

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

Functional Area - Clinical Care

Title	Prevent Pressure Sores
Code	106052L2
Range	This Unit of Competency is applicable to employees in the elderly care services industry who provide clinical care to elderlies. This Competency applies to day-to-day working environment. Employees are required to take suitable measures to prevent and reduce the risk of developing pressure sores among elderlies according to relevant guidelines and protocol of the institution and the personal basic care plans of individual elderlies.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Knowledge on pressure sores</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the relevant clinical guidelines and protocols of the institution regarding pressure sores prevention • Understand the causes of pressure sores, including intrinsic and extrinsic factors • Understand the common sites of pressure sores development • Understand the stages of pressure sores development and the associated complications • Understand the principle to prevent pressure sores, for example: <ul style="list-style-type: none"> ○ reduce localized pressure on skin ○ avoid shearing force and frictional force on skin ○ provide day-to-day skin care ○ monitor the skin condition of elderlies continuously • Understand the needs of care for pressure sores prevention in different individuals' personal basic care plans. <p>2. Prevention of pressure sores</p> <p>Be able to</p> <ul style="list-style-type: none"> • Monitor elderlies skin condition during day-to-day care according to the relevant guidelines and protocol of the institution • Apply principles of pressure sores prevention in daily care, for example: <ul style="list-style-type: none"> ○ assist elderlies to change position and turn their bodies regularly ○ use proper techniques and tools to reduce frictions and abrasions during transfer ○ keep skin clean and dry, use emollient cream to prevent dryness • Notify healthcare professionals promptly if there are signs of pressure sores development <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Perform care procedures and take measures to prevent pressure sores according to the relevant guidelines of the institution • Take preventive measures according to the individual's risk and body build so as to reduce the wound and pain caused by pressure sores
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to take appropriate measures to prevent pressure sores during day-to-day care according to the relevant guidelines and protocol of the institution and the personal basic care plan of individual elderlies; and

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	<ul style="list-style-type: none">• Ability to assess the skin condition of elderly regularly. Inform healthcare professionals immediately for any abnormalities, so as to prevent the symptoms from worsening.
Remark	