

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

Functional Area - Common

Title	Utilize Non-Pharmaceutical Therapy to Relieve Pain
Code	110914L4
Range	This Unit of Competency is applicable to practitioners who provide elderly care and clinical 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 understand the physical conditions and pain of the elderly, and provide appropriate non-pharmaceutical therapy prescribed by medical professionals, in order to relieve pain and improve their quality of life.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on palliative care and non-pharmaceutical therapy</p> <ul style="list-style-type: none"> <li>• Understand the purpose and benefits of palliative care, such as: <ul style="list-style-type: none"> <li>○ Relieve physical pain and emotional distress</li> <li>○ Provide comprehensive care, including the four pillars of life, such as: body, mind, social and spirit</li> <li>○ Reduce the use of invasive treatments, etc.</li> </ul> </li> <li>• Understand the physical and psychological effects of pain on the elderly, such as: <ul style="list-style-type: none"> <li>○ Activity restrictions</li> <li>○ Insomnia</li> <li>○ Emotional problems, such as: pessimism, symptoms of depression, etc.</li> <li>○ Loss of appetite, etc.</li> </ul> </li> <li>• Understand the types and effects of non-pharmaceutical therapy for pain relief, such as: <ul style="list-style-type: none"> <li>○ Physiotherapy, using physical methods to relieve pain and relax the muscles, etc.</li> <li>○ Massage therapy, relaxes muscles and improves the quality of sleep</li> <li>○ Acupuncture therapy, using acupoint stimulation to relieve pain</li> <li>○ Rehabilitation and orthopedic aids, etc., improves the stress on joints and muscles by biomechanics and transferring force</li> <li>○ Divert attention and avoid over-focusing on personal symptoms</li> <li>○ Cognitive behavioral therapy, changes the elderly's ways of thinking, thereby regulating the elderly's feelings and responses to chronic pain</li> <li>○ Music therapy, relieves pain and emotions of depression, etc.</li> </ul> </li> <li>• Understand the non-pharmaceutical therapy prescribed by medical professionals to relieve the elderly's pain</li> <li>• Understand the methods to assess pain and emotions</li> </ul> <p>2. Utilize non-pharmaceutical therapy to relieve pain</p> <ul style="list-style-type: none"> <li>• Review the contents of the elderly's individual care plans to understand their physical and pain conditions, such as the: <ul style="list-style-type: none"> <li>○ Degree and nature of pain</li> <li>○ Location of pain</li> <li>○ Causes of pain and medical history</li> <li>○ Mobility and endurance</li> <li>○ Negative emotional and behavioral influences, etc.</li> </ul> </li> <li>• Assist in providing the elderly's designated non-pharmaceutical therapy prescribed by medical professionals for relieving pain</li> <li>• Actively attend to the elderly's conditions, listen attentively, and relieve their emotions</li> </ul>

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	<ul style="list-style-type: none"> <li>• Encourage the elderly to participate in other groups or recreational activities, divert their attention, prevent focusing on the pain, and avoid increasing negative influences</li> <li>• Continuously monitor the progress of non-pharmaceutical therapy, and review the effectiveness of treatments, such as: <ul style="list-style-type: none"> <li>○ Changes in the degree of pain</li> <li>○ Emotional change</li> <li>○ Utilize objective assessment tools to measure the effectiveness, etc.</li> </ul> </li> <li>• Appropriately adjust the intervention methods according to the review results, in order to achieve the best therapy effectiveness</li> <li>• Refer elderly to other medical professionals as needed, such as: physiotherapists, traditional Chinese medicine practitioners, orthopedics, occupational therapists, etc., in order to provide them with further assessment and other non-pharmaceutical therapies, such as: <ul style="list-style-type: none"> <li>○ Nerve stimulation therapy</li> <li>○ Acupuncture, massage therapy</li> <li>○ Rehabilitation and orthopedic aids</li> <li>○ Cognitive behavioral therapy</li> <li>○ Music therapy, etc.</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Strictly execute non-pharmaceutical therapy prescribed by medical professionals to relieve the elderly's pain</li> <li>• Able to show empathy, listen attentively, respect the elderly's choice of non-pharmaceutical therapy, and consider their family and cultural backgrounds</li> <li>• Understand that certain non-pharmaceutical therapies are restricted to the use of medical professionals only</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 provide appropriate non-pharmaceutical therapy according to the elderly's physical condition and degree of pain, as well as the prescription to relieve pain; and</li> <li>• Able to continuously monitor the progress of non-pharmaceutical therapy, make adjustments and referrals as needed, in order to relieve the elderly's pain and improve their quality of life.</li> </ul>
Remark	