

COMMUNITY CARE SKILLS STANDARDS FRAMEWORK FOR SUPPORT CARE ROLES

Skills Domain	Personal Care
Skills Category	Skin Care
Skills Standard Title	Prevention of pressure injuries
Skills Standard Descriptor	Provide appropriate care to prevent the development of pressure ulcers
Skills Proficiency Level	Level 1 <i>Previously 'Basic II' under CCSSF</i>
Source Code	CCSSF-PC-SC-2002-1
Knowledge <i>This refers to the gathering and cognitive processing of facts and information required to perform work tasks and activities.</i>	Underpinning Knowledge: • Communication with client, which may include: ○ Greeting ○ Explaining process ○ Having conversations ○ Checking on client readiness ○ Creating small talk ○ Acquiring information ○ Checking history (e.g. past events, actions, etc.) • SSKIN bundle, which include: ○ Surface ○ Skin inspection ○ Keep moving ○ Incontinence/moisture ○ Nutrition • Skin Integrity Assessment, which may include (not limited to): ○ Visual checking of integumentary, which includes analysis of entire skin surface to assess its integrity and identify any characteristics indicative of pressure damage. ○ Monitoring and checking skin beneath dressings, prosthesis and devices when clinically appropriate. ○ Checking for areas of localised heat, skin breakdown, oedema, and areas of redness that do not blanch and induration of wound. • Reference for assessment of pressure injuries, which may include: ○ Braden scale ○ National Pressure Ulcer Advisory Panel (2016)

	• Causes of pressure injuries, which may include: ○ Pressure ○ Shear ○ Friction • Signs of pressure injuries, which may include: ○ Unusual changes in skin color or texture ○ Swelling ○ Area of skin that feels cooler or warmer ○ Tender areas • Areas with higher risk of pressure injuries, which may include: ○ Sacrum ○ Heels ○ Elbows ○ Wrists ○ Temporal region of Skull ○ Ears ○ Shoulders ○ Back of Head ○ Knees ○ Toes • Requisites for prevention of pressure injuries, which may include: ○ Mattresses ○ Barrier creams • Organisational procedures in relation to: ○ Communicating with client in relation to conducting skin integrity assessment ○ Documenting updates on pressure injuries ○ Taking photographs • Provisions of National Infection Prevention and Control Guidelines for Long Term Care Facilities (2018), which may include (not limited to): ○ Use of personal protective equipment ○ Hygiene practices ○ Handling patients with infection ○ Outbreak • Legal and/or Industrial requirements in relation to support care functions, which may include: ○ Implementation Guide to Guidelines for Home Care (Agency for Integrated Care, Singapore) ○ Implementation Guide to Guidelines for Centre-Based Care (Agency for Integrated Care, Singapore) ○ Workplace Safety and Health Guidelines (Workplace Safety and Health Council) ○ National Infection Prevention and Control Guidelines for Long-Term Care Facilities (Ministry of Health)
Ability <i>This refers to the ability to perform the work tasks and</i>	The ability to: • Prepare requisites and environment to support preventive measures against pressure injuries in accordance with

<i>activities required of the occupation, and the ability to react to and manage the changes at work.</i>	organisational policies and procedures • Maintain privacy and dignity of client when providing hygiene support in accordance with organisational policies and procedures • Communicate with client in relation to conducting skin integrity assessment in accordance with organisational policies and procedures • Conduct skin integrity assessment with reference to approved references Apply preventive measure against pressure injuries, which may include: ○ Using SSKIN bundle ○ Performing basic skin care ○ Redistributing pressure ○ Positioning and repositioning the patient ○ Applying barrier cream ○ Changing the dressing • Clean pressure relief equipment to ensure serviceability in accordance with organisational procedures • Document updates on pressure injuries in accordance with organisational policies and procedures
Person Centred Care <i>This refers to having a person centred care mindset to drive the caregiver to respect and recognise the decisions/choices of the person they are taking care of.</i>	Underlying principles: • Treating clients with dignity and respect by being aware of and supporting personal perspectives, values, beliefs, culture and preferences; respecting their privacy while encouraging independence of the individual; and listening to each other and working in partnership to design and deliver services
Performance Outcome <i>This refers to the outcome of the task on the care recipient as indication of workplace success</i>	The support care staff is able to: • Prepare requisites and environment to support preventive measures against pressure injuries Conduct skin integrity assessment • Apply preventive measure against pressure injuries, which may include: ○ Performing basic skin care ○ Redistributing pressure ○ Positioning and repositioning the patient ○ Applying barrier cream ○ Changing the dressing • Clean pressure relief equipment • Practise infection control in accordance with National Infection Prevention and Control Guidelines