# Unit of Competency template

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| **Unit code** | HLTXXX |
| **Unit title** | Support health and wellbeing in pregnancy |
| **Application** | This unit describes the performance outcomes, skills and knowledge required to support pregnancy and their families in promoting optimal health and wellbeing during the antenatal period. It applies to workers providing care and support services under supervision in line with an individualised care plan and in consultation and collaboration with registered nurse or midwife. Work is undertaken within maternity care settings, community health services, hospitals, and home-based care environments, in accordance with the regulatory requirements set by the Nursing and Midwifery Board of Australia (NMBA). The skills in this unit must be applied in accordance with current Commonwealth and State/Territory legislation, Australian standards and industry codes of practice. No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.  |
| **Pre-requisite unit** | N/A |
| **Competency field** |  |
| **Unit sector** | Health |
| **Elements** | **Performance criteria** |
| 1. Assist with health and wellbeing assessments during pregnancy  | 1.1 Obtain consent from client to conduct health and wellbeing assessment1.2 Provide routine health and wellbeing assessments during pregnacy following organisations policy and procedures under supervision.1.3 Document routine health and wellbeing assessment results in individualised care plan following organisational procedures.1.4 Discuss lifestyle factors and common discomforts of pregnancy.1.5 Recognise normal and abnormal maternal health indicators based on assessment findings.1.6 Report abnormal maternal health concerns to the midwife or supervising health professional using appropriate communication strategies.1.7 Conduct antenatal risk assessments using facility-specific documentation under supervision1.8 Discuss health and wellbeing assessment results with client and their families using appropriate communication strategies.1.9 Follow infection control and workplace health and safety (WHS) procedures according to organisational procedures. |
| 2. Support optimal health and wellbeing during pregnancy through collaboration and effective communication | 2.1 Work collaboratively with health professionals to support client health and wellbeing during pregnancy.2.2 Provide clear, accurate, and evidence-based information to clients and their families to promote optimal health and wellbeing in pregnancy.2.3 Encourage family involvement in supporting the client’s health and wellbeing, respecting personal choices and cultural considerations.2.4 Identify appropriate community support services and referral pathways relevant to the client's health and wellbeing needs.2.5 Accurately document all client interactions, assessments, and referrals according to organisational procedures. |
| 3: Assist in identifying community services and referral pathways during pregnancy | 3.1 identify community services and referral options suitable to the client’s identified needs during pregnancy under supervision.3.2 Communicate information about available community services and referral pathways to clients and families.3.3 Document referrals and interactions in line with organisational procedures under supervision. |
| **Foundation skills***Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.* |
| **Range of conditions**N/A |
| **Unit mapping information** | *No equivalent unit.* |
| **Links** | <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>  |
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# Assessment Requirements template

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| **Title** | Assessment Requirements for HLTXXX Support health and wellbeing in pregnancy |
| **Performance evidence** | The candidate must demonstrate the ability to perform tasks outlined in the elements and performance criteria of this unit in the context of the job role. There must be evidence the candidate has engaged with 3 pregnant people and their families under supervision of a registered nurse or midwife, on 3 separate occasions, in the following ways:* Conducted routine health and wellbeing assessments with 3 clients and their families.
* Completed and discussed antenatal risk assessment documentation.
* Demonstrated respectful, culturally safe, and inclusive communication with clients, their families, and health professionals.
* Identified and provided information about at least three (3) suitable community resources and referral pathways relevant to antenatal care.
* Completed referral documentation accurately and confidentially following organisational procedures.
* Adhered to organisational infection control and workplace health and safety (WHS) procedures during antenatal assessments and related care tasks.
* Record client interactions, assessments, and referrals in line with organisational procedures.
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| **Knowledge evidence** | **Routine antenatal health assessments and observations*** Normal ranges for antenatal health indicators, including:
	+ basic interpretation of urinalysis results
	+ blood pressure
	+ height, weight, and Body Mass Index (BMI)
	+ pulse
	+ respirations
	+ temperature
* Common pregnancy discomforts and appropriate practical support strategies within scope of practice
* Routine antenatal risk assessment processes, including:
	+ purpose and components of facility-specific antenatal risk assessment documentation
	+ process for discussing and reporting identified risks under supervision
* Lifestyle factors affecting health and wellbeing during pregnancy
* Dietary recommendations during pregnancy
* Physical activity guidelines during pregnancy
* Impacts of substance use (alcohol, tobacco, drugs) during pregnancy
* Influence of stress and mental wellbeing during pregnancy
* Basic awareness of perinatal mental health, including available resources and referral options

**Cultural safety and communication in antenatal care*** Principles and practices of culturally safe, inclusive, and respectful care relevant to pregnancy
* Specific cultural considerations when providing antenatal care for:
	+ Aboriginal and Torres Strait Islander clients
	+ Culturally and Linguistically Diverse (CALD) clients
* Communication strategies appropriate for effective interaction with clients, their families, and health professionals, including:
	+ verbal and non-verbal communication strategies
	+ communicating information respectfully and clearly
	+ facilitating family involvement while respecting client choices and preferences

**Community support services and referral pathways*** Types of community and government antenatal health support services and programs available to clients and families
* Processes for identifying appropriate antenatal community resources and referral options based on client-specific needs
* Procedures for accurately documenting referrals and interactions following organisational policy

**Organisational requirements and documentation*** Procedures for obtaining and documenting informed consent
* Organisational confidentiality, privacy, and security requirements for maintaining client records
* Accurate documentation requirements for recording client assessments, interactions, and referrals clearly and securely
* Scope of practice and role boundaries as an Assistant in Health services
* Relevant infection control and Workplace Health and Safety (WHS) practices in antenatal care settings
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| **Assessment conditions** | Skills must be demonstrated in an antenatal care environment, or a simulated environment that accurately represents industry standards and conditions, consistent with the tasks outlined in the performance evidence, including access to real people for simulations and scenarios in an antenatal settingAssessment must ensure access to:* Case studies or real environment which reflect antenatal care
* Resources to facilitate the program
* Relevant organisational policies, procedures and guidelines’ documentation, or sample documents
* Sample documents must replicate real work materials
* Current Working with Children Check

Assessor Requirements:Assessors must hold current registration as a registered nurse or midwife with the Nursing and Midwifery Board of Australia (NMBA). |
| **Links** | <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>  |