

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

Unit of Competency is applicable across different functional areas

Title	Apply Non-pharmaceutical Treatments to Relieve Symptoms other than Pain
Code	106222L4
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide long-term care service or clinical care to elderlies. This Competency involves the abilities to analyse and make correct judgement. Employees are required to understand the physical conditions and symptoms of elderlies, and provide appropriate non-pharmaceutical treatments, according to the non-pharmaceutical prescription by healthcare professionals, to relieve elderlies' symptoms other than pain, and to reduce the suffering brought along by illnesses.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on palliative and non-pharmaceutical treatment</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Understand the purposes and advantages of palliative treatments, such as: <ul style="list-style-type: none"> <li>○ Alleviate physical suffering, torture and emotional frustration</li> <li>○ Provide comprehensive care, covering physical, psychological, social and spiritual aspects</li> <li>○ Reduce the use of invasive treatment.</li> </ul> </li> <li>• Understand different types of non-pharmaceutical treatments for symptom relief other than pain, and their respective effectiveness, such as: <ul style="list-style-type: none"> <li>○ Improve weakness in the limbs with physiotherapy</li> <li>○ Ease oedema with massage</li> <li>○ Improve insomnia by muscle relaxation</li> <li>○ Distracting elderlies from overthinking about their own symptoms.</li> </ul> </li> </ul> <p>2. Apply non-pharmaceutical treatments to relieve symptoms other than pain</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Review the content of individual palliative care plan for elderlies, understand their physical conditions and symptoms</li> <li>• Help provide prescribed non-pharmaceutical treatments to elderlies, according to the non-pharmaceutical prescription by healthcare professionals, to alleviate their conditions</li> <li>• Encourage elderlies to participate in group or leisure activities to distract them from their symptoms, and to prevent the negative impact of symptoms from getting more overwhelming</li> <li>• Take initiative to ask elderlies about their condition and feelings, listen to them and offer comfort to soothe their emotions</li> <li>• Continuously monitor the progress of non-pharmaceutical treatments, and evaluate their effectiveness, including: <ul style="list-style-type: none"> <li>○ How symptoms change</li> <li>○ How elderlies' emotions change</li> <li>○ Measure effectiveness using objective assessment tools</li> </ul> </li> <li>• Adjust the intervention appropriately, based on the result of evaluation, in order to achieve the best results</li> <li>• Refer elderlies to other healthcare professionals when needed, such as physiotherapist and Chinese Medicine practitioners, for further assessments and other non-pharmaceutical treatments, such as: <ul style="list-style-type: none"> <li>○ Aromatherapy</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ Music therapy.</li> </ul> <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> <li>• Strictly follow the non-pharmaceutical treatments for relieving symptoms other than pain as prescribed by health care professionals</li> <li>• Show empathy, and listen to elderlies attentively</li> <li>• Respect elderlies' choice of non-pharmaceutical treatments, taking into consideration their family and their cultural backgrounds</li> <li>• Note that some non-pharmaceutical treatments can only be provided by registered healthcare professionals</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 appropriate non-pharmaceutical treatments, based on the physical conditions and symptoms of elderly, and the prescriptions of non-pharmaceutical treatments for symptom relief other than pain by healthcare professionals; and</li> <li>• Ability to monitor the progress of non-pharmaceutical treatments, evaluate their effectiveness, adjust the intervention and make referral when needed, to ensure treatments are effective</li> </ul>
Remark	<p>The Hong Kong Anti-Cancer Society (2010) Control of pain- A guide to controlling cancer pain  <a href="http://www.hkacs.org.hk/uploadimages/download/00927/hkacs0035.pdf">http://www.hkacs.org.hk/uploadimages/download/00927/hkacs0035.pdf</a>  The Hospital Authority (2008) Introduction of palliative treatment services  <a href="http://www21.ha.org.hk/files/PDF/more%20disease%20zone/Palliative%20Care%20Series-%20Introduction.pdf">http://www21.ha.org.hk/files/PDF/more%20disease%20zone/Palliative%20Care%20Series-%20Introduction.pdf</a></p>