

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

Functional Area - Clinical Care

Title	Execute Measures to Prevent Falls
Code	110781L2
Range	This Unit of Competency is applicable to practitioners who provide nursing services in the elderly care service industry. The application requires performing a range of tasks in predictable and structured working environments, and its execution requires understanding abilities and interpretation skills. Practitioners should be able to comply with the organization's falls prevention guidelines and recommendations by medical professionals, identify fall risks for the elderly persons, execute corresponding falls prevention measures for the service unit/center and the elderly's home, and provide appropriate guidance to the elderly persons, in order to reduce their risks of accidental falls.
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on falls prevention for the elderly persons</p> <ul style="list-style-type: none"> • Understand the basic knowledge of the organization's falls prevention guidelines and measures, and the causes of falls in the elderly persons • Understand the impact of a fall in the elderly • Understand the general falls prevention measures for the elderly persons, such as: <ul style="list-style-type: none"> ○ Improve home environment ○ Improve daily habits ○ Improve activity ability, etc. • Understand the fall risk assessment and falls prevention advices by medical professionals for the elderly persons <p>2. Execute measures to prevent falls</p> <ul style="list-style-type: none"> • Execute improvement measures in the home environment according to the assessment results and recommendations by medical professionals to prevent the elderly persons from falling, such as: <ul style="list-style-type: none"> ○ Tidy up the places that pose a risk to falls, such as: remove sundries, keep the ground dry, etc. ○ Utilize auxiliary tools, such as: armrests, shower chairs, walking aids, etc. ○ Utilize furniture of suitable height, such as: chairs, beds, etc. ○ Store commonly used items in places that are easily accessible to the elderly persons, etc. • Correct the elderly's inappropriate behaviors according to the falls risk assessment results by medical professionals, in order to prevent them from falling, such as: <ul style="list-style-type: none"> ○ Avoid wearing slippers and encourage them to wear non-slip shoes ○ Remind them to wear suitable glasses to improve their vision ○ Wear well-fitted clothes, footwear, etc. • Assist the elderly persons to improve their mobility and prevent falls, according to the mobility assessment results and recommendations by medical professionals, such as: <ul style="list-style-type: none"> ○ Instruct the elderly persons to exercise, improve joint function and strengthen the muscle strength of their lower limbs, so that their balance improves ○ Instruct the elderly persons with incontinence to perform pelvic floor exercises to reduce the risks of accidents ○ Instruct the elderly persons on the correct use of walking aids, etc. • Strengthen the elderly's awareness on falls prevention, provide appropriate guidance in their daily care, and observe their execution of fall prevention measures, such as:

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	<ul style="list-style-type: none"> ○ During daily work, monitor the living environment of the organization or the elderly's home, tidy up the places that pose a risk to falls, and report to relevant service units/centers for follow-up purposes, report to their family members as well if the elderly lives alone ○ Report to medical professionals, if the elderly is at a high risk of falling, so that they can perform assessments, etc. <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Strictly execute measures to prevent falls in order to reduce accidents and protect the elderly's safety ● Attend to the elderly's insights, the familiarity and adaptation to their living environments, in order to improve their confidence in preventing falls
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Able to execute corresponding environmental improvement measures according to the organization's falls prevention guidelines, in order to prevent the elderly persons from falling; and ● Able to comply with the falls prevention advices by medical professionals and assist in providing appropriate guidance to the elderly persons to reduce their risks of falling.
Remark	