

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

Functional Area - Clinical Care

Title	Handle Choking
Code	106078L3
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 assess and analyse whether elderlies are in a state of choking, provide appropriate initial management, arrange hospital transportation according to relevant procedures and guidelines of the institution, in order to protect elderlies' lives and prevent exacerbation of the condition.
Level	3
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on choking</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand relevant procedures and guidelines of the institution regarding management of choking • Understand the basic physiology and anatomy of airway • Understand the causes of airway obstruction, and its life-threatening effect • Understand the symptoms of mild and severe airway obstructions, such as: <ul style="list-style-type: none"> ○ Ability to talk or cough ○ Difficulty breathing, face turning purple ○ Grabbing own neck as if in severe pain • Understand the management of mild and severe airway obstruction • Understand the management of severe choking in comatose or obese victims • Understand the method to provide cardiopulmonary resuscitation <p>2. Management of choking</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Manage suspected choking in elderlies, according to relevant procedures and guidelines of the institution regarding management of choking • Assess the degree of airway obstruction in elderlies, and manage the case according to the degree of severity, such as: <ul style="list-style-type: none"> ○ For mild obstruction, comfort elderlies and encourage coughing if possible ○ For severe obstruction, perform first-aid procedures for choking immediately, including <ul style="list-style-type: none"> ▪ Ask people to call an ambulance, inform supervisor and request for assistance ▪ Perform Heimlich manoeuvre while standing behind elderlies ▪ Repeat abdominal thrust until elderlies expel the choking object ▪ Abdominal thrust may not be suitable for obese persons, in which case chest thrust is administrated • If elderlies pass out, put the victims flat on their backs immediately and perform cardiopulmonary resuscitation. Check and clear the objects in mouth before blowing air in • If elderlies are to be sent to hospital, report to the paramedics on ambulance the sequence of events, the vital signs of elderlies and treatments given • Document the entire first-aid procedure in detail, and keep it properly

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	<p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Determine and manage elderlies' condition of choking correctly, and provide appropriate first-aid management • Ensure the safety of the injured and protect their privacy • Be mindful of the fear and discomfort elderlies 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 elderlies' condition of choking, analyse the degree of airway obstruction and determine the need of immediate admission to hospital; and • Ability to provide appropriate management, according to relevant procedures and guidelines of the institution regarding management of choking, the degree of airway obstruction and the level of consciousness of elderlies.
Remark	<p>1. Employees performing this unit of competency are supposed to have acquired fundamental first-aid knowledge; and</p> <p>2. Cardiopulmonary resuscitation is currently performed only by holders of recognized and valid first-aid certificate.</p>