

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

Functional Area - Clinical Care

Title	Assist in Applying Cold Therapy
Code	106095L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care services to elderlies. This competency involves the ability of analysis and make judgment. Employees are required to provide proper therapy to elderlies and ensure their safety according to the cold therapy prescribed by healthcare professionals for the elderlies.
Level	3
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on cold therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic principle and indications of cold therapy</li> <li>• Understand various tools for cold therapy and their use, such as: <ul style="list-style-type: none"> <li>○ Ice pack</li> <li>○ Crushed ice</li> <li>○ Ice stick</li> </ul> </li> <li>• Understand the procedures in providing cold therapy</li> <li>• Understand the precautions and contraindications in providing cold therapy</li> <li>• Understand the cold therapy prescribed for elderlies by healthcare professionals</li> </ul> <p>2. Provide cold therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Verify identity of elderlies and explain to them the procedures to be performed, their aims, expected feeling and what they can do to facilitate the procedures, in order to gain their consent and cooperation</li> <li>• Do the preparation work correctly according to the cold therapy prescribed for elderlies by healthcare professionals, such as: <ul style="list-style-type: none"> <li>○ Prepare the appropriate tools for cold therapy in the appropriate sizes</li> <li>○ Ensure no abnormalities in the tools for cold therapy</li> <li>○ Wrap the tools for cold therapy in a wet towel</li> <li>○ Assist and guide elderlies to stay in a correct and comfortable posture</li> <li>○ Expose elderlies' body parts only as necessary, and perform measures to protect their privacy</li> </ul> </li> <li>• Apply cold therapy on elderlies' body parts as required, stabilize the site and take note of the time</li> <li>• Monitor elderlies' condition during therapy, including <ul style="list-style-type: none"> <li>○ Ask them for any discomfort and handle immediately if any</li> <li>○ Remind elderlies not to fall asleep</li> <li>○ Observe elderlies skin for any abnormalities regularly</li> <li>○ Inform the healthcare professionals for follow-up actions when needed</li> </ul> </li> <li>• After the cold therapy, perform the post-therapy work, including <ul style="list-style-type: none"> <li>○ Look for any abnormalities at the site that received therapy</li> <li>○ Tidy up the tools for cold therapy</li> <li>○ Take care of elderlies, for example, tidy up their clothes and help them resume normal posture</li> <li>○ Clean the tools for cold therapy and store them in an appropriate place</li> <li>○ Inform the healthcare professionals to arrange further treatments</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"><li>• Document the procedures of cold therapy provided properly</li></ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"><li>• Monitor elderlies' condition during cold therapy and actively ask for their condition</li><li>• Follow strictly the arrangement of cold therapy prescribed for elderlies by healthcare professionals</li></ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"><li>• Ability to perform the proper procedures according to the cold therapy prescribed for elderlies by healthcare professionals, and</li><li>• Ability to monitor elderlies' condition during the therapy and inform healthcare professionals for follow-up actions when needed.</li></ul>
Remark	