

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

Functional Area - Clinical Care

Title	Provide Physical Check-up
Code	106016L5
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide clinical care to elderlies. This Competency involves the ability to analyse information critically and perform assessment. Employees are required to assess the physiological health conditions of elderlies by conducting professional and standardized examinations, analyse the results of physical check-up, in a view to identify health problems and provide appropriate guidance, as well as to write physiological health assessment reports for elderlies.
Level	5
Credit	9 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Basic knowledge on physical check-up for elderly</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the impact of ageing on elderlies' physiological systems and their symptoms • Understand the common diseases among elderlies and their symptoms • Understand how various diseases impact the physiological systems, such as: <ul style="list-style-type: none"> ○ Diabetes affects nerves and blood vessels, and could cause foot ulceration ○ Stroke causes paralysis of half of the body. • Understand various standard methods, skills and theories of body check • Understand the skills for interpreting body check results • Understand the methods of writing physiological health assessment report, including word choices, perspectives, principles and applications <p>2. Perform physical check-up</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Perform physical check-up for elderlies systematically from head to toe using appropriate examination skills • Perform examinations to pinpoint a certain system or organ when results are abnormal • Analyse the assessment result comprehensively and identify elderlies' health problem • Provide appropriate guidance and recommendations according to the specific health problem of elderlies • Refer the case to appropriate healthcare services for further check-up or treatment • Write comprehensive health assessment reports and explain clearly to elderlies <p>3. Exhibit professionalism</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Respect and protect personal privacy of elderlies when providing physical check-up • Respect elderlies' right of choice without forcing them to receive examinations • Ensure the assessment and examination skills used are up to the latest standard • To cope with the special needs and body conditions of elderlies, perform long- term follow-up check-ups for comparison
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to apply various methods of physical check-up correctly with professional knowledge and skills, provide physical check-up to elderlies systematically; and • Ability to analyse elderlies' health conditions with professional knowledge, provide appropriate guidance, and draft health assessment report.

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Remark	Employees implementing this unit of competency are supposed to have knowledge on the ageing process of elderlies, common chronic diseases among the elderly and their impacts on physiological systems.
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