

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

Functional Area - Clinical Care

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| Title | Assist Elderlies to perform Muscles Training |
| Code | 106087L2 |
| Range | This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care to elderlies. This Competency should be performed under supervision. Employees are required to assist and guide elderlies to perform muscle training as prescribed by healthcare professionals, and monitor the training process, so that elderlies can complete the exercises safely and boost their muscle strength. |
| Level | 2 |
| Credit | 1 (For Reference Only) |
| Competency | <p>Performance Requirements</p> <p>1. Relevant knowledge on muscle training</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the basic anatomy of muscles, bones and joints • Understand the health conditions and level of mobility of elderlies • Understand the benefits and aims of muscle training • Understand the content of muscle training for elderlies as prescribed by healthcare professionals, such as <ul style="list-style-type: none"> ○ number of different exercises to be performed ○ Standard movements and amount of physical activities such as number of sets and repetitions, range of motion, resistance and duration ○ Safety and points to note ○ Exercise equipment needed • Understand the principle and safety measures of muscle training exercise such as: <ul style="list-style-type: none"> ○ Overload ○ Specificity ○ Right number of sets and repetitions, or duration • Understand common training tools and methods to use them in muscle training, such as, <ul style="list-style-type: none"> ○ Sand bags ○ Resistance bands ○ Putty ○ Items used to train small muscles in daily life, e.g. buttons, zipper heads, and faucet handles ○ Machines for training muscle strength, e.g. treadmill and stationary bike • Understand the techniques to monitor and guide elderlies to perform muscle training • Understand the techniques to document and report the procedures clearly <p>2. Assist elderlies to perform muscle training</p> <p>Be able to</p> <ul style="list-style-type: none"> • Inform elderlies in advance and explain the upcoming training to be performed so that they are more likely to comply • Understand the health conditions of the elderlies ensure they are fit for training, such as, <ul style="list-style-type: none"> ○ Any abnormalities in blood pressure and heart rate ○ Any fever or other symptoms of illness ○ Arthritis or pain • Prepare secure and sturdy furniture and handrails, tidy up the venue and ensure the environment is safe for elderlies to perform training • Assist elderlies to performing muscle training as prescribed by healthcare professionals, including, |

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| | <ul style="list-style-type: none"> ○ Prepare appropriate muscle training equipment, or arrange appropriate muscle training machines for elderlies ○ Ensure the equipment and machines function properly, as well as adjust for an appropriate weight and set them in a proper position ○ Guide elderlies to perform proper movements and demonstrate to them accordingly ○ Explain the aims and benefits of the training to elderlies ○ Pay attention to elderlies' face complexion and complaints during training, terminate the exercise and report to healthcare professionals if they experience any discomfort ○ Ensure elderlies complete the required amount of physical activity as prescribed by healthcare professionals ○ Do not leave elderlies unattended and ensure they perform training under supervision ● Observe the effectiveness of the exercises and take note of elderlies' conditions upon completing muscle training; refer the case to healthcare professionals for follow-up actions if needed, such as, <ul style="list-style-type: none"> ○ Elderlies are unable to complete the exercise ○ Elderlies do not perform satisfactorily as required ○ Elderlies refuse to exercise ● Document all circumstances throughout the process when elderlies perform muscle training and report to healthcare professionals, including <ul style="list-style-type: none"> ○ Completed exercises and the adjustments made in the process ○ elderlies' performance and others opinions, such as how satisfied they are <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Give clear instructions patiently when assisting elderlies to perform muscle training ● Monitor elderlies' conditions during training and ensure their safety ● Give elderlies positive feedback, encourage them to complete the training and motivate them to participate ● Understand how to operate the machines for exercises clearly. |
| Assessment Criteria | <p>The integrated outcome requirements of this Unit of Competency:</p> <ul style="list-style-type: none"> ● Ability to assist and guide elderlies to perform muscle training as prescribed by healthcare professionals; and ● Ability to monitor the process when elderlies perform muscle training and the effectiveness of those exercises; make adjustments according to elderlies' ability; and ● Ability to document all incidents when elderlies perform muscle training and report to healthcare professionals clearly |
| Remark | |