

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

Functional Area - Clinical Care

Title	Follow-up on the Health Conditions of Elderly Persons with Chronic Diseases
Code	110802L4
Range	This Unit of Competency is applicable to practitioners who provide community care services in the elderly care service industry. The application requires performing skilled tasks in familiar and some new working environments, and its execution requires analytical and decision-making skills. Practitioners should be able to provide continuous monitoring of the condition changes of the elderly persons with chronic diseases in the community, according to the guidelines of their care plans, and report in a timely manner, in order to ensure their health conditions are appropriately followed-up.
Level	4
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the follow-up of the elderly persons with chronic diseases</p> <ul style="list-style-type: none"> • Understand the common chronic diseases in the elderly persons, such as: their symptoms, complications, treatment and care plans, etc. • Understand the elderly's personal care plans, such as: <ul style="list-style-type: none"> ○ Medical history, medication records ○ Special care arrangements ○ Symptoms or indicators for follow-up and monitoring, etc. • Understand the health goals of the elderly persons with chronic diseases • Understand the methods to follow-up chronic diseases • Understand the use of equipment and scales • Understand the records and reports of health conditions <p>2. Follow-up on the health conditions of the elderly persons with chronic diseases</p> <ul style="list-style-type: none"> • Establish good relationships with the elderly persons, according to the guidelines of their care plans and the needs of their chronic diseases, in order to effectively follow-up their conditions • Review the special arrangements made by medical professionals for the elderly persons with chronic diseases, and monitor their cooperation and progress, such as: <ul style="list-style-type: none"> ○ Medication and care instructions ○ Special diet instructions by the dietician ○ The therapist's vital lung capacity training, etc. • Perform regular physical examinations for the elderly persons, to assess their health conditions, such as: <ul style="list-style-type: none"> ○ Measure vital signs ○ Complexion ○ Skin conditions, etc. • Regularly inspect for the symptoms and indexes of chronic diseases, in order to determine the control of the disease, such as: <ul style="list-style-type: none"> ○ Glycemic index of elderly persons with Diabetes Mellitus ○ Daily weight, water intake and urine output of elderly persons with chronic renal failure ○ Blood pressure, lower limb oedema, and the frequency of the use of glyceryl trinitrate (GTN) sublingual tablets or sprays in the elderly persons with chronic heart failure, etc. ○ Review the operating procedures of the newly learned self-examination equipment, etc.

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	<ul style="list-style-type: none"> • Regularly discuss the effectiveness of the elderly's health goals, adjust and follow-up appropriately, and report in a timely manner, such as: <ul style="list-style-type: none"> ○ Add observation items ○ Adjust the follow-up frequency, etc. • Record the follow-up process, symptom observation and inspection data in detail, and provide them to medical professionals for reference purposes <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Follow-up the health conditions of the elderly persons with chronic diseases according to the guidelines made by medical professionals • Accurately perform symptom observation and physical examinations according to the needs of the elderly persons with chronic diseases and the guidelines of their care plans • Identify condition changes of the elderly persons with chronic diseases, according to their symptoms and indexes, make adjustments to their care plans, and report in a timely manner
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to provide continuous monitoring of the condition changes of the elderly persons with chronic diseases in the community, according to the guidelines of their care plans, in order to ensure their health conditions are appropriately followed-up.
Remark	