

COMMUNITY CARE SKILLS STANDARDS FRAMEWORK FOR SUPPORT CARE ROLES

Skills Domain	Therapy
Skills Category	Range of Motion (ROM) Exercises
Skills Standard Title	Perform Range of Motion (ROM) Exercises
Skills Standard Descriptor	Perform ROM exercises and report on client status and any abnormalities.
Skills Proficiency Level	Level 1 <i>Previously 'Basic II' under CCSSF</i>
Source Code	CCSSF-T-ROME-2001-1
Knowledge <i>This refers to the gathering and cognitive processing of facts and information required to perform work tasks and activities.</i>	Underpinning Knowledge: • Purpose of ROM exercises. • Anatomy of body. • Normal ROM exercises which may include (not limited to) for joints: ○ Turning Head ○ Head tilt – up and down ○ Shoulder shrug ○ Shoulder abduction ○ Hands behind neck ○ Elbows behind the back ○ Stretch over head ○ Arms stretch out front • Joints movement which may include (not limited to): ○ Rotary ○ Oscillating ○ Linear ○ Reciprocating • Hand support for exercises which may include (not limited to): ○ Splint ○ Brace • Medical conditions of client eg swollen arms, swollen legs. • ROM exercise record document. • Three types of ROM Exercises which may include (not limited to): ○ Active ○ Passive ○ Active-Assisted • Client physical status which may include (not limited to): ○ Contracture ○ Tone ○ Deformity ○ Pain ○ Skin condition and swelling • Contraindications which may include (not limited to): ○ Fracture ○ Contractures

	• Client behaviour • Progress of client which may include (not limited to): ○ Range of motion ○ Pain • General precautions • Clients likes and dislikes • Parts of body for ROM exercises which may include (not limited to): ○ Upper body ○ Lower body ○ Trunk • Organisational policies and procedures which may include (not limited to): ○ Performing range of motion exercise with client ○ Reporting client status after ROM exercise ○ Handling abnormalities if any during the performance of ROM exercise with client ○ Communicating with client ○ Incident management ○ Assisting in interventions in consultation with qualified personnel ○ Reinstating all tools and equipment used • 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 ○ Hand hygiene • Relevant 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) ○ Allied Health Professions Council (AHPC) guidelines on supervision and delegation of tasks to therapy support staff
Ability <i>This refers to the ability to perform the work tasks and activities required of the occupation, and the ability to react to and manage the changes at work.</i>	The ability to: • Greet client and introduce self in accordance with organisational procedure. • Communicate with client which may include (not limited to) in accordance with organisational procedure: ○ Greeting ○ Explaining process ○ Having conversations ○ Checking on client readiness ○ Creating small talk

	○ Acquiring information ○ Checking history (e.g. past events, actions, etc). ● Review recent past record of ROM exercises of client to gauge performance of client in consultation with qualified healthcare professional ● Perform standardised ROM exercises (not limited to) on which may include (not limited to) in accordance with organisational procedure: ○ Hips ○ Knees ○ Ankles ○ Toes ○ Neck ○ Shoulder ○ Elbow ○ Upper limb ○ Lower limb ○ Wrist and fingers ● Take safety precautions and contraindications of performing on ROM in accordance with organisational procedure. ● Determine type of ROM exercises suitable for client considering the different categories which may include (not limited to) in accordance with organisational procedure: ○ Active ○ Passive ○ Active-Assisted ● Perform ROM exercises of client which may include (not limited to) in accordance with organisational procedure considering: ○ Respect ○ Preference ○ Comfort level ○ Medical condition ● Manage client tactfully on mood change, likes and dislikes in accordance with organisational procedure. ● Monitor progress of clients in accordance with organisational procedure. ● Report client status and abnormalities to therapist in accordance with organisational procedure. ● Update record of ROM exercises of client on document in accordance with organisational procedure.
Person-Centred Care <i>This refers to having a person centred care mind set to drive the care giver to respect and recognise the decisions/choices 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 ● To be mindful of client's need of reassurance

<i>the person they are taking care of.</i>	
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 perform ROM exercises in a manner that is respectful of client's dignity, taking into consideration his/her condition, preferences and comfort level.