

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

Functional Area - Clinical Care

Title	Assist in Applying Heat Therapy
Code	106096L3
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation care services to elderlies. This competency involves the ability of analysis and make judgment. Employees are required to provide proper therapy to elderlies and ensure their safety according to the heat therapy prescribed by healthcare professionals for the elderlies.
Level	3
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on heat therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the basic principle and indications of heat therapy • Understand various tools for heat therapy and their use, such as, <ul style="list-style-type: none"> ○ Hot water bag ○ Electric heating pad ○ Microwave heating pad • Understand the procedures in providing heat therapy • Understand the precautions and contraindications in providing heat therapy • Understand the heat therapy prescribed for elderlies by healthcare professionals <p>2. Provide heat therapy</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Verify identity of elderlies and explain to them the procedures to be performed, their aims, expected feeling and what they can do to facilitate the procedures, in order to gain their consent and cooperation • Do the preparation work correctly according to the heat therapy prescribed for elderlies by healthcare professionals, including <ul style="list-style-type: none"> ○ Prepare the appropriate tools for heat therapy in the appropriate sizes ○ Ensure no abnormalities in the tools for heat therapy, for example, check whether hot water bag is leak-free, whether electric heating pad is functioning normally ○ Heat or adjust the temperature of the tools using the correct methods ○ Wrap the tools with a towel ○ Assist and guide elderlies to stay in a correct and comfortable posture ○ Expose elderlies' body parts only as necessary, and perform measures to protect their privacy. • Apply heat therapy on the body parts as required, stabilize the site and take note of the time • Monitor elderlies' condition during therapy, including <ul style="list-style-type: none"> ○ Ask them for any discomfort and handle immediately if any ○ Remind elderlies not to fall asleep ○ Observe elderlies' skin for any abnormalities regularly ○ Inform healthcare professionals for follow-up actions when needed • After the heat therapy, perform the post-therapy work, including <ul style="list-style-type: none"> ○ Look for any abnormalities at the site that received therapy ○ Tidy up the tools for heat therapy

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	<ul style="list-style-type: none"> ○ Take care of the elderlies, for example, tidy up their clothes and help them resume normal posture ○ Clean the tools for heat therapy and store them in an appropriate place ○ Inform healthcare professionals to arrange further treatments ○ Record the procedures of the heat therapy provided properly <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Monitor elderlies' condition during heat therapy and actively ask them for their feelings ● Follow strictly the arrangement of heat therapy prescribed for elderlies by healthcare professionals
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to perform proper procedures according to the heat therapy prescribed for elderlies by healthcare professionals; and ● Ability to monitor elderlies' condition during the therapy and inform healthcare professionals for follow-up actions when needed.
Remark	