



**Australian Government**

# **Assessment Requirements for HLTMSG004**

## **Provide massage treatments**

**Release: 1**

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## Modification History

Release	Comments
Release 1	<p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.</p>

## Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 80 hours of massage client consultation work
- prepared for and managed at least 40 massage treatment sessions - clients must include males and females from different stages of life with varied presentations
- used all of the following massage techniques:
  - effleurage
  - frictions
  - kneading
  - longitudinal gliding strokes
  - petrissage
  - compressions
  - tapotement
  - vibrations

## Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- massage techniques and how to apply them, for the following:
  - effleurage (kneading)
  - longitudinal gliding strokes
  - compressions
  - tapotement
  - heat pack application
- endangerment sites, where they are and the limitations of touching these depending on scope of practice:
  - anterior triangle of the neck
  - posterior triangle of the neck
  - axillary area
  - medial epicondyle
  - lateral epicondyle
  - sternal notch and anterior throat
  - umbilicus area
  - twelfth rib dorsal body
  - sciatic notch
  - inguinal triangle
  - popliteal fossa
- potential reactions during treatment and how to respond:
  - discomfort
  - emotional reactions
  - feedback - verbal, tactile, visual
  - muscle spasms
  - body temperature discomfort
  - deep relaxation
- potential reactions following treatment and appropriate client advice to provide
- methods of monitoring treatment progress:
  - reassessment
  - client feedback
- types of advice and resources that can be provided to clients for their use outside the clinical environment
- documentation requirements for recording treatment details

## Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
  - client information – case history
  - private consultation area
  - adjustable height massage table
  - towels/sheets for draping
  - oils/balms
  - hot/cold packs
  - bolsters
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 60 of the 80 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have current clinical experience working as a massage therapist providing services to the general public
- hold practising membership of an Australian professional body that represents massage therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>