

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

Functional Area - Clinical Care

Title	Provide Massage Therapy
Code	110796L3
Range	This Unit of Competency is applicable to practitioners who provide rehabilitation 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 perform safe and simple massage therapy prescribed by medical professionals for the elderly persons, so that they can relieve pain and muscle tension.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on massage therapy</p> <ul style="list-style-type: none"> • Understand the basic human anatomy, such as: <ul style="list-style-type: none"> ○ Meridian and acupuncture points ○ Skeletal system ○ Muscular system ○ Lymphatic system, etc. • Understand the principles, safety issues and contraindications of massage therapy • Understand the application of common massage techniques • Understand the content of massage therapy prescribed by medical professionals for the elderly persons, such as: <ul style="list-style-type: none"> ○ Massage area and proper posture ○ Massage technique and weight, including: sequence, applied technique, strength, and duration, etc. ○ Require massage oil or lotion ○ Safety precautions, etc. <p>2. Provide massage therapy</p> <ul style="list-style-type: none"> • Ensure the correct identity of the elderly, and explain the procedure, purpose, expected sensations, and provided assistance in order to obtain their consent and cooperation • Perform the correct preparations according to the massage therapy prescribed by medical professionals, including: <ul style="list-style-type: none"> ○ Prepare the environment and suitable tools, such as: massage oil, towels, pillows, massage beds, disposable covers, etc. ○ Therapist preparations, such as: hand hygiene, manage long nails, wear a mask as needed, etc. ○ Assist and guide the elderly persons to main a correct and comfortable posture ○ Appropriately expose the area and execute measures to protect the elderly's privacy ○ Observe for the elderly's skin abnormalities, such as: wounds, bruises, etc. • Provide massage therapy according to the technique and quantity prescribed by medical professionals, such as: <ul style="list-style-type: none"> ○ Apply massage oil or moisturizing lotion as needed ○ Warm up the area with appropriate techniques ○ Use techniques in order, such as: use light to heavy techniques to gradually massage the area, etc. ○ Avoid pressing certain areas that are likely to cause injuries, such as: areas with lesser muscles, etc. • Monitor the condition of the elderly's therapy, such as:

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	<ul style="list-style-type: none"> ○ Ask the elderly whether the strength applied is appropriate and whether it needs to be adjusted ○ Ask whether the elderly is uncomfortable ○ Ask if the elderly needs to switch positions in order to stay comfortable and relaxed, etc. ● Appropriately record to condition of the elderly's massage therapy, and report to medical professionals, such as: <ul style="list-style-type: none"> ○ The area of the completed massage therapy, and adjustments during the therapy ○ The elderly's performance and feedback, such as: pain reduction, satisfaction, etc. <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Strictly comply with the massage therapy prescribed by medical professionals for the elderly persons, prepare and explain before the massage therapy to ensure that they can undergo therapy safely and relaxed ● Ensure the privacy of the elderly persons are protected during the therapy
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Able to follow the massage therapy prescribed by medical professionals for the elderly persons, adequately prepare, and use the correct skills and techniques to provide appropriate massage therapy; ● Able to monitor the elderly persons receiving massage therapy, and make adjustments according to their conditions; and ● Able to appropriately record the content of the massage therapy received by the elderly persons, and clearly report to medical professionals.
Remark	