

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

Unit of Competency is applicable across different functional areas

Title	Follow up Elderly care after hospital discharge
Code	106218L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care service to elderlies. This Competency involves ability to make correct judgement. Employees are required to arrange appropriate medication and care for elderlies and update their medical record, according to their conditions after discharged from a hospital, in order to ensure they receive the care that fits their conditions most as an extension of what they received while hospitalized, and follow doctor's instructions.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderly post-discharge care</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the discharge documents of elderlies and their content, such as: <ul style="list-style-type: none"> <li>○ Discharge Summary</li> <li>○ Patient nursing notes</li> <li>○ Follow-up appointment card</li> <li>○ Appointment letter</li> <li>○ List of medication</li> </ul> </li> <li>• Understand elderlies' conditions when hospitalized, such as: <ul style="list-style-type: none"> <li>○ Tests, examinations and surgeries received</li> <li>○ Fever, unstable blood pressure</li> <li>○ Coma</li> <li>○ Assessment</li> <li>○ Medication arrangement</li> </ul> </li> <li>• Understand the special discharge arrangement for elderlies made by healthcare professionals in hospital, such as: <ul style="list-style-type: none"> <li>○ Follow-up in specialty wards</li> <li>○ Change in medication</li> <li>○ Referral</li> <li>○ Special meal arrangement</li> <li>○ Care arrangement</li> </ul> </li> </ul> <p>2. Follow-up with post-discharge care</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Monitor elderlies' conditions after discharge from hospital and check elderlies' body, such as: <ul style="list-style-type: none"> <li>○ Measure body temperature and blood pressure</li> <li>○ Facial condition and responses.</li> </ul> </li> <li>• Check discharge documents of elderlies to understand their conditions when admitted to hospital and when discharged</li> <li>• Arrange temporary isolated ward for elderlies if needed, to reduce the risk of contagion</li> <li>• Re-assess elderlies and adjust content of care plan</li> <li>• Update elderlies' medications instantly, prepare written record and update information on Medication Administration Record</li> <li>• Follow up with the special discharge arrangements for elderlies as required by healthcare professionals in hospital, such as: <ul style="list-style-type: none"> <li>○ Arrange a new date for follow-up medical appointment</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ New appointment booking</li> <li>○ Arrange special meals</li> <li>○ Arrange headcount to provide care service.</li> <li>● Ask relevant healthcare professionals to preform relevant assessments again and arrange care service for elderlies, such as: <ul style="list-style-type: none"> <li>○ Contact physiotherapist for assessment on the risk of fall or rehabilitation training for elderlies</li> <li>○ Contact nursing staff for a ripple bed to prevent deterioration of pressure sores.</li> </ul> </li> <li>● Inform elderlies' relatives about discharge arrangement</li> <li>● Closely monitor elderlies' conditions and report to healthcare professionals when needed</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>● Respect personal privacy of elderlies while checking their discharge documents</li> <li>● Accurately follow up with the discharge arrangements and care guidelines</li> <li>● Actively care for elderlies conditions, alleviate their discomfort and provide comfort</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 arrange appropriate therapies for elderlies according to their discharge conditions, to update medical record of elderlies; and</li> <li>● Ability to follow up with the special discharge arrangements for the elderlies and ensure they receive care as a continuation of what they received when hospitalized</li> </ul>
Remark	