

Unit 154: Understand End of Life Care for Individuals with Specific Health Needs

Level:	3
Unit type:	Optional
Credit value:	4
Guided learning hours:	21

Unit Aim

This unit covers the knowledge required to understand end of life care for individuals with specific health needs which are often complex and are part of terminal illness. Individuals in this unit refers to neonates, babies, children and young people and adults. The learner should undertake this unit in the context within which they work.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand considerations for individuals at end of life	1.1 Outline the terms: • complex health needs • terminal illness
	1.2 Explain how palliative care differs across the lifespan
	1.3 Describe national and local guidance available to support and improve the quality of life for individuals with specific health needs in own work setting
	1.4 Describe what interventions may be available to improve quality of life for those with specific health needs across the lifespan in own work setting

Learning outcomes The learner will:	Assessment criteria The learner can:
	1.5 Describe prognostic indicators that identify that the individual with specific health needs is entering the terminal phase of their illness
	1.6 Explain why relationships with professionals and significant others are important at end of life for individuals
	1.7 Explain why advance care planning and future wishes are important for individuals and significant others
2 Understand how to support individuals affected by symptoms at end of life	2.1 Describe symptoms which may be experienced by individuals at the end of life
	2.2 Explain why symptoms in individuals with specific health needs are often poorly recognised and undertreated
	2.3 Describe ways to assess whether an individual is in pain or distress
	2.4 Describe ways to support individuals and significant others to manage symptoms at end of life using: • medication • non medication techniques
3 Understand how to support significant others at the end of life of an individual with specific health needs	3.1 Explain why significant others may experience guilt and stress at the end of life of an individual with specific health needs
	3.2 Describe ways of supporting significant others to understand how the end of life process may differ for individuals with specific health needs across the lifespan
	3.3 Describe how significant others of an individual with specific health needs may experience loss and grief
	3.4 Describe ways of supporting significant others when difficult decisions need to be made for an individual with specific health needs at end of life

Learning outcomes The learner will:	Assessment criteria The learner can:
	3.5 Describe sources of support for those caring for individuals with specific health needs at the end of life
	3.6 Describe the reasons why spiritual care may remain important for individuals and their significant others at the end of life and how these needs may be met
	3.7 Identify how to support significant others in giving care in the final stages of the individuals life

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Specific health needs: Specific health needs may include:

- Complex needs
- Age
- Mental health or cognitive impairment including dementia
- Physical or sensory impairment
- Behaviour
- Disability
- Ill health.

Significant others: Significant others may include:

- Family
- Colleagues
- Other individuals involved with the care or well-being of the individual.

Symptoms: Symptoms may include:

- Physical e.g. pain, nausea, constipation, dysphagia, nutrition, hydration
- Psychosocial e.g. distress, restlessness, agitation
- Behaviour that challenges
- Emotional pain.

Sources of support: Sources of support may include:

- Self-care strategies
- Support groups
- Formal support
- Informal support
- Supervision
- Appraisal
- Within the organisation
- Beyond the organisation.