

<b>Title</b>	<b>Contribute to and apply a personal plan for a person with a spinal injury in a health or wellbeing setting</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	<p>People credited with this unit standard are able to, for a person with a spinal injury in a health or wellbeing setting:</p> <ul style="list-style-type: none"> <li>• demonstrate knowledge of and contribute to the development of a personal plan;</li> <li>• apply a personal plan;</li> <li>• evaluate own contribution to a personal plan.</li> </ul>
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<b>Classification</b>	Health, Disability, and Aged Support > Health and Disability Principles in Practice
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<b>Available grade</b>	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.

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.

### 2 Assessment notes

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*;
  - NZS 8158:2012 *Home and community support sector Standard*;
- available at <http://www.standards.co.nz/>.

### 3 Definitions

*Functional status* refers to a person's ability to perform everyday physical activities. Examples include mobility, meeting basic needs, independence, and maintaining health and wellbeing.

*Health or wellbeing setting* may include but is not limited to the aged care, acute care, community support, disability, mental health, rehabilitation, social service and youth development sectors.

*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.

*Person* is the individual accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, or service user.

*Person-centred approach* places the person being supported at the centre by encouraging participation and choice, and viewing them as an individual with unique qualities, abilities, interests, preferences and needs.

*Personal plan* is an individual or group plan developed for people receiving support for a spinal injury. It may include their family and whānau.

*Support* should aim to maintain, improve, or restore a person's independence by utilising existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.

## Outcomes and performance criteria

### Outcome 1

Demonstrate knowledge of and contribute to the development of a personal plan for a person with a spinal injury in a health or wellbeing setting.

### Performance criteria

1.1 The nature and impact of a spinal injury on a person is established.

1.2 Care techniques are described for the person with a spinal injury.

Range three techniques;  
may include but are not limited to – catheter cares, medication, bowel cares, manual handling, mobility aids, nutrition, skin conditions, help in undertaking household tasks and daily living activities, temperature control.

1.3 Support strategies to support the person with a spinal injury are described.

Range four strategies;  
may include but are not limited to – assessment, cultural support, socialisation, planning, goal setting, risk management and review, monitoring, person-centred approach, moving and handling, specialist equipment and/or technology, challenging and/or reducing stigma and discrimination, information provision, psychosocial, safety.

1.4 A personal plan is developed in accordance with personal care techniques and support strategies.

## **Outcome 2**

Apply a personal plan for a person with a spinal injury in a health or wellbeing setting.

### **Performance criteria**

2.1 Personal care techniques are applied in accordance with the personal plan.

Range three techniques.

2.2 Support strategies are applied in accordance with the personal plan.

Range four strategies.

2.3 The person's health, wellbeing, functional status, and changes are reported and recorded in accordance with organisational policies and procedures.

2.4 Recommendations for improvements to the personal plan that address changes in the person's condition are included in the report.

## **Outcome 3**

Evaluate own contribution to a personal plan for a person with a spinal injury in a health or wellbeing setting.

### **Performance criteria**

3.1 The contribution to the personal plan is evaluated for compliance with organisational policies and procedures.

3.2 Areas of success and areas where improvements to own contribution can be made are identified.

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<b>Planned review date</b>	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	27 May 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.