



Australian Government

HLTRNL001 Support a person with chronic kidney disease

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 3.0</i> and meets the requirements of the 2012 Standards for Training Packages. Removed pre-requisites. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Minimal change to knowledge evidence. Supersedes HLTRNL601C

Application

This unit describes the skills and knowledge required to provide supportive care of a person with chronic kidney disease including advance care planning.

This unit applies to enrolled nursing work carried out in consultation and collaboration with registered nurse, and under supervisory arrangements aligned to the Nursing and Midwifery Board of Australia regulatory authority legislative requirements; and to Aboriginal and/or Torres Strait Islander health work carried out under direct or indirect supervisory arrangements of a registered nurse or medical practitioner.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Assess impact of chronic kidney disease (CKD) on the person and their educational needs

1.1 Maintain current knowledge of CKD and associated pathophysiology and apply to each clinical manifestation
1.2 Identify common problems and complications associated with CKD and focus on the person's specific contributing factors when assessing impact on that person
1.3 Discuss with the person the psychosocial impact of CKD on their activities of daily living

ELEMENT**PERFORMANCE CRITERIA**

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Performance criteria describe the performance needed to demonstrate achievement of the element.

1.4 Ascertain and respect person person's needs related to their lifestyle, social context and emotional and spiritual choices

1.5 Communicate effectively with the person, family or carer and members of the interdisciplinary health care team

1.6 Clarify the educational needs of the person in terms of stages of the disease, required care and self-management strategies

1.7 Provide support to the person, family or carer in an open and non-judgemental way and within scope of own work role and responsibilities, to ensure they have the freedom to discuss spiritual and cultural issues related to the impacts of CKD

2. Contribute to providing education to the person with CKD

2.1 Provide information and resources to the person, family or carer on the aetiology and pathophysiology of the stages of CKD, within scope of work role and responsibilities

2.2 Update own knowledge and provide the person with relevant information to assist in maintaining their health status and slowing disease progression

2.3 Provide information and support to the person to assist them to establish and maintain an appropriate diet

2.4 Provide the person with access to appropriate health education resources on CKD and renal replacement therapy

2.5 Support the person to access information about treatment options in different stages of the disease, so that they can make informed treatment choices

2.6 Communicate effectively with the person, family or carer to clarify the person's needs related to care, including end-of-life discussion, and refer the person to appropriate members of the interdisciplinary health care team

2.7 Contribute to advance care planning or directives in consultation with the interdisciplinary health care team to identify and meet the changing needs of the person, and

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changes in advance care planning or directives

3. Contribute to determining the health status of the person with CKD

3.1 Perform holistic primary health care assessment of the person in consultation and collaboration with the registered nurse

3.2 Monitor health status of the person to identify disease progression and report changes, referring the person to others where appropriate within scope of work role and organisation policy and procedures

3.3 Identify possible psychosocial impacts of CKD in discussions with the person and, if required and within scope of work role and organisation policy and procedures, refer the person, family or carer for counselling or assistance

3.4 Assess the psychosocial impact of palliative care on the person's family or carer

3.5 Consult with the interdisciplinary health care team to contribute to effective care planning for the person with CKD

4. Assist the person to develop self-management strategies

4.1 Identify opportunities for the person to self-manage various clinical manifestations and common problems and complications associated with CKD

4.2 Assist the person to adhere to care management strategies and their medical management regime for CKD to maintain optimal health

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTRNL001 Support a person with chronic kidney disease

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- implemented nursing care plans for 3 people with chronic kidney disease (CKD) in consultation and collaboration with interdisciplinary team in the workplace
- provided follow-up care or 3 people with CKD, evaluating their health status and providing relevant health information to meet individual needs in consultation and collaboration with interdisciplinary team in the workplace or in a simulated environment.

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- applied anatomy and physiology of the renal system and clinical manifestations and associated pathophysiology of acute kidney injury (AKI) and Stages 1 to 5 of CKD
- underlying environmental and social factors contributing to CKD in the general population in Australia and to the higher rates experienced within Aboriginal and/or Torres Strait Islander communities
- CKD conditions including risk factors:
 - diabetic nephropathy
 - glomerulonephritis
 - hypertensive nephropathy

- polycystic kidney disease
- reflux nephropathy
- kidney stones
- clinical manifestations of CKD including:
 - hypertension
 - anaemia
 - bone disease
 - cardiovascular disease
 - impaired immunity
 - electrolyte imbalance
 - fluid imbalance
- complications and impact of CKD including:
 - uraemic breath
 - unusual or metallic taste
 - anorexia
 - nausea and vomiting
 - lethargy
 - change in urination
 - confusion
 - pain
 - increase in depression
 - stages in grief and loss
 - sexual dysfunction
 - general malaise
 - cardiovascular events
 - infections
 - uraemic frost
 - pruritus
 - restless leg syndrome
- screening and prevention of CKD
- immunity and the importance of vaccinations
- changing educational needs of the person as CKD progresses
- assessment of renal function and diagnostic procedures including:
 - common pathology tests to diagnose and monitor CKD and their interpretation
 - interventional and investigational procedures used in the diagnosis and the management of CKD
- management of CKD including:
 - factors that can slow the progression and changes across the continuum of CKD
 - management principles for various clinical manifestations of CKD and associated co-morbidities

- meaning and interpretation of health check results for a person with CKD
- medicines in common use in health management of a person with CKD including basic mechanism of action, precautions, contraindications and side effects
- nutritional considerations for a person with CKD
- treatment options (including theory, terminology, procedures, risks and benefits) for a person with CKD including renal replacement therapies such as peritoneal dialysis (PD) and haemodialysis (HD)
- psychosocial impacts
- social needs:
 - disability support
 - family support
 - transport to appointments
 - accommodation
- relevant organisations associated with palliative care and advance care planning
- self-management strategies for a person with CKD, including knowledge the person requires and ways to foster a lifelong commitment to:
 - healthy life style
 - exercise
 - renal diet
 - fluid requirements
 - medication regime
 - care of dialysis access
 - recognising progressive symptoms of CKD
 - vaccination regime
 - diabetes care
 - cardiovascular disease care
 - dental care
 - optometry and ophthalmic care
 - skin care.

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as, using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must hold current registration as a registered nurse with Nursing and Midwifery Board of Australia.

Links

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