

Title	ACIA 016 - Provision of Bariatric Care by Support Workers in the Community
Purpose	<p>This guideline is to assist:</p> <ul style="list-style-type: none"> • Service providers (organisations and individuals), participants, stakeholders and funders • Regarding the appropriate planning and provision of quality care in a safe work environment to bariatric people by support workers in the community
Background	<p>Across Australia one in two adults are currently overweight (BMI > 25) and 1 in 6 is obese (BMI >30). The percentage of the Australian population that will be overweight is predicted to grow to 73% by 2025.¹</p> <p>Services to a bariatric participant are in principle no different to any other person, however due to their size, weight or body dynamics of a person, special consideration may be required to aspects such as:</p> <ul style="list-style-type: none"> • manual handling • work health and safety issues • skin integrity • circulation • promoting participant independence • weight bias, physical causes of, and psychological issues related to, obesity <p>As participant involvement and service direction has increased it is imperative to involve the participant in all aspects of the service delivery and the direction of their services to their ability. It is further acknowledged that dignity of risk is an important part of this choice and control.</p>
Scope	This guideline applies to the provision of paid supports and nursing service delivery in the community. They are relevant Australia-wide or when a participant is travelling overseas with their Australian team of support worker/s.
Disclaimer	This guideline is provided to help guide best practice in the community service and support industry. This information does not in any way replace legislative, regulatory or contractual requirements. Users of this document should seek appropriate expert advice in relation to their particular circumstances. ACIA does not accept any liability on the use of this guideline.
Definitions and Supporting	Community Supports and/or Services is defined as the provision of paid supports and services in a participant's home or community. It includes but is not limited to, the following activities of daily living:

¹ Australian Bureau of Statistics 2009

Information	<ul style="list-style-type: none"> • personal care or support • housework or domestic assistance • transport assistance • community access • social support • nursing services • clinical supports • gardening and home maintenance • palliative care • respite care <p>Support Worker is an individual who assists or supervises a participant to perform tasks of daily living to support and maintain general wellbeing and enable meaningful involvement in social, family and community activities in the person’s home and community. The Support Worker is a paid person who has access to education, support and advice from the Service Provider line manager or team leader. Support Worker has been commonly known as attendant care worker, disability worker, aged care worker, community worker, homecare worker, care worker or paid carer.</p> <p>Service Providers are organisation or a person who are funded for the delivery of supports and services to participants</p> <p>Carer is a person that provides supports to the participant at no cost (generally family or friend).</p> <p>Bariatric - person can be defined as anyone who is obese and where their body size restricts their mobility, health, or access to available services The term “Bariatric” has come to be used to describe obese and severely obese people, regardless of whether or not they are receiving treatment for their obesity. In order to assist with the identification and subsequent management of obese and bariatric participants, the following definition is proposed: Person who fits two (2) or more of the following criteria:</p> <ul style="list-style-type: none"> • Weighs ≥ 120 kg • BMI (Body Mass Index) ≥ 35 (BMI = weight (kg) / height (m)²) • Seated hip width >20” (51 cms) <p>Competent means having been trained and assessed by a registered</p>
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	<p>nurse or enrolled nurse or approved assessor as competent to safely and appropriately perform a specified task.</p> <p>Medication means any substance which is supplied by a pharmacist or doctor or dispensed by a pharmacist on the prescription of a doctor, or supplied directly by the doctor, and has a label attached to it. The term also includes any over the counter medication or natural therapy products.</p> <p>Participant means the participant, consumer, client or person receiving the nursing or support service.</p> <p>Plan means a Care and Service Plan or Individual Plan (however titled – the plan) is a document developed in response to a request for service. It is developed by a registered nurse (or other appropriately, similarly skilled professional) from the service provider, prior to the commencement of service delivery. It outlines the expected outcomes of the requested care/services and the tasks, duties and interventions required to meet the care and service needs of the participant (within the parameters of the funding program). The plan guides and directs the individual support worker or registered nurse in their day-to-day delivery of the services.</p> <p>Support Worker Competency means a support worker who has been trained and assessed as competent by an occupational therapist (or other appropriately, similarly skilled professional) to safely and appropriately perform a specified task as a support worker.</p>
<p>Desired Outcome</p>	<ul style="list-style-type: none"> • To maintain a quality and safe standard of care • To assist in the appropriate planning of services to bariatric people in the community
<p>Guideline</p>	<p><u>Service Provider</u></p> <p>Bariatric participants will have additional or particular needs, which must be addressed if they are to be managed in a dignified and respectful manner. Service providers should consider, developing:</p> <ul style="list-style-type: none"> • Systems in place and adequate staffing for safe participant management and support worker safety • Education and support regarding their mental, physical and social health issues • Compassion and understanding from support workers, carers, family and the general public • Coordinated medical, dietary and psychological health care management • The need to promote independence

