

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

Functional Area - Common

Title	Provide Psychological Support for Patients with Chronic Diseases and their Carers
Code	110906L4
Range	This Unit of Competency is applicable to practitioners who provide spiritual support to the carers in the elderly care service industry. The application requires performing skilled tasks in familiar and some new working environments, and its execution requires analytical and decision-making skills. Practitioners should be able to arrange appropriate support services for patients with chronic diseases and their carers, according to their spiritual needs, in order to relieve stress and improve their quality of life.
Level	4
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on providing psychological support for patients with chronic diseases and their carers</p> <ul style="list-style-type: none"> • Understand the relevant guidelines and procedures on the support services for patients with chronic diseases and their carers • Understand the types of chronic diseases, related symptoms and possible causes • Understand the difficulties faced by patients with chronic diseases and their carers, as well as the possible consequences • Understand the psychological conditions of patients with chronic diseases and their carers, and analyze their knowledge and skills on psychological needs • Understand the knowledge and skills of different psychological support activities, in order to relieve the emotions and stress of patients with chronic diseases and their carers <p>2. Provide psychological support for patients with chronic diseases and their carers</p> <ul style="list-style-type: none"> • Assess the problems faced by patients with chronic diseases and their carers, analyze their psychological conditions and needs, and provide appropriate psychological support, such as: <ul style="list-style-type: none"> ○ Improve self-efficacy and sense of self-worth, such as: <ul style="list-style-type: none"> ▪ Raise the awareness of chronic diseases among patients and their carers ▪ Improve the self-care abilities of patients ▪ Improve the carer's nursing knowledge and skills, etc. ○ Reduce the feelings and conditions of patients and their carers facing chronic diseases alone, such as: <ul style="list-style-type: none"> ▪ Group sharing with fellow patients ▪ Refer appropriate community resources to patients and their carers ▪ Encourage participation in social activities, broaden their social circle and improve interpersonal relationships, etc. ○ Arrange different psychological support activities to relieve the emotions and stress of patients with chronic diseases and their carers, according to their characteristics, such as: <ul style="list-style-type: none"> ▪ Spiritual support with the theme of "Happiness", such as: sharing stress-relieving food, etc. ▪ Spiritual support with the theme of "Flow", such as: music, meditation, activities, etc. ▪ Spiritual support based on the themes of "Mindfulness" and "Savoring"

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	<ul style="list-style-type: none"> ▪ Activities with the theme of optimistic thoughts, such as: positive thought training and abdominal breathing/muscle relaxation exercises, etc. • Improve the relationship between patients with chronic diseases and their carers, in order to achieve mutual supportive psychological conditions, such as: <ul style="list-style-type: none"> ○ Assist participants to face life with gratitude ○ Assist participants in handling their disputes ○ Assist participants in communication skills, etc. <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Able to provide different levels of psychological support to meet the psychological needs of patients with different chronic diseases and their carers • Able to attend to and understand the psychological conditions of patients with chronic diseases and their carers, and provide support and encouragement
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Able to assess the conditions of patients with chronic diseases and their carers, according to the organization's relevant procedures and guidelines, and provide appropriate psychological support and assistance to relieve their stress and improve their quality of life.
Remark	