

Title	Support a person to manage fatigue after a brain injury		
Level	4	Credits	6

Purpose	<p>A person credited with this standard can:</p> <ul style="list-style-type: none"> • identify and describe how fatigue can affect a person following a brain injury; and • support a person to manage fatigue after a brain injury.
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Classification	Health, Disability, and Aged Support > Brain Injury Support
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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.

2 Assessment notes
Evidence generated for assessment against this standard must reflect workplace requirements specified in:

- any applicable personal plan
- documented workplace procedures, policies, and methodologies
- applicable health and safety plans.

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 8158:2012 *Home and Community Support Sector Standard*
 - *Traumatic brain injury: Diagnosis, acute management and rehabilitation*.
- NZS and SNZ standards can be retrieved from <http://www.standards.co.nz/>.

3 Definitions

Engagement means a person's deliberate effort and commitment to working toward recovery by participating fully in their rehabilitation.

Participation means seeking improvement in a persons' ability to participate in meaningful life situations, such as living independently, driving or using public transport, returning to work or education, participating in leisure and social activities, fulfilling family roles, and maintaining personal, sexual and family relationships.

Personal plan is a plan that details support requirements for a client, patient, or resident. A *personal plan* can also be called a *care plan*, *service plan*, *personal care plan*, or *rehabilitation plan*. A *personal plan* can include goals; preferred activities;

other preferences or dislikes; specific interventions; and mobility, nutrition, continence, hygiene, communication, requirements. It may also include guidance about a person's sexuality, culture, spirituality, and social preferences. A *personal plan* often follows a model of care, such as a strengths-based model, recovery model, or medical model.

4 Reference

Centre for Neuro Skills (2020). *Glasgow Coma Scale*. Neuroskills.com. Retrieved on 2 April 2021 from <https://www.neuroskills.com/education-and-resources/glasgow-coma-scale/>.

New Zealand Guidelines Group. (2006). *Traumatic brain injury: Diagnosis, acute management and rehabilitation*. Wellington: New Zealand: Accident Compensation Corporation. Available from the Ministry of Health library at <https://www.health.govt.nz/about-ministry/ministry-health-library>.

5 Resources

Accident Compensation Corporation publish resources at <https://www.acc.co.nz/resources/#/> under Injury support > Traumatic brain injury (TBI).

Outcomes and performance criteria

Outcome 1

Identify and describe how fatigue can affect a person following a brain injury.

Performance criteria

- 1.1 The indicators of fatigue are described for a person affected by a brain injury.
- 1.2 Activities likely to fatigue a person affected by a brain injury are identified.
- 1.3 The effects of fatigue on a person affected by a brain injury are described.

Range brain function, engagement, participation.

Outcome 2

Support a person to manage fatigue after a brain injury.

Range one for each *Glasgow Coma Scale* classification of brain injury – mild, moderate, severe.

Performance criteria

- 2.1 Strategies to support engagement and participation for a person suffering from fatigue following a brain injury are identified. The strategies take account of the severity of the injury and time passed since the injury occurred.
- 2.2 Strategies to support a person to manage fatigue after a brain injury are implemented according to the person's personal plan.

- 2.3 The personal plan is evaluated and amended if required to reflect any strategies recommended for addressing fatigue.

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	19 November 2010	31 December 2023
Rollover and Revision	2	24 October 2019	31 December 2023
Review	3	27 May 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://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.