

Guidance Document

ASSESSING AND SUPERVISING NMC STANDARDS OF PROFICIENCY (2018)

Pre-Registration Nursing Students in Placements – Mental Health Inpatient and Community.

Year 1 student proficiencies.



UNIVERSITY OF
PLYMOUTH

	PROFICIENCY	SUGGESTIONS FOR SKILL/ACTIVITY	SUGGESTED EVIDENCE
Participates in assessing needs and planning person-centred care			
1.	Demonstrate and apply knowledge of commonly encountered presentations to inform a holistic nursing assessment including physical, psychological and socio-cultural needs	<ul style="list-style-type: none">• Continual use of assessment documentation and risk assessments in all visits• MDT and professional meetings• Understanding of assessment tools including specialist assessments• Observe a range of assessments, care planning and reviews• Understanding of individualised goals and aims of treatment	Assessment Documentation. Patient notes. Staff/Service User Feedback. Q&A.
2.	Demonstrates understanding of a person's age and development in undertaking an accurate nursing assessment.	<ul style="list-style-type: none">• Patient Documentation.• Obtaining informed valid consent.• Single point assessment• Capacity• Person centred/adjustments• Communication difficulties• Age appropriate information	Documentation. Patient notes. Relevant Assessment documentation. Staff/Service User Feedback. Q&A.
3.	Accurately processes all information gathered during the assessment process to identify needs for fundamental nursing care and develop and document person-centred care plans	<ul style="list-style-type: none">• Referral to other services and members of the MDT linked to completed assessments• MDT meetings	Referral Documentation. Staff/Service User Feedback. Reflection. Q&A.

		<ul style="list-style-type: none"> • Professionals meetings • Telephone consultations with appropriate services 	
Participates in providing and evaluating person-centred care			
4.	Work in partnership with people, families and carers to encourage shared decision- making to manage their own care when appropriate	<ul style="list-style-type: none"> • Carers assessment • Professionals meetings • MDT meetings with family • Record of consent to share information. • Home visits. • Accurate documentation of clinical care • Accurate documentation of telephone discussions. • Documentation of referrals. 	Patient notes. Minutes. Staff feedback. Q&A.
5.	Demonstrates an understanding of the importance of therapeutic relationships in providing an appropriate level of care to support people with mental health, behavioural, cognitive and learning challenges	<ul style="list-style-type: none"> • Understanding of person centred, non-judgmental approach • Understanding of individualised care plans • Therapeutic observations • Therapeutic activities and OT 	Staff/Service User Feedback. Patient Notes. Q&A.
6.	Provides person centred care to people experiencing symptoms such as anxiety, confusion, pain and breathlessness using verbal and non-verbal communication and appropriate use of open and closed questioning	<ul style="list-style-type: none"> • Individualised care plans and person centred approach • Relaxation and grounding techniques, mindfulness if appropriate • SBARD • Referral to appropriate services • Understanding of use of PRN medication 	Assessment Documentation. Patient Notes. Referral Process. Staff/Service User Feedback. Reflection. Q&A.
7.	Takes appropriate action in responding promptly to signs of deterioration or distress considering mental, physical, cognitive and behavioural health	<ul style="list-style-type: none"> • Complete appropriate assessments e.g clinical observations, NEWS 2 • Sepsis screening 	Staff/Service User Feedback. Reflection. Q&A.

		<ul style="list-style-type: none"> • Referral to appropriate services • De-escalation techniques • Individualised Care plans • Person centred approach 	
8.	Assesses comfort levels, rest and sleep patterns demonstrating understanding of the specific needs of the person being cared for	<ul style="list-style-type: none"> • Documentation of appropriate care plans and risk assessments • Referral to other services • Sleep hygiene • Relaxation techniques 	Patient notes. Staff Feedback External Assessor Feedback.
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9.	Maintains privacy and dignity in implementing care to promote rest, sleep and comfort and encourages independence where appropriate	<ul style="list-style-type: none"> • Understanding of capacity and consent • Sleep hygiene • Relaxation techniques and groups 	External Assessor Feedback. Reflection.
10.	Assesses skin and hygiene status and determines the need for intervention, making sure that the individual remains as independent as possible. 3	<ul style="list-style-type: none"> • Observe and link in with physical health nurses attached to the ward • Refer to specialist services such as continence or Tissue Viability • Spend time with other members of MDT 	Documentation Q+A Assessor and/or supervisor feedback Direct observation E learning
11.	Assists with washing, bathing, shaving and dressing and uses appropriate bed making techniques 3	<ul style="list-style-type: none"> • Assisting where appropriate • Understanding of personal choice, risk assessment and capacity • Assist with preparing rooms for admission/bed making if appropriate 	Documentation Q+A Assessor and/or supervisor feedback Direct observation
12.	Supports people with their diet and nutritional needs, taking cultural practices into account and uses appropriate aids to assist when needed 5	<ul style="list-style-type: none"> • Regular Nutritional assessments with all patients • Making appropriate referrals to other MDT members e.g dietician, GP • Consider referral to OT • Health Promotion 	Documentation Q+A Assessor and/or supervisor feedback Direct observation Patient feedback

