identify and carry out pressure area care for your individuals. This should also include a description of how you interact with the individuals you are caring for.

Competence of performance and knowledge could also be demonstrated using a variety of evidence from the following:

- **Work products:** these can be any records that you would normally use within your normal role e.g. individuals care plan, risk assessment, pressure risk assessment tools, all care records. Product evidence will be important for this unit.

- **Questioning:** may be used to provide evidence of knowledge, legislation, policies and procedures which cannot be fully evidenced through direct observation or reflective accounts. In addition the assessor/expert witness may also ask questions to clarify aspects of your practice.

- **Witness testimony:** this is a confirmation of the way that you communicate with an individual, it could be written by your line manager, another assessor, a member of the care team you work with or an individual you are caring for.
• **APL Assignment/project:** you may have already completed a project or assignment from vocationally related Qualification, you may also have evidence from other training e.g. Moving and Handling, Health and Safety, Infection Control, Personal Protective Clothing, equipment, pressure area care course, administration and control of medicines, reporting and recording.

• **Performance evidence should be demonstrated on at least three (3) occasions.**

  NB: You need not put confidential records in your portfolio, they can remain where they are normally stored and be checked by your assessor and internal verifier. If they are included they must be anonymised.

(3) **Context of Assessment**

• Simulation is NOT allowed for any part of this unit.