



Australian Government

Department of Education, Employment and Workplace Relations

SISFFIT415A Work collaboratively with medical and allied health professionals

Release: 2

SISFFIT415A Work collaboratively with medical and allied health professionals

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to identify situations and conditions requiring guidance from medical or allied health professionals, to interpret instructions from medical or allied health professionals and implement appropriate exercise plans.

Application of the Unit

This unit applies to exercise trainers who provide a range of exercise programs to diverse populations including older clients, and is applicable to those employed in fitness environments such as fitness venues and those working autonomously in the fitness or health industry.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Identify and refer clients requiring medical or allied health professional expertise.

- 1.1. Access and review client initial ***pre-test screening information*** according to ***Legislation and regulatory requirements*** and ***organisational policies and procedures***.
- 1.2. Ascertain additional ***health information*** from the ***client*** as required.
- 1.3. Analyse health information to determine the need for referral and guidance from ***medical or allied health professionals*** within established professional parameters.
- 1.4. Recommend client seek advice from medical or allied health professionals as appropriate according to organisational policies and procedures.
- 1.5. Arrange a referral to an appropriate medical or allied health professional.
- 1.6. Ensure referral occurs with permission or consent of client and within confidentiality and privacy standards
- 1.7. Complete relevant documentation according to organisational policies and procedures.

2. Receive and respond to referrals.

- 2.1. Identify instructions within the ***referral*** received from medical or allied health professional.
- 2.2. Seek clarification from medical or allied health professional as required.
- 2.3. Discuss outcomes of referral with client and answer client queries regarding exercise plan.
- 2.4. Develop exercise plan as directed by referral.
- 2.5. Document referral process according to organisational policies and procedures and legislation and regulatory requirements.

3. Apply exercise considerations and guidelines to provide an exercise plan to

- 3.1. Describe the ***exercise and types of exercise*** which are recommended for clients with identified special requirements exercising in the fitness industry to maintain and develop health and functional capacity

ELEMENT**PERFORMANCE CRITERIA**

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| manage clients with identified special requirements. | to clients.
3.2. Deliver the exercise plan designed by a suitably qualified medical or allied health professional to clients with identified special requirements.
3.3. Instruct clients with identified special requirements under the supervision of suitably qualified medical or allied health professionals.
3.4. Apply aerobic and resistance training guidelines to clients with identified special requirements in line with recommendations and guidelines from medical or allied health professionals.
3.5. Provide advice on exercise guidelines appropriate to clients with identified special requirements in consultation with medical or allied health professional. |
| 4. Monitor client responses and progress. | 4.1. Monitor <i>client response</i> to the exercise program.
4.2. Report client progress including difficulties and concerns to medical or allied health professional in a timely manner.
4.3. Recognise <i>signs and symptoms of instability</i> and take appropriate action.
4.4. Notify medical or allied health professional of any changes in client condition or health status as required according to organisational policies and procedures and legislation and regulatory requirements.
4.5. Review client's fitness level and health status regularly and make appropriate modifications to exercise plan as required.
4.6. Provide <i>feedback</i> to client on progress and any recommended adjustments. |
| 5. Maintain case management file. | 5.1. Identify information that needs to be recorded in the case management file.
5.2. Identify information that needs to be shared with medical or allied health professionals and provide as required.
5.3. Maintain current, complete, accurate and relevant <i>client records</i> for each client contact. |

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- literacy skills to:
 - enable the accurate recording of client information
 - interpret and follow written sequenced instructions from medical or allied health professionals
 - communication skills to enable interaction with clients and medical or allied health professionals in an appropriate manner
 - problem-solving skills to determine situations and conditions requiring guidance from medical or allied health professionals
- self management skills to determine and work within own areas of professional expertise.

Required knowledge

- legislation and organisational policies and procedures to enable accurate recording of information and to maintain the security of client information
- local medical and allied health professionals and their areas of expertise to enable appropriate and timely referrals for clients
- risk stratification process
- exercise testing and testing supervision recommendations
- risk factors beyond own expertise and authority indicating the need for referral recommendations
- medical and anatomical terminology to accurately interpret instructions from medical or allied health professionals and to record client condition and information.
- normal and abnormal values of common clinical tests used to determine health status of clients
- effects of common medications prescribed to manage common health conditions

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

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

Evidence of the following is essential:

- identifies and advises clients requiring referral to medical or allied health professionals
- communicates effectively with medical or allied health professionals using appropriate communication techniques to respond to instructions contained in referrals and provides accurate information to clients advised to seek referral
- demonstrates ability to receive referrals in a professional manner in accordance with guidelines of referring medical or allied health professional and own organisation.
- maintains confidentiality, security and privacy of information.

Context of and specific resources for assessment

Assessment must ensure participation in multiple client interactions that reflect a range of commonly encountered conditions requiring the guidance of a medical or allied health professional.

Assessment must also ensure access to:

- a range of clients with a real or simulated range of fitness requirements
- a range of real or simulated medical or allied health professional referrals appropriate to the range of clients
- relevant documentation such as client record forms.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of consultations with a range of medical or allied health professionals
- accurate and legible completion of workplace documentation in response to rehabilitation referrals according to legal and organisational requirements
- oral or written questioning to assess knowledge of personal responsibilities and the range of services offered by medical or allied health professionals
- third-party reports from a supervisor detailing work

performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISFIT421A Plan and deliver personal training

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. Bold italicised wording, if used in the performance criteria, is detailed below. 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) may also be included.

Pre-test screening information must include:

- medical history, including medications
- current medical conditions
- informed consent
- letter from a medical or allied health professional.

Legislation and regulatory requirements may include:

- Occupational Health and Safety
- duty of care
- privacy
- anti-discrimination
- copyright
- licensing
- child protection
- trade practices
- consumer protection
- environmental
- business registration and licences.

Organisational policies and procedures may include:

- privacy
- confidentiality
- referral for appraisal
- appraisal forms
- recording appraisal information
- waiver or release form.

Health information may include:

- medical conditions
- injuries
- prescribed medication
- medical and exercise history
- functional limitations.

Client may include:

- male or female
- pre-natal
- post-natal
- menopausal
- older clients:
 - de-conditioned males over 45
 - de-conditioned females over 50

- older adolescents:
 - 16 years and over
- those with:
 - illness or sickness
 - disease or disorder
 - unaccustomed lack of functional strength.

Medical or Allied health professional may include:

- sports physician
- sports doctor
- general practitioner
- physiotherapist
- accredited exercise physiologist
- occupational therapist
- remedial massage therapist
- chiropractor
- osteopath
- accredited practising dietician
- psychologist
- continence nurse advisor.

Referral may include:

- instructions to provide part or all of the exercise program to a client
- specific instructions to implement an exercise program within the current expertise and knowledge of the fitness trainer.

Feedback may include:

- verbal, in a timely manner
- written.

Client response may include:

- heart rate
- respiratory rate
- subjective ratings of perceived exertion
- subjective ratings of specific symptomatic complaints
- signs and symptoms of exercise intolerance.

Signs and symptoms of instability may include:

- unusual fatigue and weakness
- pain, discomfort or other anginal equivalent in the chest, neck, jaw, arms or other areas that may be due to ischemia
- breathlessness
- oedema
- palpitations or tachycardia or bradycardia
- claudication pain
- dizziness or lightheadedness
- musculo-skeletal pain.

Client records may include:

- electronic
- hand written
- pre-exercise screening form
- medical clearance
- fitness test results
- clinical test results
- informed consent

- caregiver or legal guardian sign off.

Unit Sector(s)

Fitness

Competency Field

Fitness