

## 40484 Recognise key characteristics and impacts of arthritis

<b>Kaupae   Level</b>	3
<b>Whiwhinga   Credit</b>	10
<b>Whāinga   Purpose</b>	<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 key characteristics of arthritis; discuss its prevalence in Aotearoa New Zealand; identify strategies and medical treatment, and potential impacts on a person and their whanau and caregivers.</p>

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

<b>Hua o te ako   Learning outcomes</b>	<b>Paearu aromatawai   Assessment criteria</b>
1. Determine the key characteristics of arthritis.	a. Describe what arthritis is.
	b. Define and distinguish between the three most common types of arthritis.
	c. Summarise common symptoms of arthritis that require urgent action and assessment.
	d. Determine frequently affected areas of the body for each of the three most common types of arthritis.
	e. Assess arthritis risk factors and common links to other long-term conditions.

Hua o te ako   Learning outcomes	Paearu aromatawai   Assessment criteria
2. Discuss the prevalence of arthritis in Aotearoa New Zealand.	a. Identify the prevalent forms of arthritis in Aotearoa New Zealand.
	b. Identify population groups in Aotearoa New Zealand who are at most risk of developing arthritis.
	c. Examine how specific risk factors contribute to the higher prevalence of arthritis in certain population groups.
	d. Summarise the implications of risk factors on public health strategies and healthcare services in Aotearoa New Zealand.
3. Identify strategies and medical treatments used to manage pre- and post-diagnosis of arthritis.	a. Identify and review strategies used to reduce the risk of developing arthritis.
	b. Summarise medical treatments used for common types of arthritis.
	c. Identify and review strategies used to manage and reduce the impact of arthritis post-diagnosis.
	d. Determine potential barriers to effective self-management of arthritis as a long-term condition.
	e. Identify support services in Aotearoa New Zealand which can be involved in long-term management of a person's arthritis.
4. Recognise potential long-term impacts of an arthritis diagnosis for a person, their whanau, and caregivers.	a. Determine the potential long-term impacts of an arthritis diagnosis on a person's quality of life.
	b. Determine the potential long-term impacts on whanau and caregivers of a person diagnosed with arthritis.

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

#### Assessment Specifications:

Assessment against Learning Outcome 4 may be undertaken as a case-study, or, in a supervised work environment, with a person diagnosed with arthritis.

**Ngā momo whiwhinga | Grades available**

Achieved.

**Ihirangi waitohu | Indicative Content for Introduction to Arthritis**

- Arthritis as a group of inflammatory conditions affecting joints.
- Joint function and structure.
- Common symptoms, affected areas, and management strategies for each type of arthritis.
- The impact of arthritis on daily life.
- Strategies for arthritis prevention, including lifestyle modifications and early interventions.
- The role of healthcare professionals and support networks in supporting arthritis management.
- Communication about arthritis to various audiences, including healthcare providers, patients, and the public.
- Potential co-occurring conditions and disorders, including mental health challenges and other co-morbidities.
- Statistical data or research findings regarding the most common forms of arthritis in Aotearoa New Zealand and its prevalence in different population groups.

**Rauemi | Resources**

Recommended resources:

- Arthritis New Zealand. (n.d). *Living well with arthritis*. Available at <https://www.arthritis.org.nz/your-arthritis/living-well-with-arthritis/>.

**Pārongo Whakaū Kouna | Quality assurance information**

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

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

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) to suggest changes to the content of this skill standard.