

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

Functional Area - Clinical Care

Title	Assist Elderlies to Perform Passive range of motion Exercises
Code	106090L2
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 passive range of motion exercises as prescribed by healthcare professionals, and monitor the training process, so that elderlies can complete the exercises safely, boost the range of motion of their joints and prevent tendons from shortening.
Level	2
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on passive range of motion exercises</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 condition and level of mobility of elderlies • Understand the knowledge on passive range of motion exercises, including <ul style="list-style-type: none"> ○ Objectives of exercises ○ Principle of exercises ○ Safety and points to note • Understand the passive 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 skills to perform passive range of motion exercises and methods to use relevant equipment • Understand the skill to monitor the performance of passive range of motion exercises • Understand the techniques to document and report the training session clearly <p>2. Assisting elderlies to perform passive 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 relevant equipment and adjust them to the right position/setting for individual elderlies; ensure that both elderlies and staff are in a safe and comfortable environment when performing the exercise including: <ul style="list-style-type: none"> ○ Guide elderlies to stay in proper posture ○ Use curtain or screen to protect elderlies' privacy ○ Adjust the bed to a height convenient for employees to perform their work, and move elderlies close to employees themselves • Assist elderlies to perform passive range of motion exercises as prescribed by healthcare professionals including:

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	<ul style="list-style-type: none"> ○ Use appropriate skills to perform passive range of motion exercises ○ Correct or adjust the range of motion according to elderlies' ability and flexibility of the joints ○ Pay attention to elderlies' face complexion, complaints and responses during exercises, avoid overly stretching of joints ○ Terminate the exercise immediately if elderlies' experience any discomfort; report to healthcare professionals ○ 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 passive 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 exercises ○ Elderlies do not perform satisfactorily as required ○ Elderlies refuse to exercise ● Document all circumstances throughout the process when elderlies perform passive 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"> ● Offer proper assistance patiently when assisting elderlies to perform passive range of motion exercises ● Monitor elderlies' conditions during the exercises; pay attention to elderlies' responses and complaints; ensure their safety
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 passive range of motion exercises as prescribed by healthcare professionals; and ● Ability to monitor the process when elderlies perform passive 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 passive range of motion exercises and report to healthcare professionals clearly
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