

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

Functional Area - Clinical Care

Title	Conduct Musculoskeletal Function Assessment
Code	106110L5
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide rehabilitation services to elderlies. This Competency involves the ability of critical analysis and assessment. Employees are required to assess elderlies' musculoskeletal functions with professional and standardized methods, in order to identify elderlies' musculoskeletal problems by analysing the assessment result.
Level	5
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on assessing musculoskeletal functions</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand anatomy of muscles, bones and joints • Understand standard procedure to assess musculoskeletal functions, including <ul style="list-style-type: none"> ○ Subjective Assessment ○ Objective Assessment • Understand the methods and skills to assess subjective musculoskeletal functions, including <ul style="list-style-type: none"> ○ Medical history ○ Pain ○ How the injury happened. • Understand methods and skills to assess objective musculoskeletal functions, including <ul style="list-style-type: none"> ○ Inspection, palpation, percussion ○ Testing muscle strength and endurance ○ Measuring range of motion of joints ○ Special tests, such as impingement test, Allen test etc. ○ Functional performance, such as walking, lifting heavy objects, and balancing • Understand the methods and skills to use different tools in assessing musculoskeletal functions, such as <ul style="list-style-type: none"> ○ Basic assessment tools, such as goniometer ○ High-tech equipment, such as Balance master, and Electromyogram(EMG) • Understand the methods to document assessment result of musculoskeletal function • Understand the methods and skills to analyse assessment result of musculoskeletal function • Understand the common musculoskeletal problems among elderlies <p>2. Perform musculoskeletal function assessment</p> <p>Be able to</p> <ul style="list-style-type: none"> • Explain assessment procedures to elderlies so that they are more likely to comply • Based on standard procedures of musculoskeletal function assessment, perform subjective musculoskeletal assessment first by asking elderlies for necessary information • Perform objective musculoskeletal assessment with appropriate methods and skills, choose the most suitable devices for assessment • Document all assessment results correctly and systematically and ensure the data and results are accurate • Analyse and integrate assessment results to identify elderlies' musculoskeletal problems

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	<p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none">• Perform musculoskeletal assessment correctly using professional knowledge• Keep abreast of the changes in medical sciences and the latest technologies, update knowledge and skills related to musculoskeletal assessment
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none">• Ability to perform subjective and objective musculoskeletal assessments according to standard procedures;• Ability to use proper methods and choose the most appropriate devices to perform assessments, as well as to ensure accuracy of data and results; and• Ability to document assessment results correctly and analyse accordingly to detect elderlies' musculoskeletal problems.
Remark	