
Overview

This standard applies to anyone whose role requires them to assist the practitioner to support individuals participating in programmes designed to restore optimum movement and functional independence. Typical programmes and treatments could include exercise regimes and the use of gym equipment.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

Performance criteria

You must be able to:

- P1. identify and agree the roles and responsibilities of yourself and others in assisting in the implementation of mobility and movement programmes for individuals to restore optimum movement and functional independence
- P2. provide support to the individual and ensure health and safety measures are implemented
- P3. establish consent and access information in assisting in the implementation of mobility and movement programmes
- P4. correctly carry out the specified activities using methods and equipment as detailed within the individual's treatment plan
- P5. progress through the specified programme in accordance with the individual's needs and the agreed therapeutic goals
- P6. provide the individual with sufficient time, opportunity and encouragement to practice existing and newly developed skills
- P7. encourage the individual to take advantage of planned and unplanned opportunities to integrate skills developed within the programme into their normal daily activities
- P8. support and encourage the individual to be as self-managing as possible throughout the programme
- P9. monitor the individual during and after the programme/treatment as detailed within the individual's the treatment plan
- P10. take appropriate and prompt action, in line with relevant protocols and guidelines, in response to any condition or behaviour which indicate adverse reaction during or after the activity / movement programme, and report this to the appropriate member of the individual's care team
- P11. provide feedback to the individual's care team to support effective future planning
- P12. ensure that the individual is correctly positioned, taking into account the individual's condition, modesty and the treatment/programme to be carried out
- P13. feed back to the practitioner regularly or when there is a change in the individual's condition
- P14. complete all relevant documentation required for assisting in the implementation of mobility and movement programmes

Knowledge and understanding

You need to know and understand:

- K1. how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to assist in the implementation of mobility and movement programmes for individuals to restore optimum movement and functional independence
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- K4. the principles, practice and procedures associated with informed consent
- K5. the signs of adverse reaction to different programmes and treatment
- K6. the types of programmes and treatments carried out with individuals who have restricted mobility and movement
- K7. what is involved in monitoring an individual's condition and why it is important
- K8. why you should seek to support and encourage the individual to promote their own health and wellbeing
- K9. the actions you should take if adverse reactions are shown
- K10. the equipment and materials which can be used in relation to different programmes and treatments
- K11. what information around the individual's programme/treatment can be shared with others.
- K12. the effects and benefits of active functional exercise and movement
- K13. the simple anatomical structures involved in the different types of programme/treatment
- K14. the impact of impaired balance, reduced strength, flexibility and reduced aerobic capacity on individuals' health and wellbeing
- K15. the condition causing the individual's difficulties around movement and mobility
- K16. the psychological effects of disability due to injury or disease
- K17. how to complete and safely store all relevant documentation in accordance with organisational requirements

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Assist in the implementation of mobility and movement programmes for individuals to restore optimum movement and functional independence



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