# Unit of Competency template

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| **Unit code** | HLTXXX |
| **Unit title** | Support health and wellbeing in the postnatal period |
| **Application** | This unit describes the performance outcomes, skills and knowledge required to provide care and support the health and wellbeing of mothers, babies and families in postnatal healthcare settings.It applies to workers providing care and practical support services according to an individualised care plan, under the supervision of a registered nurse or midwife. Workers collaborate closely with supervisors and other health professionals in maternity services, hospitals, community health settings, and home-based postnatal care environments, aligned to the Nursing and Midwifery Board of Australia (NMBA).All tasks must be carried out in line with current Commonwealth and State/Territory legislation, Australian standards, and relevant 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. Work as part of the maternity health care team.  | 1.1 Provide aspects of care for mother and newborn infant to support maternal and newborn infant health as delegated by Midwife.1.2 Assist midwife to prepare mother to adopt safe practices in caring for newborn infant.1.3 Record observations of mother and report abnormal observations to midwife. Report any adverse change in condition of the baby as observed by the mother. 1.4 Apply common midwifery terms used during postpartum care to contribute to care of mother and newborn infant.1.5 Document, report and escalate variances in care progress. |
| 2. Support mother, newborn infant and families to meet identified goals. | 2.1 Evaluate progress of mother and newborn infant towards goals in plan of care.2.2 Assist midwife to educate mother on aspects of newborn infant health and offer information about available support services as delegated.2.3 Identify and escalate psychosocial circumstances that may impact mother’s and/or baby’s health and wellbeing2.4 Assist midwife to meet care goals and to support mother to interact with newborn infant. |
| 3. Provide infant feeding support and education to mothers and their families | 3.1 Work collaboratively with the midwife to educate and advise mothers and their family members on breastfeeding support services3.2 Promote breastfeeding and breastfeeding friendly environments in all settings3.3 Assist and educate mothers and their families on infant formula preparation3.4 Follow safety, health and hygiene requirements according to service guidelines, policies and procedures 3.5 Minimise risks in the environment, including the preparation and storage of expressed breastmilk and infant formula |
| **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 supporting health and wellbeing in the postnatal period |
| **Performance evidence** | The candidate must demonstrate the ability to complete tasks outlined in the elements and performance criteria of this unit in the context of the job role. Specifically, the candidate must show evidence of providing practical care and support services to at least **two (2)** postnatal clients and their newborn infants under the supervision of a registered midwife or nurse, including:* Obtains informed consent from clients before conducting postnatal health and wellbeing assessments.
* Performs and documents routine health measurements for postnatal clients.
* Performs umbilical cord care following organisational infection control procedures.
* Records maternal health observations clearly and accurately in organisational maternity observation charts.
* Recognises and promptly reports abnormal maternal and infant health observations to the supervising health professional.
* Reports signs of altered maternal emotional state or psychosocial concerns clearly and promptly to the supervising health professional.
* Demonstrates appropriate hand hygiene techniques and correct selection and use of Personal Protective Equipment (PPE) in accordance with organisational infection control and workplace health and safety (WHS) procedures.
* Demonstrates practical infant-care skills to clients and their families, including:
* breastfeeding positioning and expressing breastmilk
* safe preparation and sterilisation of infant feeding equipment
* accurate preparation and safe handling of infant formula
* safe bathing, holding, settling, dressing, and positioning infants for sleep
* Provides accurate and clear information to clients and families about breastfeeding, formula feeding, and available community resources.
* Accurately documents client interactions, assessments, and referrals according to organisational procedures, maintaining confidentiality.
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| **Knowledge evidence** | The candidate must demonstrate knowledge required to complete the tasks outlined in the elements and performance criteria of this unit, including:**Postnatal health assessment and care*** Common terminology related to the postnatal period, lactation, and newborn care
* Common postnatal obstetric emergencies and procedures for immediate reporting to supervising health professional
* Routine health measurements conducted during postnatal care, including:
	+ normal ranges for maternal blood pressure, pulse, respirations, and temperature
	+ assessment of umbilical cord care and associated infection control procedures

**Infant feeding practices*** World Health Organization (WHO) 10 steps to successful breastfeeding
* Safe and accurate preparation, sterilisation, and storage procedures for infant feeding formulas and expressed breastmilk
* Principles and recommended practices for the safe and hygienic use of artificial infant feeding formulas

**Maternal health and wellbeing in the postnatal period*** Physical and psychological needs of clients in the immediate postnatal period (up to six weeks postpartum)
* Strategies for recognising and reporting signs of altered maternal emotional state or psychosocial concerns promptly to supervising midwife or nurse

**Newborn care and safety*** Safe sleeping guidelines and techniques to minimise the risk of Sudden Infant Death Syndrome (SIDS)
* Basic awareness of newborn immunisation schedules and resources for further immunisation information
* Recognising and promptly reporting signs of newborn health deterioration to supervising midwife or nurse
* Individual differences in newborn sleep and wake patterns

**Cultural safety and inclusive care practices*** Principles of culturally safe and respectful care during the postnatal period, specifically:
	+ Aboriginal and Torres Strait Islander families
	+ Families from Culturally and Linguistically Diverse (CALD) backgrounds
* Importance of consistent, respectful, and inclusive communication strategies in postnatal care and client interactions

**Reflective practice in the postnatal*** Basic principles and benefits of reflective practice, including reviewing and improving personal interactions with clients, newborns, and family members

**Organisational policies and procedures relevant to postnatal care*** Organisational infection control procedures, including hand hygiene and correct Personal Protective Equipment (PPE) use
* Documentation requirements, including confidentiality, accurate record-keeping, and reporting procedures according to organisational policy
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| **Assessment conditions** | Skills must be demonstrated in a simulated environment and in the workplace as specified in the performance evidence that model industry operating conditions including access to real people for simulations and scenarios in a postnatal, child health or neonatal settingAssessment must ensure access to:* Case studies or real environment which reflect early postpartum care (first six weeks)
* 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 also 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>  |