Unit 4222-212 Provide support to manage pain and discomfort (HSC 2003)

Level: **2**
Credit value: **2**
UAN: **K/601/9025**

Unit aim
This unit is aimed at those working in a wide range of settings. The unit provides the learner with the knowledge and skills to provide support for managing pain and discomfort.

It covers approaches to pain management, assistance in minimising pain and discomfort and monitoring, recording and reporting on the management of pain and discomfort.

Learning outcomes
There are **three** learning outcomes to this unit. The learner will:
1. Understand approaches to managing pain and discomfort
2. Be able to assist in minimising individuals' pain or discomfort
3. Be able to monitor, record and report on the management of individuals' pain or discomfort

Guided learning hours
It is recommended that **15** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to HSC 216 and CHS 6.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Care and Development.

Assessment
This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.
Learning outcomes 2 and 3 must be assessed in a real work situation.

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Assessment Criteria

Outcome 1 Understand approaches to managing pain and discomfort

The learner can:

1. explain the importance of a holistic approach to managing pain and discomfort
2. describe different approaches to alleviate pain and minimise discomfort
3. outline **agreed ways of working** that relate to managing pain and discomfort.

Outcome 2 Be able to assist in minimising individuals' pain or discomfort

The learner can:

1. describe how pain and discomfort may affect an **individual's** wellbeing and communication
2. encourage an individual to express feelings of discomfort or pain
3. encourage an individual to use self-help methods of pain control
4. assist an individual to be positioned safely and comfortably
5. carry out agreed measures to alleviate pain and discomfort.

Outcome 3 Be able to monitor, record and report on the management of individuals' pain or discomfort

The learner can:

1. carry out required monitoring activities relating to management of an individual's pain or discomfort
2. complete records in required ways
3. report findings and concerns as required.

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Additional guidance

- An **individual** is someone requiring care or support
- **Agreed ways of working** will include policies and procedures where these exist.