

TRAINING PLAN – Complex Bowel Care

[Support Staff Name]		
[Trainer (RN) Name and AHPRA number]		
Training undertaken for -Details of Participant		Name: Address: DOB:
Declaration by trainer: I have provided training on each element described below and deem this worker (tick one box): <input type="checkbox"/> Competent <input type="checkbox"/> Requiring further training (describe specific areas for follow up at end of this document)		Signature of trainer: Date:
Skills		Knowledge
Prepare to deliver support		Prepare to deliver support
<ul style="list-style-type: none"> Understand the support plan, confirms it is the correct and current plan for the participant, and checks the participant's specific support requirements for example: timing, frequency and type of support. Checks with the participant on their expectations, capacity and preferences for being involved in the delivery of support. Checks with the participant on their preferences for communication, including the use of aids, devices and/or methods. Communicates with the participant using participant-specific communication strategies, communication aids, devices, or resources, including resources in the participant's preferred language. Prepares for hygiene and infection control. 		<ul style="list-style-type: none"> NDIS Code of Conduct and Practice Standards. The role of good bowel care in supporting participants to lead the life they choose. Understanding common and participant-specific communication supports, for example, assistive technologies, alternative and augmentative communication, communication devices. Principles of infection control and personal hygiene, for example hand washing, disinfecting, use of appropriate Personal Protective Equipment (PPE) such as gloves. Scope of worker responsibilities including supervision and delegation arrangements.
Skills		Knowledge
Checks that required equipment and consumables are available and ready for use.		<ul style="list-style-type: none"> Roles and responsibilities of others involved in providing complex bowel care, including carers, health practitioners and other workers.

<ul style="list-style-type: none"> • Recognises the intensely personal nature of this type of support and makes sure the participant is ready to receive support. 	<ul style="list-style-type: none"> • Features of a safe environment for working and delivering complex bowel care support. • Common bowel care and stoma equipment and consumables
Implement the support plan	Implement the support plan
<ul style="list-style-type: none"> • Checks with the participant for any specific factors or adjustments needed at the time support is provided. • Follows hygiene and infection control procedures including hand washing, disinfecting the environment and wearing gloves. • Delivers support in ways that are least intrusive or restrictive and that fit into the participant's daily routines and preferences. • Supports the participant to position themselves for bowel care. • Uses reference guides such as the Bristol Stool Form Scale to observe and record bowel motions, and identify any changes that require action. • Checks the participant is clean and comfortable and has no perianal skin irritation. • Delivers support that meets timing, frequency and type of support required. 	<p>Basic anatomy of the digestive system.</p> <ul style="list-style-type: none"> • Relationship between nutrition, hydration, dietary fibre, probiotics, and bowel motions and stoma management. • Common causes of bowel care problems such as constipation and faecal incontinence. • Purpose and methods of hygiene and infection control. • Principles for infection control and hygiene. For example, hand washing, gloves available, minimising the risk of infection in the environment. • Symptoms of bowel-related conditions associated with particular types of disability. • Common types of bowel care support such as use of laxatives, enemas, suppositories and abdominal massage.
Skills	Knowledge
<p>Identifies and immediately informs an appropriate health practitioner in response to signs of poor bowel function or related problems.</p> <ul style="list-style-type: none"> • Works collaboratively with others to ensure continuity and effective delivery of support. • For workers who support participants with a stoma: • Supports the participant to clean and maintain healthy condition of the stoma site. • Replaces and disposes of ileostomy and colostomy bags as required. • Monitors and records information required by the support plan such as outputs, hydration, and appearance of the stoma. • Identifies and responds to problems such as blockages and immediately informs an appropriate health practitioner in response to indicators of deteriorating health condition of the participant. • Actively involves the participant in their support, as outlined in their support plan, and to the extent they choose. 	<ul style="list-style-type: none"> • Requirements for handling, storing and administering bowel care-related medication. • Signs and symptoms of common problems, and action required for example, reflux, vomiting, stomach pain, changes in bowel habits. • Signs and symptoms, and action required in case of autonomic dysreflexia. • When and how to involve or get advice from the appropriate health practitioner. • Purpose of ileostomy and colostomy stomas and related equipment, and consumables such as stoma bags, skin sealants, barriers or powders. • Common methods to clean and protect skin around the stoma. • Characteristics of a healthy stoma and how these can change over time. • Indicators and action required to respond to common health problems at the stoma site, such as wetness or signs of infection or inflammation. • Reporting responsibilities, including handover, recording observations and incident reporting
Review support	Review support
<ul style="list-style-type: none"> • Checks with the participant to discuss any changes needed to the bowel care support they are receiving. 	<p>Procedures and responsibilities for requesting review of bowel care support</p>
Skills	Knowledge

<ul style="list-style-type: none"> • Identifies, documents and reports information where a support plan is not meeting a participant’s needs. • Supports the participant to provide feedback and request changes to their support plan as required. 	
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<https://www.ausmed.com/cpd/articles/complex-bowel-care>

If further training/demonstration of competency required – please list specific elements for follow up here:

- 1.
- 2.
- 3.
- 4.
- 5.