

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

Title	Use Restraint devices
Code	106011L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care service to elderlies. This Competency involves ability to make correct judgment. Employees are required to assess the need of using restraint on the elderlies, to perform proper procedures and to closely monitor restraint use, in order to ensure the safety of the elderlies and to reduce potential harm to others.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on use of restraint</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the guidelines and principles of the institution on using restraint • Understand the definitions, objectives and types of restraints, such as: <ul style="list-style-type: none"> ○ Safety vest ○ Restraint gloves ○ Safety belt • Understand the harmful effects after use of restraint, such as: <ul style="list-style-type: none"> ○ Muscle atrophy ○ Increased risk of fall and trauma ○ Negative emotions • Understand the principles of using restraint, such as: <ul style="list-style-type: none"> ○ Avoid usage as much as possible ○ Use minimum level of restraint when absolutely necessary and use it for the least amount of time, ensure the safety and comfort of the elderlies. • Understand the alternatives to restraint use, such as: <ul style="list-style-type: none"> ○ Medication therapy, create regular rest cycle ○ Arrange physical activities .for elderlies • Understand the methods to assess whether restraint on elderlies is necessary • Understand the skills and safety measures of using restraint devices, such as: <ul style="list-style-type: none"> ○ Restraint tightness ○ Allow elderlies to maintain a comfortable posture. • Understand the procedures and methods to monitor and review restraint use • Understand the way to fill in record forms for restraint use <p>2. Relevant knowledge on restraint use</p> <p>Be ale to</p> <ul style="list-style-type: none"> • Assess the need of using restraint on elderlies, ensure it is used only when the safety and well-being of elderlies or others are threatened • Discuss alternatives other than restraint use with healthcare professionals, such as: <ul style="list-style-type: none"> ○ Provide reality orientation and cognitive training to reduce their confusion ○ Improve environment and their home to enhance safety. ○ Consult doctor and receive treatment ○ Assess their sitting posture and recommend appropriate chair or sitting pad ○ Rehabilitation exercises • Perform proper procedures according to the guidelines of the institution on restr aint use, such as:

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

	<ul style="list-style-type: none"> ○ Gain written consent from elderlies, their family and registered doctor beforehand ○ Choose appropriate restraint device with proper size ○ Pay attention to the tightness or looseness of restraint devices ○ Choose a string knotting method so that the knot can be untied quickly by employees in the institution. ● Closely monitor the condition and response of elderlies after restraint use, untie the restraint device for elderlies when time is up, observe their condition, such as: <ul style="list-style-type: none"> ○ Blood circulation ○ Limb mobility ○ Skin condition. ● In case the elderlies show any abnormality, handle immediately and inform healthcare professionals ● Evaluate regularly the effectiveness of restraint use and assess the need of continuous use ● Correctly fill the record forms of restraint use <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Strictly follow the guidelines and principles of the institution on restraint use ● Minimize restraint use on elderlies and minimize the duration of use, and use restraint only when all alternatives have failed
Assessment Criteria	<p>The integrated outcome requirement of this Unit of Competency is:</p> <ul style="list-style-type: none"> ● Ability to correctly assess the need of restraint use on elderlies and follow procedures and guidelines of the institution on restraint use; and ● Ability to monitor closely the condition and response of elderlies after restraint use, evaluate the effectiveness of restraint use, and assess the need of continuous use.
Remark	