



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **HLTSHU505C Provide oriental therapies treatment**

**Release: 1**

## **HLTSHU505C Provide oriental therapies treatment**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Descriptor**

This unit of competency describes the skills and knowledge required to administer client oriental therapy treatment according to the philosophy and practices of an oriental therapy therapeutic framework

### **Application of the Unit**

#### **Application**

This unit applies to work in a range of health settings

Application of this unit should be contextualised to reflect any professional requirements, issues and practices specific to each workplace

### **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 *how treatment is delivered* and managed to the client
- 1.3 Request client to monitor *reactions* and contact practitioner as required
- 1.4 Ensure *consent for treatment*
- 1.5 Provide oriental therapy according to the treatment plan
- 1.6 Recognise reactions to treatment and promptly *respond* if necessary
- 1.7 Clearly explain time, location and content of future sessions to the client
- 1.8 Document recommendations fully

**ELEMENT****PERFORMANCE CRITERIA**

- |                                   |  |
|-----------------------------------|--|
| 2. Apply therapeutic techniques   | 2.1 Apply <i>oriental therapy techniques</i>   |
|                                   | 2.2 Position client correctly to optimise their comfort and support while allowing optimum application of techniques                           |
|                                   | 2.3 Maintain <i>appropriate postures</i> to ensure a controlled distribution of body weight throughout the treatment                           |
|                                   | 2.4 Maintain client-focused attention throughout the treatment session   |
|                                   | 2.5 Determine treatment sequence, location and selection of methods by <i>assessment indications</i>   |
| 3. Advise and resource the client | 3.1 Educate the client in relevant and <i>practical techniques</i> for alleviation of symptoms and promotion and maintenance of optimum health |
|                                   | 3.2 Answer client queries with clarity, using appropriate language   |
|                                   | 3.3 Use honesty and integrity when explaining treatment plans and recommendations to the client  |
|                                   | 3.4 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client                                     |
|                                   | 3.5 Promote client independence and responsibility in treatment are promoted 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 the 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

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:

- Fundamental structure and function of anatomical systems
- History, philosophy and systems of the oriental therapy framework
- Legal and regulatory implications of treatment
- Possible reactions and contra-indications to treatment
- Technical and practical knowledge of treatment
- The location of acupressure points on the 12 primary meridians, ren mai and du mai
- Understanding of physiology and anatomy
- Understanding of the fundamental principles of biomechanics

### *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 commonly used treatment techniques listed under the range of variables
- Communicate effectively with client
- Communicate with people from diverse cultural and linguistic backgrounds
- Complete documentation of all recommendations and client responses
- Ensure all treatment or care delivered is consistent with legislative and regulatory requirements
- Gather and interpret information through the tactile senses
- Identify prominent bones/structure and major muscle groups through palpation
- Incorporate the philosophies and beliefs of an oriental therapy framework
- Interpret letters and other documentation from other health professionals to assist in administering treatment
- Manage time throughout consultation and treatment
- Prepare the client for treatment according to oriental therapy principles
- Provide treatment according to the individual, condition and the presence of complicating factors. It must be the safest, most efficacious method that is also cost

## REQUIRED SKILLS AND KNOWLEDGE

effective to the client

- Provide treatment using a range of oriental therapy methods
- Refer to other health care professionals
- Review treatment plan
- Treat of a range of conditions/disease states
- Use counselling as a treatment method, where competence exists
- Use equipment and resources competently and safely
- Write referrals, appraisal letters for insurance companies and other documentation

## 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) is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- 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 of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:

## EVIDENCE GUIDE

- 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
- Anatomical models
- Appropriate assessment environment
- Demonstration model/client

### *Method of assessment*

- Practical demonstration and observation in the work place
- Written assignments/projects or questioning should be used to assess knowledge
- Explanations of technique
- Oral questioning and discussion
- 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 (laboratory). If successful, a second assessment is to be conducted during workplace application under direct supervision

## 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
- HLTHIR301B Communicate and work effectively in health
- HLTIN301C Comply with infection control policies and procedures

## 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 and/or religious factors
- Contra-indications to treatment
- Post treatment activity
- Overeating
- Intoxication

*Mode of administration may include:*

- Requirement for feedback and interaction
- Various oriental therapy techniques
- Variations in application intensity
- Requirement of specified positioning of client

*Reactions may include:*

- Pain and/or discomfort
- Feedback - verbal, tactile, visual
- Muscular spasms
- Temperature discomfort

*Responses to reactions may include:*

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Adhering 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
- Effective response to client feedback and/or complaints

*Consent for treatment refers to:*

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

## RANGE STATEMENT

*Appropriate postures refers to:*

- Balanced distribution of body weight
- Ability to apply direct perpendicular contact pressure to appropriate areas of the body
- Comfort and safety
- Relaxation of the body
- Size, mobility and flexibility

*Oriental therapy techniques may include:*

- Acupressure
- An mo
- Tui na
- Gua sha
- Moxibustion
- Point energetics
- Cupping
- Stretching, posture and exercise techniques
- Elbows, feet, knees, ball of thumb, hand pressure techniques
- Meridian stretching techniques
- Namikoshi, barefoot and ohashi shiatsu, zen shiatsu sequences and techniques
- Hara diagnosis, tonification/dispersal and whole body sequences
- Demonstration and explanation of suggested corrective postures, stretches, movements
- Demonstration and explanation of suggested activities such as tai qi, qi gong, yoga, sotai
- Ability to apply relaxation, meditation and stress management techniques
- Dietary strategy - selection of specific foods preparation and combinations
- Advice on medicinal drinks, poultices and meals
- Spiritual and emotional counselling

## RANGE STATEMENT

*Assessment indications include:*

- Oriental therapy meridian and point locations and indications
- Namikoshi empirical or experimental point locations and indications
- Palpatory evidence or feedback responses
- Masunaga meridian system indications
- Anatomical or mobility/flexibility assessment and indications

*Advise and resource the client refers to:*

- Providing relevant literature or information materials
- Referring client to other information sources
- Providing advise regarding self-care
- Stress management resources
- Environmental modifications
- Counselling within the parameters of training
- Advising client of suggested resources
- Providing of details which help to fully inform client of relevant information
- Providing referrals to other health professionals
- Availability of products required or suggested for treatment

*Practical techniques that promote and maintain optimal health may include:*

- Oriental therapy techniques and strategies for improvement
- Postural improvement strategies
- Corrective postures, stretches, movements
- Activities such as tai qi, qi gong, yoga, sotai
- Relaxation, meditation and stress management techniques
- Discussion of causes of condition and suggestion of prevention strategies
- Simple follow-up activities and/or strategies to work on between sessions
- Activities and/or tasks to avoid
- Self-shiatsu techniques
- Dietary suggestions
- Environmental or lifestyle modifications
- Stress management strategies

## **Unit Sector(s)**

Not Applicable