		<ul style="list-style-type: none"> Educating patients and carers 	
13.	Can explain the signs and symptoms of dehydration or fluid retention and accurately records fluid intake and output 5	<ul style="list-style-type: none"> Understanding of food and fluid policy on ward Medication reviews Understanding of refeeding policy 	Q+A Assessor and/or supervisor feedback Documentation
14.	Assists with toileting, maintaining dignity and privacy and managing the use of appropriate aids including pans, bottles & commodes 5	<ul style="list-style-type: none"> Continence team referral Complete appropriate assessments to determine need for equipment. Link with physical health nurses attached to ward 	Referral Documentation. Local Policy/Protocol. Reflection. Q&A.
15.	Selects and uses continence and feminine hygiene products, for example, pads, sheaths and appliances as appropriate 5	<ul style="list-style-type: none"> Referral to Continence service Spend time with Continence service Link with Physical health nurses attached to ward 	Q+A Documentation Direct observation E learning or additional training
16.	Assesses the need for support in caring for people with reduced mobility and demonstrates understanding of the level of intervention needed to maintain safety and promote independence	<ul style="list-style-type: none"> Understanding or IR assessments and observations Referral to physio and/or OT Fall assessments Referral to other services if deemed appropriate 	Student Presentation/Project Work Staff Feedback. Q+A Documentation Direct observation
Participates in procedures for the planning, provision and management of person-centred care			
17.	Uses a range of appropriate moving and handling techniques and equipment to support people with impaired mobility.	<ul style="list-style-type: none"> Care provision across patient group Complete relevant risk assessments Identify need to refer patients. 	Q&A Compilation of Staff Chart Full Understanding Of Relevant MDT roles. Staff Feedback. Direct observation
18.	Consistently utilises evidence based hand washing techniques 2	<ul style="list-style-type: none"> Understand local policy Educating others 	Staff/Service User Feedback. Reflection. Q&A. Direct observation
19.	Identifies potential infection risks and responds appropriately using best practice guidelines and utilises personal protection equipment appropriately. 2	<ul style="list-style-type: none"> Use of handwashing Understanding of isolation protocols on ward Understanding Appropriate use of PEE 	Documentation. Q&A. Staff Feedback. Direct observations Practice Assessor/supervisor feedback

			Local Policy
20.	Demonstrates understanding of safe decontamination and safe disposal of waste, laundry and sharps 2	<ul style="list-style-type: none"> • Management of different types of waste, correct removal of waste products • Understanding sharps policy • Needle stick injury protocol 	Policies and protocols Direct observation Q+A Feedback
21.	Effectively uses manual techniques and electronic devices to take, record and interpret vital signs, and escalate as appropriate. 2	<ul style="list-style-type: none"> • Completion of all clinical observations • Completion of blood glucose monitoring • NEWS 2 • Escalation of deterioration • Sepsis markers- how to detect • Research evidence based practice – 	Policies and protocols Direct observation Q+A Feedback Documentation Access additional training resources where appropriate
22.	Accurately measure weight and height, calculate body mass index and recognise healthy ranges and clinical significance of high/low readings 2	<ul style="list-style-type: none"> • Complete height and weight where appropriate • Indicate referral to other MDT service if appropriate • Health Promotion 	Direct observation Q+A Feedback Documentation Additional reading/research
23.	Collect and observe sputum, urine and stool specimens, undertaking routine analysis and interpreting findings 6	<ul style="list-style-type: none"> • Urine dip screening on admission • Correct use of equipment • Use of PPE • Research evidence based practice – • Protocols 	Direct observation Q+A Feedback Documentation
Participates in improving safety and quality of person-centred care.			
24.	Accurately undertakes person centred risk assessments proactively using a range of evidence based assessment and improvement tools	<ul style="list-style-type: none"> • Sexual safety • MH Risk assessment • Electronic patient records • Understanding of I cared and shared 	Assessment and documentation. Staff Feedback. Q&A.
25.	Applies the principles of health and safety regulations to maintain safe work and care environments and proactively responds to potential hazards	<ul style="list-style-type: none"> • Significant event reporting and process. • Understand incident reporting procedure • Completion of lone working assessment • First visit assessments • Consider hazards in the workplace 	Assessment Documentation. Q&A. Staff Feedback. Health and safety policy Lone working policy

26.	Demonstrate an understanding of the principles of partnership, collaboration and multi-agency working across all sectors of health and social care.	<ul style="list-style-type: none"> • Escalating concerns protocol. • Whistleblowing. • Safeguarding. • Spend time with other professionals linked to placement 	Q&A. Staff Feedback.
27.	Demonstrate an understanding of the challenges of providing safe nursing care for people with co- morbidities including physical, psychological and socio-cultural needs misses, critical incidents or major incidents.	<ul style="list-style-type: none"> • Significant event reporting and protocol. • Safeguarding • Consent • MH Capacity Act • Best interests • Self help • Informed choices • MH act • MDT professionals meeting 	Documentation. Staff Feedback. Q&A. Policies and Protocol
28.	Understand the principles and processes involved in supporting people and families so that they can maintain their independence as much as possible	<ul style="list-style-type: none"> • Relevant referrals. • Understanding of positive risk taking • Informed choice • Self help groups • Health promotion and prevention • Social inclusion • OT • Activity co ordinators • SBARD 	Feedback from External Assessors. Reflection. Q&A.
29.	Provides accurate, clear, verbal, digital or written information when handing over care responsibilities to others.	<ul style="list-style-type: none"> • Take part in handover verbal/written • Attend training to use the IT system • Document accurately • Telephone referrals 	Documentation. Q&A. Staff/Service User Feedback. Training day

Proficiencies with a green numbered dot indicates that the subject is covered in Clinical Skills. This does not confirm proficiency. The skills need to be assessed in practice placement.

