

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

Unit of Competency is applicable across different functional areas

Title	Provide Foot Care
Code	106206L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care services to elderlies. The Competency should be performed under supervision, according to elderlies' foot conditions and the care procedures and guidelines of the institution, in order to provide foot care to elderlies, improve and prevent foot problems.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on foot care</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the foot care procedures and guidelines of the institution • Understand the foot conditions of individual elderlies • Understand the common foot problems among the elderly and ways to handle them, such as: <ul style="list-style-type: none"> ○ Skin abrasion ○ Fungal infection (Onychomycosis) ○ Tinea pedis ○ Ingrown toenails ○ Corns and calluses ○ Sweaty feet • Understand the prevention of foot problems, such as: <ul style="list-style-type: none"> ○ Choose proper footwear ○ Wear pure cotton socks and change them every day ○ Keep feet clean and dry ○ Avoid skin from drying out • Understand the assessment and advices by healthcare professionals regarding elderlies' foot conditions <p>2. Provide foot care</p> <p>Be able to</p> <ul style="list-style-type: none"> • Provide foot care to elderlies in day-to-day care according to the foot care procedures and guidelines of the institution, such as: <ul style="list-style-type: none"> ○ Clean both feet with warm water every day ○ Dry both feet thoroughly especially the spaces between the toes ○ Cut toenails for elderlies regularly ○ Apply body lotion onto feet after cleaning them to prevent skin from drying out ○ Help elderlies put on socks before wearing shoes, and change the socks every day ○ Prepare two pairs of shoes for elderlies to wear alternately ○ Advise elderlies against wearing sandals or slippers when going out ○ Check if elderlies' shoe sizes are of the right fit; suggest size change if needed • Provide appropriate foot care to elderlies according to their foot conditions, and the assessment and advices by healthcare professionals, such as: <ul style="list-style-type: none"> ○ Those having tinea pedis or fungal infection in the toenails should have ointment applied to affected areas; cutting infected nails should be avoided and the case should be referred to a podiatrist

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	<ul style="list-style-type: none"> ○ Those having sweaty feet may wrap each toe in gauze dressing to separate the toes ○ Those having corns and calluses should not remove the hard skin by themselves ● Report to healthcare professionals immediately when foot problems are observed in order to prevent the cases from worsening ● Document foot care measures provided to elderlies <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Provide foot care to elderlies with patience ● Examine foot conditions of elderlies carefully to identify their foot problems
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to perform foot care to elderlies in day-to-day care according to the relevant procedures and guidelines of the institution, so as to ease and prevent foot problems; and ● Ability to provide appropriate foot care to elderlies in accordance with their foot conditions, and assessment and advices from healthcare professionals.
Remark	