



**Australian Government**

**Assessment Requirements for HLTAHA028  
Deliver and monitor physical or manual  
therapy programs**

**Release: 1**

# Assessment Requirements for HLTAHA028 Deliver and monitor physical or manual therapy programs

## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- assist in the delivery of therapeutic practices for physical or manual therapy programs as delegated by the Allied Health Professional and must include:
  - at least three people receiving different treatments one in a simulated environment and two in the workplace
  - one group receiving treatments in a simulated environment
- perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of allied health assistance work. At least 60% of this work must be carried out in an allied health workplace. The remaining 40% may be carried out in a simulated environment, if an allied health workplace is unavailable.

## Knowledge Evidence

Demonstrate the knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- Allied Health Assistants' scope of role in assisting with physical and manual therapy
- responsibilities and limitations of delegating Allied Health Professional
- allied health core competencies:
  - person-centred care
  - individual therapy
  - group therapy
  - communication of information
  - equipment and environment
- basic musculoskeletal anatomy:
  - joint types and function
  - major bones
  - major muscles including actions
  - major joints and joint classifications
- potential for improvement after neurological injury or illness
- physical and manual techniques
- anatomical terminology, including:

- flexion
- extension
- rotation
- abduction
- adduction
- circumduction
- inversion
- eversion
- pronation
- supination
- horizontal flexion
- horizontal extension
- protraction
- retraction
- elevation
- depression
- dorsiflexion
- plantarflexion
- therapeutic exercise principles in neurological, cardiorespiratory and musculoskeletal physical therapy
- organisational policies and procedures in regard to:
  - pre-session screening
  - overcrowding
  - ventilation and/or climate control
  - hygiene
  - participant to allied health worker ratios
  - emergency and risk management
  - standards of personal presentation
  - participant's clothing and footwear
  - use, care and maintenance of equipment
- principles of exercise program design:
  - progression
  - specificity
- fitness program planning for improvement of health-related components of fitness:
  - muscle endurance
  - muscle strength
  - cardiorespiratory endurance
  - flexibility
  - rest intervals
  - required equipment

- floor plan for equipment arrangement
- circuit training session planning considerations and inclusions:
  - equipment
  - layout
  - number of participants
- training methods and consideration of intensity:
  - program types
  - sets and reps
  - circuits
  - interval training
- contraindications and precautions
- exercises and programming requirements for:
  - flexibility
  - dynamic or active range of motion
  - postural stability
- effects of different exercises on the major body systems:
  - cardiovascular
  - muscular
  - nervous
  - skeletal
- methods of monitoring exercise intensity, techniques and progression:
  - heart rate
  - rate of perceived exertion
  - observation of technique
- manufacturer and exercise equipment specifications
- signs and symptoms of exercise intolerance
- motivational techniques and exercise adherence strategies
- basic anatomy and physiology of the skin and the principles of pressure area care
- record keeping practices and procedures in relation to diagnostic and therapeutic programs or treatments
- equipment and materials used in different programs and treatments
- monitoring requirements for different programs and treatments, including recording observations to ensure safety
- basic reaction to pain within the body
- signs of adverse reaction to different programs and treatment
- concepts and procedures for stepping down treatment or intervention when person becomes distressed, in pain or wishes to stop
- individualised plans, goals and limitations of therapy
- infection control policy and procedures
- work health and safety (WHS):
  - manual handling

- falls prevention
- infection control practices
- use of machines
- other specific organisational policies or procedures, including supervisory and reporting protocols
- physical therapies terminology.

## Assessment Conditions

Skills may be demonstrated in the workplace, or in a simulated environment, as per the conditions outlined in the performance evidence.

Assessment must ensure:

- access to suitable facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies
- access to manufacturer instructions
- access to individualised plans and any relevant equipment outlined in the plan as delegated by an Allied Health Professional
- access to organisational policies and procedures
- opportunities for engagement with real people accessing allied health services.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be a Certificate IV qualified Allied Health Assistant with a minimum of three years of professional experience in allied health services; or
- a registered Allied Health Professional.

## Links

Companion Volume implementation guides are found in VETNet -

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