

## **UNIT OF COMPETENCE 2: Developing physical care interventions aimed at dependent people on the institutional level**

→ **Level:** 2

→ **Code:** UC1017\_2

### **Professional achievements and performance criteria:**

#### **→ RP 1: Maintaining users in good hygienic conditions, providing assistance according to their needs and to the protocol already established.**

CR 1.1 The user receives the information and support related to health and hygiene habits, as well as to products and materials to be used, being supported in those maneuvers he can not do independently.

CR 1.2 Users with functional dependence are helped on the implementation of hygienic care which presents particular difficulties, it is checked that he is clean and dry, with special attention to the body folds, oral cavity and other areas at particular risk.

CR 1.3 Users with total functional dependence are completely cleaned, either in bed or in the shower, as appropriate, making sure that he is clean and dry, with special attention to the body folds and other areas at particular risk, while respecting the user's privacy.

CR1.4 Showers and bathings are performed following the established plan for the unit.

CR 1.5 The user is supported with all the help he needs for getting dressed, with comfortable clothes and shoes which are appropriate to temperature and season.

CR 1.6 Patient participation in his toilet is promoted according to the established self-care guidelines.

CR 1.7 The information on activities relating to the user's personal hygiene and the incidents occurring during their development, is collected and transmitted by the established procedures at the right time.

CR 1.8 There is collaboration with the medical staff in performing postmortem care, following the established protocols.

#### **→ RP 2: Cooperating to the maintenance of order and hygienic - sanitary conditions of the user's room.**

CR 2.1 Room cleanliness as well as furniture and the patient's personal effects arrangement are checked according to established protocols.

CR 2.2 It is checked that environmental conditions are adequate to the specific needs of the individual: light intensity, temperature, noise level, ventilation.

CR 2.3 The bed is made according to user needs and to the established quality criteria, with clean linen, no wrinkles nor moisture, and in the proper position.

CR 2.4 Information on activities relating to the hygiene of the user environment and any incidents observed during their development, is collected and transmitted

by the established procedures at the right time.

➔ **RP 3: The user is provided with food and helped in the intake when he requires it.**

CR 3.1 The user is informed and prepared for the administration of food taking into account his needs and according to the previously established care plan.

CR 3.2 After checking at the diet sheet, meal distribution and service is carried out.

CR 3.3 Solid and liquid are administrated when users require specific support or assistance in the intake, taking into account their needs and making sure that the body posture is correct.

CR 3.4 Food intake is provided to all patients who require it.

CR 3.5 Users food intake, either dependent or autonomous, is verified and communicated to the care plan head, and recorded according to the protocol established by the health care team.

**Professional context**

➔ **Production facilities**

- Individualized information upon the user and his environment.
- People care and attention procedures.
- Schedules of the activities to be performed.
- Protocols of the techniques to be used.
- User's personal wardrobe.
- Lingerie.
- Materials and tools used for people physical care at grooming and cleanliness, food management, articulated beds and bath seats.
- Registration documents such as diet, incidents and monitoring sheets.

➔ **Products and results**

- User is satisfied with care, treatment and coverage of his basic physical needs: he is informed, neat, fed, and properly treated in emergencies.
- User keeps and improves his skills to perform basic activities of daily living.
- Records.
- Reports on the users evolution.
- Materials and instrumental in proper hygienic conditions.

➔ **Information to be either used or generated**

- Written information on the users situation.
- Information obtained from direct observation of the user and his family.

*QUOTS: Comparing qualification structure*

*Spanish Qualification: Geriatric attention to dependent people in social institutions*

- Guidelines for action.
- Treatment and diet sheets, procedures manuals, techniques protocols, equipment operating manuals, comment and evolution sheets, registration forms, among others.
- Manuals on: Health information, care and safety plans.
- Related books, legislation and regulations.