

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

Functional Area - Clinical Care

Title	Handle Hypothermia/Heat Stroke
Code	106076L3
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 to analyse and make judgments. Practitioners are required to assess, analyse and determine whether elderlies are in a state of hypothermia or hyperthermia, provide appropriate initial management, and arrange hospital transportation according to relevant procedures and guidelines of the institution, in order to increase their chance of survival and prevent the cases from worsening.
Level	3
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on hypothermia and hyperthermia</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand relevant procedures and guidelines of the institution regarding management of hypothermia and hyperthermia • Understand the normal human body temperature and mechanisms of heat loss, such as: <ul style="list-style-type: none"> ○ Radiation ○ Evaporation ○ Convection ○ Conduction • Understand the definition, causes and clinical signs of hypothermia and hyperthermia • Understand the mechanisms of assisting hypothermic and hyperthermic victims with body temperature control, such as: <ul style="list-style-type: none"> ○ Hypothermic victims <ul style="list-style-type: none"> ▪ Take off wet clothes, change into dry clothes or cover with blanket ▪ Cover victims with space blanket or other alternatives such as newspaper or aluminium foil ▪ Provide warm drinks to conscious victims ○ Hyperthermic victims <ul style="list-style-type: none"> ▪ Appropriately undress the victims ▪ Wipe the victims with wet towels and fan the victims • Understand the first-aid measures for hypothermia and hyperthermia, such as: <ul style="list-style-type: none"> ○ Assess the level of consciousness of victim ○ Clear airway ○ Measure vital signs <p>2. Management of hypothermia and hyperthermia</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the actual environment and the condition of the victims, minimize the risk under safe and feasible circumstances, such as: <ul style="list-style-type: none"> ○ Ensure the safety of employees themselves, victims and others present ○ Remove obstacles ○ Evacuate the crowd ○ Move the victims to a safer place • Assess the level of consciousness and other symptoms of elderlies, analyse and determine whether elderlies are in a state of hypothermia or hyperthermia • Call an ambulance, inform supervisor and request for assistance

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	<ul style="list-style-type: none"> • Manage the hypothermic and hyperthermic victims, according to relevant procedures and guidelines of the institution regarding management of hypothermia and hyperthermia, including <ul style="list-style-type: none"> ○ Move the victims to a sheltered, warm or cool place ○ Help hypothermic and hyperthermic victims control body temperature as much as possible ○ If the victims are in shock or syncope, perform the first-aid procedures for shock and syncope management ○ Observe the conditions of victims, measure their level of consciousness and vital signs regularly ○ Take the safety measures of managing hypothermia and hyperthermia, for example, do not give any food or drinks to hyperthermic victims • Report to the ambulance personnel the sequence of events, victims' vital signs and treatment provided • Document the first-aid procedure, and keep it properly <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assess and determine correctly the severity and condition of elderlies, and provide appropriate first-aid management • Ensure safety of victims and protect their privacy • Be mindful of the fear and discomfort victims may experience and provide comfort and support
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to assess the condition of elderlies, analyse and determine whether elderlies are in a state of hypothermia or hyperthermia; and • Ability to provide appropriate management according to relevant procedures and guidelines of the institution regarding management of hypothermia and hyperthermia, and the level of consciousness of victims.
Remark	