

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

Functional Area - Clinical Care

Title	Collect Sterile Urine Specimen
Code	106039L4
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 of critical analysis and assessment. Employees are required to assess the urinary condition of elderlies, accurately collect sterile urine specimens from them, properly handle the specimens, and monitor the possible complications after the collection so as to help diagnose elderlies' diseases .
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Basic knowledge of sterile urine specimen collection</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understanding the anatomy of urinary system and microbiology, for example: <ul style="list-style-type: none"> <li>○ Structure of the urinary system</li> <li>○ Principle of bacterial growth</li> <li>○ Factors affecting bacterial growth</li> </ul> </li> <li>• Understand the common types of tests for sterile urine specimen such as: <ul style="list-style-type: none"> <li>○ Microscopy</li> <li>○ Bacterial culture.</li> </ul> </li> <li>• Understand factors affecting collection of urine specimens from urinary catheters such as: <ul style="list-style-type: none"> <li>○ Enlarged prostate</li> <li>○ Urethral stricture.</li> </ul> </li> <li>• Understand the relevant preparatory work before collecting sterile urine specimens such as: <ul style="list-style-type: none"> <li>○ Check the doctor's instructions on sterile urine collection</li> <li>○ Check if elderlies are taking any medication, for example, antibiotics</li> </ul> </li> <li>• Understand the tools used in collecting sterile urine specimens such as: <ul style="list-style-type: none"> <li>○ Different types of single-use urinary catheters, such as: straight-tip urinary catheter, curved-tip urinary catheters</li> <li>○ Different types of sample tubes, for example, with/without boric acid component tubes</li> <li>○ equipment for transportation of urine specimens</li> </ul> </li> <li>• Understand the infection control measures associated with collecting sterile urine samples</li> <li>• Understand the proper skills to collect sterile urine samples using urinary catheter</li> <li>• Understand the possible risks and complications in taking sterile urine samples</li> <li>• Understand how to deal with complications that arise from taking sterile urine samples</li> <li>• Understand the procedures and method used to transport urine specimens</li> <li>• Understand the proper method to document the process of taking sterile urine sample</li> </ul> <p>2. Collection of sterile urine specimens</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Check doctor's instruction on taking sterile urine samples including: <ul style="list-style-type: none"> <li>○ Time</li> <li>○ Type of test to be conducted</li> <li>○ Whether elderlies are taking any medication</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Assess the conditions of elderlies' urethras and according to the purpose of types of testing, select the appropriate tools for collection, such as: <ul style="list-style-type: none"> <li>○ Suitable catheter</li> <li>○ Urine specimen tubes</li> </ul> </li> <li>• Perform related infection control measures, including: <ul style="list-style-type: none"> <li>○ Perform proper hand washing procedures</li> <li>○ Use Personal Protective Equipment</li> <li>○ Handle and dispose of used appliances properly</li> </ul> </li> <li>• Check the identity of elderlies and explain the procedures to them to acquire their consent and cooperation</li> <li>• Take measures to protect elderlies' privacy, help or guide elderlies to stay in a proper posture, minimize the discomfort during urine collection</li> <li>• Check the type of test and urine specimen tube and use aseptic technique to perform the process, including: <ul style="list-style-type: none"> <li>○ Disinfect the private parts and urethral opening</li> <li>○ Use a water-soluble lubricant</li> <li>○ Insert the catheter into the urethra up to the bladder .</li> </ul> </li> <li>• Properly handle the urine specimens such as: <ul style="list-style-type: none"> <li>○ Use aseptic technique to put the urine into an appropriate test tube</li> <li>○ Store at the proper temperature</li> <li>○ Use the correct method to transport specimens with anti-leakage devices</li> </ul> </li> <li>• Monitor the possible complications after collection, such as pain and urinary tract bleeding</li> <li>• Properly label the urine specimens such as name, date and laboratory test required.</li> <li>• Properly record the collection process, date, time and type of test to be performed</li> <li>• If complications are caused by urine collection, attend to the case immediately and refer the case to the doctors for follow-up action</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Perform the urine collection according to the evidence-based guidelines</li> <li>• Protect elderlies' privacy and minimise their discomfort during the urine collection process</li> <li>• Be mindful of the anxiety and discomfort experienced by elderlies, provide comfort and support</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 identify the purpose and type of collection and select the appropriate tools and method;</li> <li>• Ability to perform the procedures in collecting sterile urine samples and properly handle them; and</li> <li>• Ability to record the process of taking sterile urine samples, monitor and handle any complication that may arise after collection.</li> </ul>
Remark	<p>This Unit of Competency is currently practiced by the enrolled nurses and registered nurses with professional and valid licenses.</p>