

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

Functional Area - Clinical Care

Title	Monitor the Quality of Self-Health Management of the Elderly Persons
Code	110804L5
Range	This Unit of Competency is applicable to practitioners who provide community care 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 monitor the execution of self-health management of the elderly persons, according to their needs and the established plan, in order to ensure its effectiveness and improve the elderly's quality of health.
Level	5
Credit	5 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the quality of self-health management of the elderly persons</p> <ul style="list-style-type: none"> <li>• Understand the content of self-health management of the elderly persons</li> <li>• Understand the development and execution of the elderly persons' self-health management plans</li> <li>• Understand the methods of collecting data on the effectiveness of self-health management</li> <li>• Understand the methods and related criteria to monitor the quality of self-health management, such as: re-admission rate, emergency service utilization rate, self-efficacy scale, etc.</li> <li>• Understand the methods of analyzing the monitoring results and identify deficiencies</li> <li>• Understand the knowledge to improve the quality of self-health management</li> <li>• Understand the format and skills of writing inspecting reports</li> </ul> <p>2. Monitor the quality of self-health management of the elderly persons</p> <ul style="list-style-type: none"> <li>• Assess the progress and effectiveness data of the elderly's self-health management according to their plans</li> <li>• Regularly analyze data and observe the elderly persons to review the health management conditions, such as: degree of disease control, changes in medications, etc.</li> <li>• Measure the progress and quality of health management using quantitative data, such as: <ul style="list-style-type: none"> <li>○ Use the number of re-admissions to reflect on the effectiveness of self-disease management</li> <li>○ Use the self-efficacy scale to measure the improvement of self-health management ability</li> </ul> </li> <li>• Collect opinions from the elderly and related staff, identify the causes that affect the progress of self-health management, and suggest corresponding solutions</li> <li>• In response to the changes in the elderly's health management needs, integrate and analyze the data, adjust the contents, ensure that the executed self-health management plan still meets their needs, and write reports accordingly</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Effectively assess and monitor the progress of the elderly's self-health management and quality of health</li> </ul>

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	<ul style="list-style-type: none"><li>Comprehensively analyze the progress and effectiveness of the elderly's self-health management, maintain objective and respectful attitudes towards the values and autonomy of the elderly, and adjust the plan's contents to meet their needs</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 monitor the execution and assess the effectiveness of self-health management of the elderly persons; and</li><li>Able to amend the content of the self-health management plan according to the assessment results, in order to improve the elderly's quality of health.</li></ul>
Remark	