

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

Functional Area - Clinical Care

Title	Feed elderlies with Swallowing Difficulty
Code	106066L3
Range	This Unit of Competency is applicable to employees in elderly care service industry who provide clinical care to elderlies. This competency involves the ability of making judgment. Employees are required to help feed elderlies with swallowing difficulty according to their swallowing ability and relevant guidelines of the institution, observe their swallowing conditions, prevent choking and any complications caused by swallowing difficulty.
Level	3
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Knowledge related to elderly with swallowing difficulty</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand common causes of swallowing difficulty among elderlies, such as: <ul style="list-style-type: none"> ○ Stroke ○ Cancer • Understand common complications of swallowing difficulty, such as: <ul style="list-style-type: none"> ○ Aspiration pneumonia ○ Airway obstruction • Understand techniques and skills for using tools and supplies to assist swallowing, such as: <ul style="list-style-type: none"> ○ Special dining utensils ○ Thickener • Understand the skills and techniques to feed elderlies with swallowing difficulty • Understand symptoms of choking, such as <ul style="list-style-type: none"> ○ Coughing ○ voice changes ○ Decrease in blood oxygen level • Understand the guidelines of the institution regarding feeding care <p>2. Feeding elderly with swallowing difficulty</p> <p>Be able to</p> <ul style="list-style-type: none"> • Prepare assistive tools and supplies according to the elderlies' swallowing difficulty and assessment results from speech therapists, such as: <ul style="list-style-type: none"> ○ Add suitable amount of thickener to food ○ Puree the food • Use special dining utensils according to the types of food consumed and guidance from healthcare professionals, such as: <ul style="list-style-type: none"> ○ Cups which can regulate liquid flow ○ Small spoons • Apply suitable skills to feed elderlies with swallowing difficulty <ul style="list-style-type: none"> ○ Help elderlies sit upright ○ Ensure the pace of feeding and the amount of food fed are suitable while feeding ○ Do not feed excessive amount of food ○ Ensure elderlies are fully conscious and awake when fed • Take care measures after feeding, such as: <ul style="list-style-type: none"> ○ Prevent elderlies from lying down after eating ○ Ensure all food is swallowed ○ Provide sufficient liquid for elderlies to drink to avoid dehydration

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	<ul style="list-style-type: none"> • Document eating process and related information properly, such as: <ul style="list-style-type: none"> ○ Amount of food consumed ○ Swallowing conditions during the feeding process • Monitor the swallowing status, and notify healthcare professionals immediately for any abnormal observations <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • feed elderlies with swallowing difficulty safely according to the guidelines of the institution regarding feeding care strictly • Be mindful of elderlies' personal eating habits and preferences. Offer support and encouragement
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to apply feeding skills correctly; ensure elderlies eat safely according to relevant guidelines of the institution and the swallowing ability of individual elderlies; and • Ability to monitor elderlies' swallowing process and document the eating process and other related information properly.
Remark	