

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

Functional Area - Clinical Care

Title	Prevent Constipation
Code	106063L2
Range	This Unit of Competency is applicable to employees in elderly care service industry who provide clinical care to elderlies. This competency should be applied under supervision. Employees are required to provide care for constipation prevention to elderlies according to relevant guidelines of the institution and their bowel movements so as to enhance elderlies' health of the digestive tract.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Knowledge related to constipation</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the common definitions and symptoms of constipation, such as: <ul style="list-style-type: none"> <li>○ Decrease in frequency of passing stool</li> <li>○ Difficulty passing stool</li> <li>○ Hard and dry stool</li> </ul> </li> <li>• Understand the causes of constipation among elderlies, such as: <ul style="list-style-type: none"> <li>○ Lifestyle habits, including: diet, bowel habits, activity or exercise level</li> <li>○ Chronic diseases, including: diabetes, stroke</li> <li>○ Chronic intake of laxatives</li> </ul> </li> <li>• Understand the methods assessing bowel habits</li> <li>• Understand the correct methods to prevent constipation</li> <li>• Understand the guidelines of the institution regarding care for constipation prevention</li> </ul> <p>2. Prevention of constipation</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the bowel movements among elderlies, such as: <ul style="list-style-type: none"> <li>○ frequency of passing stool</li> <li>○ Nature of stool</li> </ul> </li> <li>• Encourage elderlies to develop regular bowel habits and improve their diets, including: <ul style="list-style-type: none"> <li>○ Arrange for and encourage elderlies to eat food rich in dietary fibre, vegetables and fruits</li> <li>○ Ensure elderlies to drink sufficient fluid, for example, water, soup and juice</li> </ul> </li> <li>• Encourage elderlies to have sufficient exercise</li> <li>• Help elderlies and guide them to use assistive devices for bowel movement, for example, chamber pots and commodes. Meanwhile, pay attention to their safety and protect their privacy. Do not disturb them when they passing stool.</li> <li>• Use laxatives correctly according to doctor's prescriptions if necessary; encourage elderlies not to rely on laxatives chronically</li> <li>• When constipation conditions are found to be deteriorating or failing to improve, report to healthcare professionals immediately</li> <li>• Document constipation prevention measures taken and related information properly for tracking effectiveness</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p>

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	<ul style="list-style-type: none"><li>• Provide elderlies with care for constipation prevention strictly according to the guidelines of the institution regarding care for prevention of constipation</li><li>• Protect the privacy of elderlies and maintain their dignity</li><li>• Be mindful of the anxiety and discomfort elderlies may experience. Offer 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 provide suitable care for prevention of constipation according to the guidelines of the institution and elderlies' bowel movement conditions; and</li><li>• Ability to document the care procedures provided and the nature of stool correctly.</li></ul>
Remark	