

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

Functional Area - Clinical Care

Title	Perform Fall Risk Assessment
Code	110800L5
Range	This Unit of Competency is applicable to practitioners who provide clinical care or rehabilitation services in the elderly care service industry. The application requires the demonstration of in-depth expertise or theoretical knowledge in a range of technical, professional or managerial working environments, and its execution requires careful thinking, critical analysis and decision-making skills. Practitioners should be able to comply with the organization's fall prevention guidelines and identify various factors that causes falls in the elderly persons, perform corresponding fall risk assessment, analyze the assessment results, make appropriate recommendations, and write fall risk assessment reports.
Level	5
Credit	9 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on fall risk assessment</p> <ul style="list-style-type: none"> <li>• Understand the external and internal causes of falls in the elderly persons, including: <ul style="list-style-type: none"> <li>○ External causes: wet and slippery floors, uneven surfaces, obstacles, unsuitable chairs or stools, home environment, facility safety, maintenance and use of walking aids or wheelchairs, etc.</li> <li>○ Intrinsic causes: unclear vision, weakened balance, drug influence, etc.</li> </ul> </li> <li>• Understand the methods of assessing the elderly's physical function</li> <li>• Understand the objective and standardized assessment forms for assessing the risk of falls in the elderly persons, such as: <ul style="list-style-type: none"> <li>○ Morse fall scale</li> <li>○ Johns Hopkins fall risk assessment tool for home health care</li> <li>○ Berg Balance Scale</li> <li>○ Time up and go test</li> <li>○ Postural sway test, etc.</li> </ul> </li> <li>• Understand the statistical records of the falls of the elderly persons in the service unit/center, such as: <ul style="list-style-type: none"> <li>○ Personal data and medical records of the elderly persons who fell</li> <li>○ Details of the fall incident, such as: time, location, activities at the time of the incident, injury, treatment methods, etc.</li> </ul> </li> <li>• Understand the organization's clinical guidelines and standard requirements for the assessment and prevention of falls</li> <li>• Understand the methods and techniques of analyzing the results of fall risk assessments</li> <li>• Understand the methods of recording the results of fall risk assessments</li> </ul> <p>2. Perform risk fall assessment</p> <ul style="list-style-type: none"> <li>• Assess the fall risks of the elderly persons, especially those who are newly admitted, discharged from hospital, and weakened, including: <ul style="list-style-type: none"> <li>○ Intrinsic factors, such as: age, vision, fall records, activity ability, cognitive ability, medication records, incontinence, balance ability, psychological factors, etc.</li> <li>○ External factors, such as: whether there are slippery, uneven floors, obstructions, the height of chairs or stools, safety of the environment and facilities, the maintenance and use of walking aids or wheelchairs, restraints, such as: urinary catheters, nasal cannulas, etc.</li> </ul> </li> <li>• Correctly use the appropriate scales/scores to identify and determine the elderly persons at risk of falls</li> </ul>

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	<ul style="list-style-type: none"> <li>• Observe and assess the physical conditions and environment of the elderly persons during the daily nursing and care work of staff, and pay attention to potential fall risks</li> <li>• Analyze the degree of fall risks in the elderly persons, and the high-risk factors that cause falls, and make appropriate recommendations</li> <li>• Able to record detailed assessment results and appropriately store them for reference purposes when developing fall prevention plans</li> <li>• Able to regularly perform assessments for the elderly persons in need, and ensure their fall risks are continuously monitored</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Objectively and accurately assess the elderly's fall risk</li> <li>• Able to write fall risk assessment reports and make appropriate recommendations</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>• Able to assess various factors that cause falls in the elderly persons according to the organization's guidelines and procedures for assessing fall risks;</li> <li>• Able to correctly utilize appropriate scales to accurately assess in detail the elderly's fall risks; and</li> <li>• Able to write fall risk assessment reports, and make appropriate recommendations for the elderly persons.</li> </ul>
Remark	