

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

Functional Area - Clinical Care

Title	Measure Vital Signs
Code	105995L2
Range	This Unit of Competency is applicable to employees in the Elderly Care Industry who are engaged in clinical care. Employees should perform this Competency with medical devices under supervision and acquire the proper skills to measure the vital signs of elderlies accurately and evaluate their health conditions.
Level	2
Credit	7 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Basic knowledge relevant to vital signs measurement</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the definition and content of vital signs including: <ul style="list-style-type: none"> <li>○ Breathing rate</li> <li>○ heart rate</li> <li>○ Blood pressure</li> <li>○ Body temperature</li> <li>○ Blood oxygen level</li> <li>○ Level of pain on pain scale</li> </ul> </li> <li>• Understand the proper way to measure vital signs accurately such as: <ul style="list-style-type: none"> <li>○ Breathing rate: by observation</li> <li>○ Heart rate: by feeling the radial pulse or carotid pulse, or by listening to the apical pulse with a stethoscope</li> <li>○ Blood pressure: by using electronic blood pressure machine (arm and wrist), or mercury column sphygmomanometer</li> <li>○ Body temperature: by taking tympanic membrane, oral, forehead, or axillary measurement.</li> </ul> </li> <li>• Understand the infection prevention measures to be taken when measuring vital signs, such as: <ul style="list-style-type: none"> <li>○ Use protective suits, gloves, masks</li> <li>○ Wash hands properly</li> <li>○ Take disinfection measures</li> </ul> </li> <li>• Understand the medical devices and how to use them to measure vital signs</li> </ul> <p>2. Measuring vital signs</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Measure vital signs for the elderlies at regular intervals depending on their individual needs</li> <li>• Follow infection prevention measures adopted by the institution as needed before the measurement, such as: <ul style="list-style-type: none"> <li>○ Wear personal protective equipment including protective suits, masks and gloves, when handling highly infectious cases</li> <li>○ Wash hands thoroughly before and after contact with elderlies</li> </ul> </li> <li>• Ensure the medical devices are operating properly</li> <li>• Verify the identity of elderlies before the measurement; explain the procedures of measurements and how they can facilitate proper measurements, so that they are more likely to cooperate and comply</li> <li>• Before measurement, refer to each elderly's previous vital sign figures as benchmark and check if the readings are beyond the normal range for each elderly</li> </ul>

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

Functional Area - Clinical Care

	<ul style="list-style-type: none"> <li>• Let the elderly take a comfortable position before measurement, such as sitting on a chair with armrest and backrest, or lying supine</li> <li>• Dispose single-use items, such as thermometer probe covers and gloves, in specified waste bin after use</li> <li>• Protect elderlies' privacy and prevent unnecessary exposure of body parts</li> <li>• Record the results on the vital signs chart accurately and report to supervisors for any abnormality</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• During measurement of vital signs, ensure the accuracy of the measurement, respect and protect elderlies' privacy</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>• Ability to perform timely vital signs measurements for elderlies under supervision and document the readings accurately; and</li> <li>• Adherence to infection prevention measures; ability to measure vital signs for elderlies while respecting them and protecting their privacy.</li> </ul>
Remark	