



Australian Government

Department of Education, Employment and Workplace Relations

HLTREM406C Provide massage treatment

Release: 1

HLTREM406C Provide massage treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer client basic massage treatment according to the philosophy and practices of a massage therapy framework

Application of the Unit

Application

This unit may apply to work in massage in a range of settings and contexts

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

1. Manage treatment

PERFORMANCE CRITERIA

1.1 Explain *factors which may interfere with the effectiveness of the treatment*

1.2 Explain the *mode of administration* and management of the treatment to the client

1.3 Request client to monitor reactions and contact practitioner as required

1.4 Ensure consent for treatment

1.5 Drape client to expose only the part of the body being worked on

1.6 Provide massage according to the treatment plan

1.7 Recognise reactions to treatment and promptly *respond* if necessary

1.8 Explain time, location and content of future sessions clearly to the client

1.9 Document recommendations

ELEMENT**PERFORMANCE CRITERIA**

2. Apply massage techniques

- 2.1 Apply *massage techniques* according to the treatment plan
- 2.2 Ensure massage treatment is consistent with legislative and regulatory requirements
- 2.3 Vary *mode of administration* appropriately
- 2.4 Adjust massage treatment according to individual client needs and reactions and the presence of complicating factors
- 2.5 Observe and respond appropriately to client *reactions*

3. Advise and resource the client

- 3.1 Answer client queries with clarity, using the appropriate language
- 3.2 Use honesty and integrity when explaining treatment plans and recommendations to the client
- 3.3 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client
- 3.4 Promote client independence and responsibility in treatment wherever possible

4. Review treatment

- 4.1 Evaluate progress with the client
- 4.2 Identify and record effects of previous treatment
- 4.3 Review previous treatment plan
- 4.4 Evaluate need for ongoing and/or additional treatment
- 4.5 Negotiate changes to the plan with the client to ensure optimal outcomes

Required Skills and Knowledge**REQUIRED SKILLS AND KNOWLEDGE**

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Basic assessment procedures and options
- Environmental physiology and the effects of drugs on the individual
- Ethical and legal implications of enquiry and treatment
- Functions of major muscle groups
- Fundamental human physiology
- Indications and contra-indications for massage
- Indications for massage
- Pathology and symptomology
- Reproduction as it relates to massage
- Skeletal musculature
- The articular system, classification of joints and types and ranges of motion
- The ethical and legal implications of the practice of massage
- The organisation of the body
- The organisation of the nervous system
- The philosophies and beliefs of a massage framework
- The systems and regions of the body

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Apply basic assessment techniques
- Apply commonly used treatment techniques listed under the range of variables
- Apply commonly used treatment techniques listed under the range of variables
- Comprehend common medical terminology
- Demonstrate communication skills to gain and convey required information
- Ensure all treatment or care delivered is consistent with legislative and regulatory requirements
- Ensure client responses to treatment provided are documented

REQUIRED SKILLS AND KNOWLEDGE

- Ensure treatment incorporates the philosophies and beliefs of a massage framework
- Ensure treatment is provided according to the individual, the condition and the presence of complicating factors
- Identify prominent bones, structures and muscle groups through palpation.
- Manage time throughout consultation and treatment
- Prepare client for treatment according to massage principles
- Suggest alternative health care professionals when case is outside practitioner's competence
- Suggest alternative health care professionals when case is outside practitioner's competence
- Transcribe assessment findings and treatment in a client history

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic)
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender

EVIDENCE GUIDE

- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment
- Context of and specific resources for assessment:*
- An appropriately stocked and equipped clinic or simulated clinic environment
 - Relevant texts or medical manuals
 - Relevant paper-based/video assessment instruments
 - Appropriate assessment environment
 - Demonstration model/client
- Method of assessment*
- Observation in the work place
 - Written assignments/projects or questioning should be used to assess knowledge
 - Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
 - Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting
If successful, a second assessment is to be conducted during workplace application under direct supervision
 - Explanations of technique
 - Oral questioning and discussion

EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

Related units:

This unit should be assessed in conjunction with the following related units:

- HLTCOM404C Communicate effectively with clients
- HLTFA301C Apply first aid
- HLTIN301C Comply with infection control policies and procedures
- HLTOHS300B Contribute to OHS processes

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

RANGE STATEMENT

Factors which interfere with the effectiveness of treatment may include:

- Other medical treatment being undertaken
- Client's physical and psychological readiness and/or wellness
- Cultural factors
- Contra-indications to treatment
- Post massage activity

Mode of administration may include:

- Exposure of sections of the body
- Rotating of exposure around the body
- Use of oils and treatments
- Requirement for feedback and interaction
- Massage technique
- Variations in application intensity
- Requirement of specified positioning of client

Reactions may include:

- Pain and/or discomfort
- Feedback - verbal, tactile, visual
- Muscular spasms
- Allergy to oils or treatments used
- Temperature discomfort
- Joint sounds (spontaneous cavitation)
- Client relaxation
- Emotional release

Responses to reactions may include:

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Adherence to clinic guidelines for response to accidents and emergencies
- Using first aid procedures according to St Johns, Australian Red Cross or other appropriate first aid training
- Maintaining a senior first aid certificate which is renewed at least every three years
- Accessing local emergency services

RANGE STATEMENT

Consent for treatment refers to:

- Informed consent according to local and national regulations and legal guidelines

RANGE STATEMENT

Massage techniques includes:

Massage techniques to be performed in a variety of positions, ie standing, seated, prone, supine and side recumbent lying, and through clothing as well as conventional table massage.

This may include:

- Passive joint movement techniques
 - joints are moved through their range of movement, ie, to the point of mild tissue resistance
- Passive soft tissue movement
 - technique is applied with palmer surfaces of the hand, heel of hand and/or fingers
 - jostling: shaking of the muscle from origin to insertion
- Gliding techniques
 - effleurage
 - broad superficial strokes using the entire palmer surface of the hands to cover large surface areas of the body
- Longitudinal stroking
 - deep gliding movement is applied in the direction of the muscle fibres through focal pressure using any of the following; fingers, palm, heel of hands, forearm and/or knuckles
 - transverse gliding
 - cross over stroke: pulling and pushing of the tissue using the hands in a criss-cross manner
- Kneading
 - technique is applied with palm surface of the hand, heel of hand and/or fingers
- Soft tissue is mobilised with rhythmical circular rolling, squeezing or pulling movements
- Friction techniques
 - superficial tissue is moved over an underlying structure in circular, longitudinal or transverse directions
 - deep repetitive movements of short amplitude are applied usually with thumbs, fingers and knuckles
- Friction techniques are believed to be beneficial in releasing adherent/scar tissue

Continued:

RANGE STATEMENT

*Massage techniques includes
Cont:*

- Compressive techniques
 - digital pressure
 - compression: successive and rapid pressure, ie, a series of short duration compressions, is applied to soft tissue between two structures, ie, underlying bone structures and therapist's hand, or hand to hand
 - rhythmically using the hands
 - percussion: cupping, tapping, hacking, pummelling and flicking are applied
- Petrissage
- Temperature therapy
 - conduction, eg heat packs and immersion baths
 - radiation, eg ray lamps
 - friction
 - topical applications
- Stretching techniques

*Advise and resource the client
refers to:*

- Providing relevant literature or information materials
- Referring client to other information sources
- Advising client of suggested resources
- Suggestion of referrals to other health professionals

Unit Sector(s)

Not Applicable