

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

Functional Area - Clinical Care

Title	Assist Elderlies to perform Active Assisted range of motion Exercises
Code	106089L2
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 assisted 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 assisted exercise</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the basic anatomy of bones and joints • Understand the health condition and level of mobility of elderlies • Understand the knowledge on active assisted range of motion exercises, including <ul style="list-style-type: none"> ○ Objectives of exercises ○ Principle of exercises ○ Safety and points to note • Understand the active assisted range of motion exercises prescribed by healthcare professionals, for example, <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 skill required for active assisted range of motion exercises and the methods to use relevant tools and machinery, such as: <ul style="list-style-type: none"> ○ Sling exercise ○ Shoulder pulley ○ Shoulder ladder. • Understand the skills required to monitor and guide elderlies to perform active assisted range of motion exercises • Understand the techniques to document and report the training session clearly <p>2. Assisting elderlies to perform active assisted range of motion exercises</p> <p style="padding-left: 40px;">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 the 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 the equipment, ensure elderlies perform the exercises in a safe and comfortable environment, such as: <ul style="list-style-type: none"> ○ Assist elderlies to stay in correct posture, for example, lying supine or lying on one side

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

Functional Area - Clinical Care

	<ul style="list-style-type: none"> ○ Adjust the exercise equipment according to elderlies' heights and sizes, for example, the height of sling, and the length of shoulder pulley ● Assist elderlies to perform active assisted 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 ○ Use appropriate skills, assist elderlies to perform the standard movement and guide them in using the exercise equipment ○ Observe how elderlies perform; pay attention to their posture and movements, correct them and adjust according to their ability if necessary ○ Pay attention to elderlies' condition and their complaints during exercise, terminate the exercise immediately and report to healthcare professionals if they experience any discomfort ○ Remind elderlies not to overexert, in order to avoid harm to joints and tendon ○ Ensure elderlies complete the required amount of physical activity as prescribed by healthcare professionals ● Observe the effectiveness of the exercises and take note of elderlies' conditions upon completing active assisted 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 assisted 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 assistance and guidance patiently when assisting elderlies to perform active assisted range of motion exercises ● Monitor elderlies' conditions during the exercises, pay attention to their limits; ask them not to overexert 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 assisted range of motion exercises as prescribed by healthcare professionals; and ● Ability to monitor the process when elderlies perform active assisted 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 assisted range of motion exercises and report to healthcare professionals clearly
Remark	