

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

Functional Area - Clinical Care

Title	Apply Non-pharmaceutical Therapy to Manage Psychiatric Symptoms
Code	106062L4
Range	This Unit of Competency is applicable to employees in elderly care service industry who provide clinical care to elderlies. This competency involves the ability of analysis and making judgment. Employees are required to understand the elderlies' psychological status and their therapeutic needs, and provide non-medication therapy to alleviate their psychiatric symptoms according to the suggestions and prescriptions by healthcare professionals, in order to enhance elderlies' psychological health.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Knowledge related to psychiatric symptoms and non-medication therapy</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the types, causes and symptoms of psychiatric disorders, including: <ul style="list-style-type: none"> ○ Depression ○ Anxiety disorders ○ Severe psychiatric illness, for example, psychosis and bipolar disorder • Understand the procedures of applying non-medication therapy to handle psychiatric symptoms, including: <ul style="list-style-type: none"> ○ Assess and analyse the symptoms ○ Formulate concrete and feasible therapy plans with treatment targets and methods ○ Execute therapy plan ○ Evaluate the effectiveness of the therapy ○ Continue / update plans • Understand the types of non-medication therapy, for example, <ul style="list-style-type: none"> ○ Music therapy ○ Sensation therapy ○ Cognitive behavioural therapy ○ light therapy. <p>2. Provide non-medication therapy to alleviate psychiatric symptoms</p> <ul style="list-style-type: none"> • Evaluate the personal basic care plan of elderlies, understand their psychiatric conditions and cater to their needs • Understand the psychiatric, physiological, mental and social conditions of elderlies, by taking note of: <ul style="list-style-type: none"> ○ Medical records ○ Physiological and mental conditions, for example, self-care ability, sleeping quality, and emotions ○ Observe the appearance of elderlies, for example, clothing and appearance, gestures and facial expressions, personal hygiene habits ○ Understand elderlies' main psychiatric symptoms by observations and asking ○ Time, frequency and duration of symptoms and how they impact elderlies' daily life ○ Current treatments received by elderlies, for example, psychiatric drugs and non-medication therapy ○ Elderlies' social life, for example, family background, how well they get along with others

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	<ul style="list-style-type: none"> ○ Environmental factors ● Provide specific non-medication therapy to elderlies to alleviate their psychiatric symptoms according to the suggestions and prescriptions by healthcare professionals ● Evaluate the effectiveness of the non-medication therapy plan continuously, by taking note of: <ul style="list-style-type: none"> ○ Changes in psychiatric symptoms, for example, changes in frequency, duration or intensity of the symptoms, and their impacts on themselves and others ○ Use objective indicators to assess effectiveness ● Revise methods of intervention after review for the best outcome ● Refer the cases to healthcare professionals, such as clinical psychologists and occupational therapists, for further assessment and other non-medication therapy, for example, <ul style="list-style-type: none"> ○ Psychotherapy ○ Cognitive-behavioural therapy <p>3. Exhibit professionalism</p> <p>be able to</p> <ul style="list-style-type: none"> ● Provide non-medication therapy correctly to elderlies to alleviate their psychiatric symptoms according to the suggestions and prescriptions by healthcare professionals ● Be mindful of elderlies' personal feelings, show support and understanding in order to build their confidence and trust
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to provide non-medication therapy to elderlies according to their psychiatric, physiological, mental and social conditions, and the suggestions and prescriptions by healthcare professionals; and ● Ability to evaluate the effectiveness of the treatment plans, adjust the plan and make referral when necessary, in order to ensure the effectiveness of the treatment
Remark	