

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

Functional Area - Clinical Care

Title	Assist in Swallowing Exercises
Code	110797L3
Range	This Unit of Competency is applicable to practitioners who provide swallowing exercises 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 provide related swallowing exercises according to the organization's guidelines, and be able to report relevant situations to medical professionals.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on swallowing exercises</p> <ul style="list-style-type: none"> • Explain the importance of eating and swallowing on life • Explain the process of eating and swallowing properly • Explain the groups at risk of dysphagia • Explain the symptoms of common swallowing disorders • Explain the sequelae of dysphagia • Clarify the intervention strategies for swallowing exercises, such as: <ul style="list-style-type: none"> ○ Functional intervention ○ Environmental intervention ○ Auxiliary intervention, etc. • Explain the processes of swallowing exercises, such as: <ul style="list-style-type: none"> ○ Receive referrals ○ Prepare the environment, equipment, documents ○ Provide training ○ Documentation recording and reporting, etc. • Summarize the possible reactions during swallowing exercises • Predict the case's progress on swallowing ability <p>2. Provide swallowing exercises</p> <ul style="list-style-type: none"> • Check the list of participants for swallowing exercises, such as: <ul style="list-style-type: none"> ○ Before training, introduce yourself and your intentions ○ Check the names of the participants, etc. • Plan the tools needed for training, such as: <ul style="list-style-type: none"> ○ Worksheet for training ○ Equipment for swallowing exercises, and understand the methods to operate them, such as: tongue depressors, professional equipment, etc. • Organize the training environment, such as: <ul style="list-style-type: none"> ○ Reduce interference from the surrounding environment ○ Choose the right light source and provide auxiliary tools for participants with hearing impairment, etc. • Ensure the performance quality during training, such as: <ul style="list-style-type: none"> ○ Training with the aid of worksheets ○ Correctly operate the training equipment, and monitor the performance of participants ○ Assist medical professionals in providing training ○ Determine abnormal conditions and report accordingly, etc. • Report the training to medical professionals, such as: <ul style="list-style-type: none"> ○ Report on the training exercise, location, time and performance

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	<ul style="list-style-type: none">○ Report abnormal conditions during training, etc. <p>3. Exhibit professionalism</p> <ul style="list-style-type: none">• Strictly comply with the instructions by medical professionals on swallowing exercises, and prepare the necessary tools to provide appropriate training• Identify the abnormal conditions during training and report to medical professionals
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none">• Able to correctly perform swallowing exercises according to the instructions by medical professionals, and make reports accordingly.
Remark	