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| Title | Provide physical health support to people experiencing mental health challenges or addiction issues | | |
| Level | 4 | Credits | 10 |

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| Purpose | <p>This standard is intended for support workers in the health and wellbeing sector.</p> <p>People credited with this unit standard can:</p> <ul style="list-style-type: none"> • demonstrate knowledge of the linkages of social determinants with physical health inequities for people experiencing mental health challenges or addiction issues, • demonstrate knowledge of strategies for supporting the physical health of people experiencing mental health challenges or addiction issues, and • provide culturally appropriate physical health support to people experiencing mental health challenges or addiction issues. |
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| Classification | Health, Disability, and Aged Support > Mental Health and Addiction 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.

Evidence generated for assessment against this standard must reflect workplace requirements specified in:
 - documented workplace procedures, policies, and methodologies;
 - health and safety plans.
- 2 Legislation and Code relevant to this unit standard include but are not limited to:
 - Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996;
 - Health and Disability Services (Safety) Act 2001;
 - Human Rights Act 1993;
 - Privacy Act 2020.
- 3 New Zealand Standard relevant to this unit standard:
 - NZS 8134:2021 *Ngā paerewa Health and disability services standard*; available at <http://www.standards.co.nz/>.

4 Definitions

Diagnostic overshadowing is when symptoms of a physical condition are assumed to be related to a person's mental health or addiction experiences, often resulting in missed or delayed physical health screening and diagnoses.

Health inequities are disparities in health status between different groups within a population such as disparities in age, gender, socioeconomic position, ethnicity, impairment and geographical region, which are unnecessary and avoidable, but in addition are considered unfair and unjust.

Social determinants of health are the environmental circumstances in which people are born, grow up, live, learn, work and age. Social determinants of health are also the wider set of forces and systems affecting these circumstances such as economic and development policies, geographic and climatic environments, social norms, social policies, and political systems.

5 Resources

- Te Pou. "Equally Well: the evidence, resources and tools." Te Pou, n.d., <https://www.tepou.co.nz/initiatives/equally-well-physical-health/equally-well-the-evidence-resources-and-tools>. Accessed 8 March 2023.
- Te Pou. "Te Hikuwai: resources for wellbeing." Te Pou, n.d., <https://www.tepou.co.nz/initiatives/te-hikuwai>. Accessed 8 March 2023.
- Toi Te Ora Public Health. "Determinants of Health & Health Equity." Toi Te Ora Public Health, NZ, <https://toiteora.govt.nz/public/determinants-of-health-and-health-equity/>. Accessed 8 March 2023.
- Signal, L., Martin, J., Cram, F., and Robson, B. The Health Equity Assessment Tool: A user's guide. 2008. Wellington: Ministry of Health.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of the linkages of social determinants with physical health inequities for people experiencing mental health challenges or addiction issues.

Performance criteria

- 1.1 Describe the physical health inequities for people experiencing mental health challenges or addiction issues.

Range Māori, other ethnicities or communities;
health inequities include – health outcomes, healthcare access, life expectancy.

- 1.2 Explain social determinants that can increase physical health risks for people experiencing mental health challenges or addiction issues.

Range social determinants, including a minimum of seven of – discrimination and racism, health systems and services, housing, transportation, education, job opportunities and income, medication, alcohol, and substance abuse, access to nutritious foods and physical activity opportunities.

- 1.3 Describe common physical health conditions which can affect people experiencing mental health challenges or addiction issues.

Range diabetes, respiratory issues, cardiovascular disease, cancers; may also include but is not limited to – high cholesterol, neurological conditions, age-related conditions, chronic pain, oral health.

- 1.4 Describe how diagnostic overshadowing can affect people experiencing mental health challenges or addiction issues.

Outcome 2

Demonstrate knowledge of strategies for supporting the physical health of people experiencing mental health challenges or addiction issues.

Performance criteria

- 2.1 Identify the scope of responsibility for support workers working with people experiencing mental health challenges or addiction issues.
- 2.2 Describe strategies to maintain the physical health of people experiencing mental health challenges or addiction issues.
- 2.3 Describe strategies for addressing barriers to accessing support or treatment for people experiencing mental health challenges or addiction issues.
- Range barriers may include but are not limited to – diagnostic overshadowing, cost, distance, mobility, availability, transport, stigma, discrimination.
- 2.4 Explain when and how to respond to indications of physical issues for people experiencing mental health challenges or addiction issues.

Outcome 3

Provide culturally appropriate physical health support to people experiencing mental health challenges or addiction issues.

Performance criteria

- 3.1 In partnership with the person, develop a wellbeing plan to support the physical health of a person experiencing mental health challenges or addiction issues.
- Range setting wellbeing goals (such as beginning to exercise or making new connections in the community), physical health checks, screening, lifestyle factors, medication, overcoming challenges; may include – collaboration with agencies, health providers, or cultural community supports such as whānau, hapu, or iwi support.

3.2 Respond to observed changes in a person's physical health.

Range select strategies, escalate risk, complete records.

3.3 Support a person experiencing physical health issues to engage with health services.

Range support may include but is not limited to – medication reviews, general practitioner, medical testing, screening, procedures.

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| Planned review date | 31 December 2028 |
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Status information and last date for assessment for superseded versions

| Process | Version | Date | Last Date for Assessment |
|--------------|---------|-----------------|--------------------------|
| Registration | 1 | 26 October 2023 | N/A |
| Revision | 2 | 27 June 2024 | N/A |

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| 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 Toitū te Waiora Community, Health, Education and Social Services Workforce Development Council qualifications@toitutewaiora.nz if you wish to suggest changes to the content of this unit standard.