

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

Unit of Competency is applicable across different functional areas

Title	Provide non-pharmacological pain management
Code	106221L4
Range	This unit of competency is applicable to employees in the elderly care service industry who provide care service or clinical nursing care to elderlies. This Competence involves the ability of analysis and making judgment. Employees are required to understand elderlies' bodily and pain conditions and provide non-pharmacological treatment for pain relief according to the prescriptions by healthcare professionals, in order to reduce pain and suffering experienced by elderlies.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on palliative care and non-pharmacological treatments</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the goals and benefits of palliative care, such as: <ul style="list-style-type: none"> ○ Relieve both physical and psychological suffering ○ Provide comprehensive care, including bio-psycho-social and spiritual care ○ Reduce the use of invasive treatment • Understand the biological and psychological effect of pain on elderlies, such as: <ul style="list-style-type: none"> ○ Limitations of activities ○ Insomnia ○ Depression and negative emotions ○ Poor appetite • Understand non-pharmacological treatment for pain relief, such as: <ul style="list-style-type: none"> ○ Physiotherapy ○ Massage ○ Acupuncture ○ Distraction ○ Muscle relaxation exercises ○ Hypnosis • Understand the non-pharmacological treatments on pain relief as prescribed by healthcare professionals <p>2. Provide non-pharmacological pain relief treatments</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Review the treatment plan of individual elderlies in order to understand their body condition, including: <ul style="list-style-type: none"> ○ Nature and the severity of the pain ○ Sites of the pain ○ Level of mobility and tolerance ○ Negative psychological impacts, etc. • Help provide non-pharmacological treatment for pain relief to elderlies as prescribed by healthcare professionals to ease their pain • Encourage elderlies to participate in group activities or other leisure activities to distract their attention from pain and to avoid further negative impact • Take initiative to care for elderlies' condition, listen to their complaints and opinions, soothe their emotion as much as possible • Monitor the process of administering non-pharmacological treatments and review their effectiveness, including:

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	<ul style="list-style-type: none"> ○ Change in the severity of the pain ○ Mood changes ○ Use objective assessment tools to assess the efficacy ● Adjust treatment regime according to the outcome of the treatment to maximize the effectiveness ● Refer the cases to other healthcare professionals, such as physiotherapists and traditional Chinese medicine practitioners if needed, so that they can provide further pain management and other non-pharmacological treatments, including <ul style="list-style-type: none"> ○ Transcutaneous electrical nerve stimulation (TENS) ○ Acupuncture and massage ○ Music therapy <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Follow strictly to the non-pharmacological prescription of healthcare professionals on pain relief ● Show empathy towards elderlies; listen to them patiently and attentively ● Respect the autonomy of elderlies and consider their family and cultural background when performing non-pharmacological treatments ● Note that some non-pharmacological treatments can only be provided 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 provide suitable non-pharmacological treatment for pain relief to elderlies according to the prescription, elderlies' condition and severity of the pain; and ● Ability to monitor the process of administering non-pharmacological treatments; review the effectiveness of the treatment; make suitable adjustment accordingly to maximize effectiveness.
Remark	<p>Guidelines for pain relief from the Hong Kong Anti-cancer Society https://www.hkacs.org.hk/uploadimages/download/00927/hkacs0035.pdf</p>