

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

Functional Area - Clinical Care

Title	Implement Fall Prevention Measures
Code	106009L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care service to the elderlies. The Competency should be performed under supervision and in accordance with the advice given by healthcare professionals and relevant guidelines of the institution, in order to detect the elderlies' risk of fall, implement relevant fall prevention measures, and provide proper guidance to the elderlies to reduce the risk of fall.
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on elderly fall prevention</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the fall prevention guidelines and measures adopted by the institution</li> <li>• Understand the extrinsic and intrinsic causes of fall among the elderly including: <ul style="list-style-type: none"> <li>○ Extrinsic causes: wet floor, uneven floor surface, obstacles on floor, chair of improper design, blurred vision, impaired sense of balance, influences of medications, .</li> <li>○ Intrinsic causes: safety level of care home environment and facilities, maintenance and usage of walking aids and wheelchairs</li> </ul> </li> <li>• Understand the consequences of fall among the elderly and general measures for fall prevention</li> <li>• Understand the risk assessment and fall prevention advice given by healthcare professionals</li> </ul> <p>2. Implement fall prevention measures</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Implement measures to improve the environment to prevent the elderlies from falling according to the fall prevention guidelines of the institution <ul style="list-style-type: none"> <li>○ Clear areas with risk factors for falls, such as clearing any object that blocks the way, and keeping the floor dry.</li> <li>○ Provide tools and devices to enhance safety, such as installing handrails, providing bathing chair.</li> <li>○ Use furniture of suitable heights, such as chairs, stools and beds.</li> <li>○ Place the frequently used items at convenient places for easy access by the elderlies</li> </ul> </li> <li>• Correct any improper behaviours of the elderlies that may increase the risk of fall according to the risk assessment results provided by healthcare professionals, such as: <ul style="list-style-type: none"> <li>○ Encourage elderlies to wear anti-slip footwear instead of slippers</li> <li>○ Remind elderlies to put on their glasses for a clear vision</li> <li>○ Wear appropriate clothing and footwear</li> <li>○ Teach elderlies to use walking aids properly.</li> </ul> </li> <li>• Arouse elderlies' awareness on fall prevention, provide appropriate guidance and observe how well they perform in terms of fall prevention in daily nursing care, such as: <ul style="list-style-type: none"> <li>○ Monitor the living environments of elderlies, clear the areas with falling risks in daily routines, and report to the responsible unit(s) for follow up. If elderlies reside in the community, report the situations to their family</li> <li>○ Report to healthcare professionals for assessment if the elderly has high risk of fall</li> </ul> </li> </ul>

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	<p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"><li>• Implement fall prevention measures strictly to prevent accidents and ensure safety of the elderlies</li><li>• Be mindful of the elderlies' understanding of themselves, and their familiarity with the environment or their adaptation to the environment, so as to boost their confidence of preventing falls</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 follow the institution's guidelines on fall prevention; to implement corresponding improvement measures on the environment to prevent the elderlies' from falling; and</li><li>• Ability to offer help and guidance to the elderlies to perform relevant fall prevention measures according to the advice of healthcare professionals; so as to reduce the risk of fall.</li></ul>
Remark	