

Title	Recognise and respond to changes in the health and wellbeing of a person in an aged care, health, or disability context		
Level	4	Credits	8

Purpose	<p>People credited with this unit standard are able to, in an aged care, health, or disability context:</p> <ul style="list-style-type: none"> • explain the effects of changes to the ongoing health and wellbeing of a person; • recognise and describe negative health and wellbeing indicators, and explain their potential consequences for a person; • respond to and record recognised negative health and wellbeing indicators for a person.
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Classification	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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Available grade	Achieved
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Guidance Information

- 1 Assessment conditions
Evidence for the practical components of this unit standard must be generated in a health or wellbeing setting.
This unit standard cannot be assessed against in a simulated environment.
- 2 Range
Evidence generated for assessment against this standard must reflect workplace requirements specified in:
 - documented organisational policies, procedures, and methodologies;
 - applicable health and safety plans, contract work programmes, and quality assurance programmes.

Evidence generated for assessment against this standard must reflect the values, processes, and protocols required to work with Māori, Pasifika, and people from diverse cultures.

Evidence generated for assessment against this standard must reflect the best practice guidelines and principles specified in:

- NZS 8134.0:2008 *Health and disability services (general) Standard*;
- NZS 8134.1:2008 *Health and disability services (core) Standards*.

NZ standards can be retrieved from <http://www.standards.co.nz/>.

- 3 People awarded credit for this unit standard must work under the guidance and delegation of a health professional in accordance with own role and responsibilities, and organisational policies and procedures.
- 4 **Definitions**
Changes refer to any external factors (e.g. environmental changes, economic drivers, social/cultural determinants) or factors intrinsic to a person (e.g. metabolic changes, acute medical conditions, impaired/enhanced cognition), that cause – or may cause – a variation in the person’s level of physical and/or mental health and wellbeing.
Health and wellbeing refers to a holistic concept of a person’s mental, emotional, physical, spiritual, and social wellbeing.
Organisational policies and procedures are the policies, procedures, and methodologies used in an organisation. They include legislative and regulatory requirements which may apply across an organisation, a specific site, or a workplace. Requirements are documented in organisational health and safety plans, contract work programmes, quality assurance programmes, policies, and procedural documents such as job descriptors and employment contracts.
Personal plan is an individual or group plan developed for people receiving support. It may include their family and whānau.
Quality is the degree of excellence to which a health-related organisation aspires in achieving its own service delivery objectives and meeting the needs of consumers and other stakeholders. The Ministry of Health identifies the five key dimensions of quality in the health and disability system as: people-centred, access and equity, safety, effectiveness, efficiency.
- 5 **Reference**
 Minister of Health. (2003). *Improving quality (IQ): A systems approach for the New Zealand health and disability sector*. Retrieved from <https://tinyurl.com/ybs49tle>.

Outcomes and performance criteria

Outcome 1

Explain the effects of changes on the health and wellbeing of a person in an aged care, health, or disability context.

Range mental, emotional, physical, spiritual, and social wellbeing

Performance criteria

- 1.1 The positive effects of changes on a person’s health and wellbeing are explained.
- 1.2 The negative effects of changes on the person’s health and wellbeing are explained.
- 1.3 The importance of recognising positive and negative effects of changes is explained in terms of service provision quality to the person and their family, whānau, or other supports.

Outcome 2

Recognise and describe negative health and wellbeing indicators and explain their potential consequences for a person their family, whānau, or other supports, in an aged care, health, or disability context.

Performance criteria

2.1 Negative health and wellbeing indicators for a person are recognised and described in accordance with their personal plan.

Range three indicators each for two people; negative health and wellbeing indicators may include but are not limited to variations in – eating, drinking, and sleeping patterns, pain levels, ability to function, daily routines, behaviour, communication, appearance, general manner or mood, participation and activity levels, achievement of goals.

2.2 The potential consequences of negative health and wellbeing indicators for the person and their family, whānau, or other supports, are described.

Range two potential consequences each for two people and their family, whānau, or other supports; potential consequences may include but are not limited to – infection, malnutrition, reduced mobility, altered cognitive function, emotional distress, challenging behaviour, reduced independence, increased disability, social isolation, depression, neglect, change in relationships, death.

Outcome 3

Respond to and record recognised negative health and wellbeing indicators for a person in an aged care, health, or disability context.

Performance criteria

3.1 The response to recognised negative health and wellbeing indicators is in accordance with the nature of the indicators, personal plan, and organisational policies and procedures.

Range two responses each for two people; responses to recognised negative health and wellbeing indicators may include but are not limited to – identifying a concerning trend, taking timely action, emergency response, changing the personal plan, referral to appropriate services, managing closure.

3.2 Recognised negative health and wellbeing indicators are recorded in accordance with own role and delegated authority, and organisational policies and procedures.

Range record recognised negative health and wellbeing indicators for two people.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 June 2011	31 December 2023
Review	2	24 June 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.