

<b>Title</b>	<b>Support a person accessing mental health and addiction services in managing their own prescribed medication</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	People credited with this unit standard are able to describe prescription medication for mental health and addiction service users, and support mental health and addiction service users to manage prescription medication.
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<b>Classification</b>	Health, Disability, and Aged Support > Mental Health and Addiction Support
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<b>Available grade</b>	Achieved
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### Explanatory notes

1 Legislation relevant to this unit standard includes:

- Oranga Tamariki Act 1989 (Children’s and Young People’s Well-being Act 1989);
- Substance Addiction (Compulsory Assessment and Treatment) Act 2017
- Criminal Procedure Act 2011;
- Criminal Procedure (Mentally Impaired Persons) Act 2003;
- Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996;
- Health Practitioners Competence Assurance Amendment Act 2019;
- Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003;
- Mental Health (Compulsory Assessment and Treatment) Act 1992;
- Misuse of Drugs Act 1975;
- Privacy Act 1993;
- Protection of Personal and Property Rights Act 1988.

2 New Zealand Standards relevant to this unit standard include:

NZS 8134.0:2008 *Health and disability services Standards – Health and disability services (general) Standard*;

NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*;

NZS 8134.2:2008 *Health and disability services Standards – Health and disability services (restraint minimisation and safe practice) Standards*;

NZS 8134.3:2008 *Health and disability services Standards – Health and disability services (infection prevention and control) Standards*.

All standards are available from <https://www.standards.co.nz>.

### 3 References:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5<sup>th</sup> ed.). Washington DC: American Psychiatric Association. Available at: <https://www.psychiatry.org/psychiatrists/practice/dsm>
- Mental Health Commission – Te Kaitātaki Oranga; Ministry of Health. (1998). *Guidelines for Clinical Risk Assessment and Management in Mental Health Services*. Wellington: Ministry of Health in partnership with the Health Funding Authority. Available at: [https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/\\$file/mentalra.pdf](https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/$file/mentalra.pdf)
- Te Pou o te Whakaaro Nui & Ministry of Health. (2018). *Let's get real: Real Skills for people and whānau with mental health and addiction needs*. Auckland: Te Pou o te Whakaaro Nui. Available at: <https://www.tepou.co.nz/initiatives/lets-get-real/107>
- The Werry Centre. (2014). *Real Skills Plus ICAMH/AOD, 2014. A competency framework for the infant, child and youth mental health and alcohol and other drug workforce*. Auckland: The Werry Centre for Child & Adolescent Mental Health Workforce Development. Available at: <https://www.werryworkforce.org/sites/default/files/pdfs/Real%20Skills%20Plus%20Dec%202014%20170315.pdf>

4 Support should aim to foster a person's wellbeing goals: utilise the person's existing strengths; and – where possible – utilise the resources of the local community.

5 This unit standard cannot be assessed against in a simulated environment. It is required that people seeking credit for this unit standard demonstrate competence and are assessed in the workplace: through paid or unpaid employment, or in placements at a service provider workplace negotiated by an education provider.

6 *Support a person accessing mental health and addiction services* - this may include existing relationships, interactions with family/whānau, friends, peers, co-workers, or community volunteers.

7 The learner's practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pasifika peoples and/or people from other cultures, in a range of settings and environments.

### 8 Definitions:

*Addiction* – termed '*substance use disorder*' in DSM-5 since 2013, recognises disorders that can result from the usage of ten separate classes of drugs (alcohol, caffeine, cannabis, hallucinogens, inhalants, opioids, sedatives, stimulants, tobacco, and unknown substances). DSM-5 combined the previous DSM-IV separation of substance abuse and substance dependence into a single category – substance use disorder – to create 11 diagnostic criteria.

*Adverse reactions* refer to acute harm associated with the use of given medications at a normal dosage level.

*Co-existing problems* refers to the presence of both mental health and addiction issues. Co-existing problems can also be referred to as 'co-morbidity', 'dual diagnosis', or 'co-occurring disorders'.

*Managing their own prescription medication* includes supporting the choices of the person accessing mental health and addiction services and understanding the nature and purpose of prescription medication.

*Support* also refers to relationships, or interactions with a person in mental health and addiction services by family/whānau, friends, peers, co-workers, or community volunteers. In a specifically Māori context this may include but are not limited to: kaumātua, kuia, tōhunga, whānau, iwi, and hapū.

*Organisation's policies and procedures* are the policies and procedures of the learner's employing organisation and includes ethical codes, standards, and other organisational requirements.

*Side effects* are common unwanted effects that occur alongside the intended therapeutic effects of a prescribed medication or drug.

*Wellbeing support plan* in the context of this unit standard is a generic term used to cover the individual plans that are developed by people, their existing supports and service providers. Different service providers may use different terms, for example 'recovery plan' or WRAP. A wellbeing support plan recognises the person accessing services is central to wellbeing planning.

A wellbeing support plan may specify interventions such as relapse prevention, activity planning, actions following early warning signs, rehabilitation activities, attending support groups and community activities, and maintaining safety in the current environment. The choices and rights of the person accessing a mental health and addiction services are paramount to the implementation of a wellbeing support plan. The wellbeing support plan will also provide an outline of the tasks to be carried out by the support worker with the person accessing a mental health and addiction service in a residential, community, or vocational setting.

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## Outcomes and performance criteria

### Outcome 1

Describe prescription medication for person accessing mental health and addiction service.

Range	includes – antipsychotic medication, antidepressants, mood stabilisers, anti-anxiety medication, attention deficit hyperactivity disorder (ADHD) medication related to addiction treatment, medication related to managed withdrawal; evidence is required for a minimum of one example for each type of prescription medication.
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**Performance criteria**

- 1.1 Names and trade names commonly used for prescription medications by person accessing mental health and addiction service and support workers are matched with their generic names.
- 1.2 Prescription medication is described in terms of its role in treatment for mental health and addiction issues experienced by people accessing mental health and addiction services.
- 1.3 Prescription medication is described in terms of its major potential side effects and adverse reactions.

Range a minimum of one major potential side effect and one major potential adverse reaction is required.

**Outcome 2**

Support people accessing mental health and addiction services in managing their own prescription medication.

Range evidence is required for people accessing two different mental health and addiction services: support must be provided in accordance with the organisation's policies and procedures.

**Performance criteria**

- 2.1 Support provided contributes to people accessing mental health and addiction services progress towards independence in managing their own prescription medication in accordance with their aims and their objectives of their wellbeing support plan.
- 2.2 Support provided for the standard instructions related to the use of prescription medication.
- Range instructions include precautions; instructions must also include those of the responsible health professional (prescriber), and may include those of the person accessing mental health and addiction services, dispenser (pharmacist) and/or a clinical team.
- 2.3 Action taken to support person accessing mental health and addiction services is reported in accordance with the instructions of the responsible health professional or clinical team.

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<b>Planned review date</b>	31 December 2024
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	18 March 2011	31 December 2021
Review	2	MM 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.