

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

Functional Area - Clinical Care

Title	Handle Sprain Injury
Code	106074L3
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 to analyse and make judgment. Employees are required to assess the condition of the injured site and manage the sprain, according to relevant procedures and guidelines regarding sprain management, in order to prevent exacerbation of the injury and enhance recovery of the injury .
Level	3
Credit	1 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on sprain</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand relevant procedures and guidelines of the institute regarding sprain management • Understand the basic anatomy of muscles, bones and joints • Understand the common sites and causes of sprain • Understand the symptoms of sprain, such as: <ul style="list-style-type: none"> ○ Pain around the joint ○ Gradual onset of joint swelling and bruises ○ Reduced range of movement of the joint. • Understand the symptoms of sprain and bone fracture and their differences • Understand the first-aid measures of management of sprain <p>2. Management of sprain</p> <p>Be able to</p> <ul style="list-style-type: none"> • Look for the symptoms, assess and analyse the condition of the sprain • Perform first-aid care of sprain on the injured site, according to relevant procedures and guidelines of the institution regarding sprain management, including, <ul style="list-style-type: none"> ○ Comfort the injured elderlies, and ask them not to move the injured site to prevent symptoms from worsening ○ Management of sprain, including <ul style="list-style-type: none"> ▪ Protect sprained joint ▪ Rest the injured site ▪ Ice the injured site ▪ Compress the injured site with elastic bandage ▪ Elevate the injured site • Call an ambulance and inform supervisor if needed • Report to the ambulance personnel the sequence of event, vital signs of the injured person and treatments given • Document the entire first-aid procedure in detail, and keep the record properly <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assess and determine correctly the condition of sprain and provide appropriate first-aid management • Reduce the symptoms of the injured site during the first-aid procedures as much as possible, and avoid further injury

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	<ul style="list-style-type: none">• Be mindful of the fear and anxiety of the injured elderly, and provide comfort and support
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none">• Ability to assess the condition of the injured person, analyse the severity of the sprain; and• Ability to manage the injured site appropriately, according to relevant procedures and guidelines of the institution regarding sprain management, such as arranging hospital transportation for the injured person and informing supervisor.
Remark	