

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

Functional Area - Clinical Care

Title	Perform Urinary Incontinence Care
Code	106047L2
Range	This Unit of Competency is applicable to employees in the elderly care services industry who provide clinical care to elderlies. Employees are required to provide urinary incontinence care under supervision according to the relevant guidelines and protocols of the institution, in conjunction with incontinence training plan and care plan designed by healthcare professionals, in order to minimize the negative impact of urinary incontinence and improve elderlies' quality of life
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on urinary incontinence care</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the definition of urinary incontinence, the types and causes</li> <li>• Understand the negative impacts of urinary incontinence, for example: <ul style="list-style-type: none"> <li>○ mental health</li> <li>○ social well-being</li> <li>○ conditions of the skin</li> </ul> </li> <li>• Understand the skills to implement bladder training</li> <li>• Understand the methods to use different types of toileting equipment, including: <ul style="list-style-type: none"> <li>○ commodes</li> <li>○ spill-proof urinals</li> </ul> </li> <li>• Understand the use of different types of incontinence products, including: <ul style="list-style-type: none"> <li>○ incontinence pants</li> <li>○ diapers</li> </ul> </li> <li>• Understand the relevant urinary incontinence care guidelines</li> </ul> <p>2. Provide urinary incontinence care</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Conduct training procedures properly as designed by healthcare professionals according to the assessment results of elderlies incontinence condition, such as <ul style="list-style-type: none"> <li>○ prompted voiding</li> <li>○ schedule toileting</li> <li>○ bladder training</li> <li>○ habit training .</li> </ul> </li> <li>• Provide elderlies with appropriate toileting equipment and incontinence products and help elderlies use them</li> <li>• Provide proper skin care to those who are using diapers, for example: <ul style="list-style-type: none"> <li>○ apply barrier cream</li> <li>○ use skin cleansers with moisturizing ingredients</li> </ul> </li> <li>• Document properly the procedure performed, and the condition of the urine, including the volume and colour</li> </ul> <p>3. Exhibit professionalism</p> <p style="padding-left: 40px;">Be able to</p>

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	<ul style="list-style-type: none"><li>• Provide proper urinary incontinence care according to the relevant guidelines and protocols of the institution, and incontinence training programme designed by healthcare professionals</li><li>• Protect the privacy of elderlies and maintain their dignity</li><li>• Be mindful of the anxiety and discomfort caused by the procedure and offer support and comfort</li><li>• Strengthen the self-care ability of elderlies and promote their confidence</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 provide proper incontinence training according to the guidelines of the institution and instructions of healthcare professionals;</li><li>• Ability to provide appropriate incontinence products to elderlies and help elderlies use them; to provide urinary incontinence care; and</li><li>• Ability to document the procedure performed and the condition of the urine.</li></ul>
Remark	