- Appropriate design and access features to all areas in the home, community facilities and transport vehicles
- Access to affordable furniture and equipment appropriate to their weight, size and body shape
- Access to clothing and hygiene aids appropriate to their weight, size and body shape
- Particular attention to skin integrity
- Observation of circulation (colour of extremities)
- Maintain clean dry skin
- Active involvement in decision-making affecting their health, welfare and social wellbeing

As part of planning services for a bariatric participant, the service provider should consider:

That bariatric participants:

- will be slower and hence take longer with their activities of daily living
- are likely to have increased levels of pain due to the presence of moderate to severe physical disabilities
- may experience stress incontinence
- may have poor circulation
- may become breathless easily
- will be prone to poor skin integrity
- are likely to have reduced function and poor balance
- may suffer from depression and anxiety

As a part of any support service delivered by support workers the service provider will:

- Assess initial care needs with the participant. Including (if required) a manual handling assessment and manual handling plan. (Consider using also the **Service Safety Assessment Tool** when planning services for the bariatric participant)
- Ensure that any lifting device is approved for the weight of the participant
- Consider if an Occupational Therapist should participate in the planning process for the participant and their equipment needs
- Develop plans with identified outcomes, considering the specific needs of a bariatric participant
- Provide written procedures on manual handling by the **support worker** – this may be included as part of the plan

- Identify education needs for **support workers**. Provide relevant competency based education and assessment processes for the support worker/s to ensure they are competent to perform the prescribed duties, tasks and interventions
- Monitor, review, evaluate and adapt as required the service, plans and outcomes with the involvement of the participant
- Manage the maintenance and repairs/replacement of the equipment required

Support Workers

Support workers may NOT:

- Lift, lower, push, pull, otherwise move, hold or restrain any of the participant's body weight (unaided)

Support workers may:

- Perform any task on the plan
- Use hands on assistance to **guide** movement only

Support workers must:

- Follow the plan as provided by the service provider
- Not change the plan
- If a participant requires more than guidance only, report immediately to their supervisor
- Take part in training on use of equipment, manual handling and risk management as determined by the service provider
- Identify, and report to their supervisor, any gaps in their ability to deliver the required service including difficulties in completing the tasks within the allocated time

Support workers should consider the 10 principles to handling a bariatric participant, which are:

1. *Ask the participant how they normally do the task?*
2. *Plan the task – take a second to check yourself, the equipment, the environment and the participant*
 - Are there any obstacles and space restrictions?
 - Is the equipment required appropriate?
 - Is the furniture used to pull up on sturdy?
 - Does the participant have fragile and/or sweaty skin?
 - Does the participant need rest breaks?
3. *Allow plenty of time for the participant to complete the task/transfer*
4. *Do **NOT** let the participant hold onto you during any task*
5. *Communicate sensitively with the participant to help put them at ease*

	<ol style="list-style-type: none"> 6. <i>Do not stand right next to the participant</i> 7. <i>Use the Points of Control i.e. hip/buttock and shoulder area for MINIMAL directional assistance only</i> 8. <i>Ensure the participant has their balance once standing before moving</i> 9. <i>Check if the participant has a manual handling plan</i> 10. <i>Participate in training and techniques of safe manual handling</i>
<p>Resource Documents</p>	<ul style="list-style-type: none"> • Service Safety and Assessment Tool • ACiA 002 - Provision of Paid Supports and Nursing in the Community • ACIA Guideline 004 – Administration of oral Medication in the Community • ACIA Guideline 005 – Administration of non-oral and injectable Medication in the Community • ACIA Guideline 011 – Administration of Insulin in the Community by Support Workers • Capability Framework for Support Workers – for supporting people of any age with brain injury and/or spinal cord injury, ACIA 2015: http://www.acia.net.au/education/acia-education-and-training • NSW Family and Community Services 2012: https://pt.slideshare.net/mha_nz/p09-managing-the-bariatric-client-at-home-12768840?smtNoRedir=1 • Manual handling risks associated with the care, treatment and transportation of bariatric (severely obese) patients and client in Australia, Australian Safety and Compensation Council, Australian Government 2009 • An Overview of Skin and Pressure Area Management – In Adults with Spinal Cord Injuries, Rural Spinal Cord Injury Project, June 2005 • NSW Health – Various documents www.health.nsw.gov.au then go to 'Publications and Resources' 'Policy Directives and Guidelines' then either "search by A to Z" or search specific word/s eg. Medication • Matching participant needs and support worker skills in the New South Wales Motor Accidents Scheme, Motor Accidents Authority NSW August 2003 • Guidelines for Levels of Attendant Care for People with Spinal Cord Injury, Lifetime Care Support Authority NSW 2017 • Boarding Houses Regulation 2013