

40483**Determine the key characteristics of long-term conditions**

Kaupae Level	3
Whiwhinga Credit	15
Whāinga Purpose	<p>This skill standard is intended for people who work in health, disability, or community support setting roles, and need foundational and contextual knowledge to support people with long-term conditions.</p> <p>People credited with this skill standard are able to: determine the scope of long-term conditions, management strategies; recognise privacy and confidentiality requirements; identify hauora, cultural considerations and recognise common risk behaviours, for a person with long-term conditions; and outline health promotion strategies in Aotearoa New Zealand.</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Determine the scope of long-term conditions, management strategies, and concept of person-centred care.	a. Define the term 'long-term conditions'.
	b. Outline management strategies, and support needs, for a person with a long-term condition.
	c. Outline the concept of person-centred care and its application for a person with a long-term condition.
2. Recognise approaches to privacy and confidentiality for a person with a long-term condition.	a. Outline key principles of privacy and confidentiality as they apply to a person with a long-term condition.
	b. Identify and summarise methods used to protect the privacy and confidentiality for a person with a long-term condition.
3. Identify hauora and cultural considerations for a person with a long-term condition.	a. Define the term 'hauora' and its principles.
	b. Outline the importance of cultural awareness for support of a person with a long-term condition.
	c. Provide examples of culturally appropriate support for a person with a long-term condition.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
4. Recognise common risk behaviours for a person with a long-term condition.	a. Define the term 'risk behaviours'.
	b. Outline the impact of risk behaviours on a person's long-term health and wellbeing.
	c. Identify and summarise strategies used to support a person in managing and reducing risk behaviours.
5. Outline health promotion strategies used for managing long-term conditions in Aotearoa New Zealand.	a. Assess the role and scope of health promotions in management of long-term conditions.
	b. Identify examples of effective health promotion activities that support and improve the wellbeing of a person with a long-term condition.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

For assessment purposes:

Evidence provided for assessment against this skill standard must relate to chronic health conditions that require ongoing, long-term, or recurring management.

Assessment evidence must include the following:

- Assessment criterion 1a - a minimum of six examples of long-term conditions, including both physical and neurological.
- Assessment criterion 1b - a minimum of three long-term conditions.
- Learning Outcome 2 assessments should consider a learner's understanding of the Privacy Act 2020 and the Health Information Privacy Code 2020.
- Assessment criterion 4a - a minimum of six examples of risk behaviours.
- Assessment criterion 5b - health promotion activities for a minimum of three long-term conditions.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Overview of common long-term care conditions.
- Basic management strategies and support needs.
- The concept of person-centred care.
- The Privacy Act 2020 and Health Information Privacy Code 2020.
- Practical steps for maintaining confidentiality in healthcare settings.
- Holistic approaches to health and well-being.
- Integrating hauora principles and cultural sensitivity into healthcare practice.
- Common risk behaviours and their impact.
- Healthy lifestyle choices.
- Health promotion strategies in Aotearoa New Zealand.

Rauemi | Resources

- Diabetes New Zealand. (2019). *Diabetes New Zealand*. Available at <https://www.diabetes.org.nz/>.
- Health New Zealand | Te Whatu Ora. (2018). *Long term conditions*. Available at <https://www.tewhatauora.govt.nz/for-health-professionals/clinical-guidance/diseases-and-conditions/long-term-conditions>
- Heart Foundation. (2019). *Heart Foundation NZ*. Available at <https://www.heartfoundation.org.nz/>
- *Living well with arthritis*. (n.d.). Arthritis New Zealand. Available at <https://www.arthritis.org.nz/your-arthritis/living-well-with-arthritis/>.
- Ministry of Health. (2024). *Te Whare Tapa Whā model of Māori health*. Available at <https://www.health.govt.nz/maori-health/maori-health-models/te-whare-tapa-wha>.
- New Zealand Legislation. (2020). *Privacy Act 2020*. New Zealand Legislation. Available at <https://www.legislation.govt.nz/act/public/2020/0031/latest/LMS23223.html>.
- Privacy Commissioner. (2021). *Health Information Privacy Code 2020*. Available at <https://privacy.org.nz/privacy-act-2020/codes-of-practice/hipc2020/>.
- *Stroke Foundation NZ*. (n.d.). www.stroke.org.nz. Available at <https://www.stroke.org.nz/>.

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Health, Disability, and Aged Support > Core Health
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	27 February 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaioara.nz to suggest changes to the content of this skill standard.