

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

Functional Area - Clinical Care

Title	Assist Elderlies to perform Active range of motion exercises
Code	106088L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care to elderlies. This Competency should be performed under supervision. Employees are required to assist and guide elderlies to perform active range of motion exercises as prescribed by healthcare professionals and monitor the training process, so that elderlies can complete the exercises safely, maintain and boost the range of motion of their joints.
Level	2
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on active range of motion exercise</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the basic anatomy of bones and joints • Understand the health conditions and level of mobility of elderlies • Understand the knowledge on active range of motion exercises including: <ul style="list-style-type: none"> ○ Benefits and objectives ○ Principle of training ○ Safety and points to note • Understand the active range of motion exercises prescribed by healthcare professionals, such as: <ul style="list-style-type: none"> ○ number of different exercises ○ Standard movements and amount of physical activities such as number of sets and repetitions, range of motion and duration ○ Safety and points to note • Understand the active range of motion exercises that are suitable for elderlies including individual and group training • Understand the skills to monitor and guide elderlies to perform active range of motion exercises • Understand the techniques to document and report the training session clearly <p>2. Assisting elderlies in performing active range of motion exercises</p> <p>Be able to</p> <ul style="list-style-type: none"> • Inform elderlies in advance and explain the upcoming exercises to be performed so that they are more likely to comply • Understand the health conditions of elderlies and ensure they are fit for exercises, such as: <ul style="list-style-type: none"> ○ Any abnormalities in blood pressure and heart rate ○ Any fever or other symptoms of illness ○ Arthritis or pain • Prepare secure and sturdy furniture and handrails, tidy up the venue and ensure the environment is safe for elderlies to exercise • Assist elderlies to perform active range of motion exercises as prescribed by healthcare professionals including: <ul style="list-style-type: none"> ○ Explain the aims and benefits of the exercises to elderlies ○ Guide elderlies to perform standard movements and demonstrate to them accordingly

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	<ul style="list-style-type: none"> ○ Observe how elderlies perform; pay attention to their posture and motion of the joints; correct them or adjust the range of motion according to their ability ○ Pay attention to any complaints from elderlies during exercises, such as arthritis pain or stiffness in the joints; terminate the exercise immediately and report to healthcare professionals if they experience any discomfort ○ Ensure elderlies complete the required amount of physical activity as prescribed by healthcare professionals ● If exercising in group, pay attention to the overall performance of the elderlies , and their pace in performing exercises, in order to ensure that all elderlies can complete the exercise ● Observe the effectiveness of the exercises and take note of elderlies' conditions upon completing active range of motion exercises; refer the cases to healthcare professionals for follow-up actions if needed, such as, <ul style="list-style-type: none"> ○ Elderlies are unable to complete the exercise ○ Elderlies do not perform satisfactorily as required ○ Elderlies refuse to exercise ● Document all circumstances throughout the process when elderlies perform active range of motion exercises and report to healthcare professionals, including <ul style="list-style-type: none"> ○ Completed exercises and the adjustments made in the process ○ elderlies' performance and others opinions, such as how satisfied they are <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Give clear instructions patiently when assisting elderlies to perform active range of motion exercises ● Monitor elderlies' conditions during the exercises and ensure their safety ● Give elderlies positive feedback, encourage them to complete the training and motivate them to participate
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency:</p> <ul style="list-style-type: none"> ● Ability to assist and guide elderlies to perform active range of motion exercises as prescribed by healthcare professionals; and ● Ability to monitor the process when elderlies perform active range of motion exercises and the effectiveness of those exercises; make adjustments according to elderlies' ability; and ● Ability to document all incidents when elderlies perform active range of motion exercises and report to healthcare professionals clearly
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