

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

Functional Area - Clinical Care

Title	Manage Dyspnea
Code	110789L3
Range	This Unit of Competency is applicable to practitioners who provide community care services in the elderly care service industry. The application requires performing a broad range of tasks in familiar and some unfamiliar working environments, and its execution requires analytical skills. Practitioners should be able to assess and analyze the conditions of the elderly persons who suffer from dyspnea, according to the organization's guidelines and procedures on managing dyspnea, and provide appropriate treatment to protect the lives of the elderly persons and prevent deterioration.
Level	3
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on dyspnea</p> <ul style="list-style-type: none"> • Understand the organization's guidelines and procedures on managing dyspnea • Understand the basic anatomy and physiology of the respiratory system • Understand the causes, pathology and emotional reactions of dyspnea, such as: <ul style="list-style-type: none"> ○ Sensitivity, asthma, chronic obstructive pulmonary disease, heart failure, choking, phlegm obstruction, hyperventilation caused by anxiety, etc. • Understand the methods of assessing induced dyspnea, such as: <ul style="list-style-type: none"> ○ Ask for consultation, observe for other symptoms of discomfort, measure vital signs, etc. • Understand the methods to manage dyspnea, such as: <ul style="list-style-type: none"> ○ Different breathing methods, use of anti-asthmatic medications, oxygen inhalation, etc. <p>2. Manage dyspnea</p> <ul style="list-style-type: none"> • Comply with the organization's guidelines and procedures for managing elderly persons with dyspnea • Analyze the environment and the elderly's condition to determine the cause of dyspnea, such as: <ul style="list-style-type: none"> ○ Whether there is adequate ventilation, or allergenic irritants ○ Check for other discomforts, such as: fever, severe pain, cough and phlegm, chest discomfort, limb paresthesia, etc. ○ Measure the vital signs ○ Understand the elderly's medical history, etc. • Perform relieving methods according to the cause of dyspnea, such as: <ul style="list-style-type: none"> ○ Open doors and windows, use a small fan and loosen the collar of clothes ○ Remove allergens that cause dyspnea ○ Soothe the elderly's anxiety and panic ○ Instruct the appropriate breathing method ○ Use short-acting anti-asthmatic sprays as directed by their doctors in chronic obstructive pulmonary disease patients ○ Slightly increase the oxygen levels according to the guidelines in patients on home oxygen, etc. • If the elderly's condition is severe, or continues to be unrelieved, immediately notify medical professionals or call an ambulance according to the guidelines • Closely monitor the elderly's condition, regularly measure and record vital signs, and provide compassion

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	<ul style="list-style-type: none"> • Explain the incident to the ambulance men, the elderly's vital signs, the management methods performed, and record the arrival time of the ambulance • Document the entire process in detail and store appropriately <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Able to correctly assess and identify the elderly's dyspnea, and provide appropriate first aid treatment • Ensure the elderly's safety and privacy • Attend to the elderly's anxiety and discomfort, provide compassion and support
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to assess the elderly's dyspnea, analyze the cause and severity, and determine the need for immediate hospitalization; and • Able to comply with the organization's procedures and guidelines to manage dyspnea, and provide appropriate treatment methods, in order to protect the lives of the elderly and prevent deterioration.
Remark	Practitioners who perform this UoC possess knowledge on basic first aid.