

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

Purpose	<p>People credited with this unit standard can:</p> <ul style="list-style-type: none"> describe 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 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.
- 2 Range**
Evidence generated for assessment against this standard must reflect workplace requirements specified in:

 - 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, Pacific Peoples, and people from diverse cultures.

Evidence generated for assessment against this standard must reflect the legislative and regulatory requirements specified in:

- 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.

Evidence generated for assessment against this standard must reflect the best practice guidelines and principles specified in:

- NZS 8134:2021 Ngā paerewa Health and disability services standard
NZS standards can be retrieved from <http://www.standards.co.nz/>.

3 Definitions

Health inequities are disparities in health status between different groups within a population such as disparities by age, gender, socioeconomic position, ethnicity, impairment and geographical region.

Health inequities are differences which are unnecessary and avoidable, but in addition are considered unfair and unjust.

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.

Social determinants of health are the circumstances in the environments 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.

4 Resources

Health Education England. "Physical Health Competency Framework for Mental Health and Learning Disability Settings." Equally Well UK, March 2020, <https://equallywell.co.uk/wp-content/uploads/2020/05/Physical-Health-Competency-Framework2.3.pdf>.

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

Describe 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 outcomes, healthcare access, life expectancy.

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

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

Range includes – medications, alcohol and substance use, discrimination and racism, health systems and services, language and literacy skills;
socioeconomic factors, including a minimum of two of – housing, transportation, neighbourhoods, violence, education, job opportunities and income, access to nutritious foods and physical activity opportunities.

- 1.4 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.

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 Explain when and how to respond to indications of physical issues for people experiencing mental health challenges or addiction issues.

Outcome 3

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

Performance criteria

- 3.1 In partnership with the recipient, develop a wellbeing plan to support the physical health of a person experiencing mental health challenges or addiction issues.

Range wellbeing goals, physical health checks, screening, lifestyle factors, medication, overcoming challenges.
may include – collaboration with agencies, health providers.

- 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.

Planned review date	dd MMMM yyyy
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	dd MMMM yyyy	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 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.