

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

Functional Area - Clinical Care

Title	Monitor Blood Sugar and Urine Glucose levels
Code	106058L3
Range	This Unit of Competency is applicable to employees in elderly care service industry providing clinical care to elderlies. This Competency involves ability to make judgments. Employees are required to monitor elderlies' blood and urine glucose levels according to relevant guidelines of the institution; use appropriate instruments and methods to monitor the elderlies' blood and urine glucose conditions; identify abnormal blood and urine glucose values, and assist to monitor elderlies' diabetes conditions.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on blood and urine glucose</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the basic pathological process of diabetes • Understand how to identify the normal blood and urine glucose values, including <ul style="list-style-type: none"> ○ the normal range of values ○ the units of blood and urine glucose levels • Understand the factors affecting the blood and urine glucose values, for example, <ul style="list-style-type: none"> ○ the time of food consumption ○ food types ○ medication • Understand the skills in measuring blood glucose, for example, <ul style="list-style-type: none"> ○ Operation of blood glucose meters ○ Method of collecting capillary blood specimens • Understand the skills in testing glucose level in urine, for example, <ul style="list-style-type: none"> ○ Application of urine glucose test strips ○ Method of collection for urine specimens • Understand the method of recording blood and urine glucose levels, for example, <ul style="list-style-type: none"> ○ Application of glucose test strips ○ Method of microvascular sample collection • Understand skills to document blood and urine glucose levels • Understand the guidelines of the institution with respect to monitoring blood and urine glucose levels <p>2. Monitoring blood and urine glucose</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Verify identity of elderlies and conduct relevant assessments according to their needs, including: <ul style="list-style-type: none"> ○ Elderlies' ability to control urination, ranging from total incontinence, to going to toilets by themselves as they desire. ○ Factors affecting blood and urine glucose levels, for example, intake of food, and peritoneal dialysis • Check testing equipment and supplies, for example, <ul style="list-style-type: none"> ○ Ensure the blood glucose meter is functioning properly ○ Ensure the blood and urine glucose test strips have not expired • Perform correct procedures to monitor blood glucose level, including <ul style="list-style-type: none"> ○ Take standard preventions ○ Clean skin surfaces with water and soap or alcohol-based cleanser

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	<ul style="list-style-type: none"> ○ Select a suitable site for venipuncture ○ Insert the needle to draw blood ○ Use blood glucose meter to read blood glucose levels ● Perform post-venipuncture care, for example, stop bleeding and tape the gauze to the puncture site ● Perform correct procedures to monitor urine glucose level, including <ul style="list-style-type: none"> ○ Take standard preventions ○ Select suitable method to collect urine specimen according to elderlies' ability to control urination, for example, using catheters or chamber pots ○ Use urine glucose paper strips to test urine glucose levels ● Analyse blood and urine glucose levels. In case of abnormal blood or urine glucose levels, refer the case to healthcare professionals for follow-up actions. ● Record the blood and urine glucose levels, as well as relevant information properly <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● perform procedures to monitor elderlies' blood and urine glucose levels according to the relevant guidelines of the institution, and ● Protect the privacy of elderlies in order to maintain their dignity ● Be mindful of the anxiety and discomfort experienced by elderlies, provide support and comfort
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to monitor the blood and urine glucose levels, and perform the blood and urine glucose tests by using suitable equipment and methods according to relevant guidelines of the institution; and ● Ability to analyse the blood and urine glucose values, report to healthcare professionals if necessary, and record relevant information during the monitoring process.
Remark	