



**Australian Government**

# **HLTAHA028 Deliver and monitor physical or manual therapy programs**

**Release: 1**

# HLTAHA028 Deliver and monitor physical or manual therapy programs

## Modification History

Not applicable.

## Application

This unit describes the skills and knowledge required to provide assistance to a registered Allied Health Professional. Work includes supporting individuals or a group of individuals participating in physical or manual therapy programs.

This unit applies to Allied Health Assistants and should be performed under the direct, indirect or remote supervision and delegation of an Allied Health Professional (AHP).

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## Pre-requisite Unit

Nil

## Competency Field

Allied Health

## Unit Sector

Health

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Receive delegation and gather information.

### PERFORMANCE CRITERIA

*Performance criteria describe the performance needed to demonstrate achievement of the element.*

- 1.1. Obtain written or verbal delegation for an allied health activity from the Allied Health Professional.
- 1.2. Obtain information from relevant sources and delegating Allied Health Professional according to organisational policy and procedures.
- 1.3. Discuss and confirm with delegating Allied Health

## Professional treatment plans and programs.

2. Deliver prescribed physical or manual therapy program based on treatment plan.
  - 2.1. Confirm the person's understanding of program based on treatment plan prepared by the Allied Health Professional.
  - 2.2. Obtain consent from the person before commencing the program.
  - 2.3. Follow work health and safety (WHS) requirements and the instructions of the Allied Health Professional when assisting with the positioning of the person and equipment, where treatment involves machines.
  - 2.4. Guide the person to complete the program as directed by the delegating Allied Health Professional.
  - 2.5. Recognise when the person becomes distressed, in pain or communicates their desire to stop, slow down or change activity and follow stepping down procedures outlined in treatment plan or notify Allied Health Professional.
  - 2.6. Provide feedback to reinforce the person's understanding and application of the program.
  - 2.7. Work with person to plan any follow up sessions and dates.
  - 2.8. Provide the person with time, opportunity and encouragement to practice existing and newly developed skills.
3. Assist the person with varying abilities to participate in programs.
  - 3.1. Encourage the integration of planned and unplanned skills developed in the program into daily activities.
  - 3.2. Assist Allied Health Professional to complete assessments or therapy requiring more than one staff member where requested.
  - 3.3. Instruct the person in the use of gait aids prescribed by the Allied Health Professional and adjust for safety and comfort as directed by the Allied Health Professional.
  - 3.4. Monitor and conduct necessary action within the treatment plan and scope of role and report any concerns or recommendations to the delegating Allied Health Professional.
  - 3.5. Correctly position the person according to the person's condition, modesty and treatment or program activities and according to the directive of the Allied Health Professional.
  - 3.6. Discuss treatment or program activities with the person and where possible seek feedback about comfort and understanding during the session.
  - 3.7. Create a treatment or program environment that encourages

- the person to ask questions about progress and activities.
- 3.8. Take action in response to any indicators of adverse reaction to the program or treatment and report to Allied Health Professional.
  - 3.9. Report the need for modifications to the physical or manual therapy program and report to the delegating Allied Health Professional.
4. Comply with supervisory requirements.
    - 4.1. Provide a report on the person's progress, difficulties and concerns to the delegating Allied Health Professional before proceeding with treatment.
    - 4.2. Implement variations to the program according to the advice of the Allied Health Professional.
    - 4.3. Identify and manage the person's adherence issues, including subjective and objective reporting of the person's response to the program, and report to the Allied Health Professional.
    - 4.4. Report any misunderstanding or confusion to the Allied Health Professional.
    - 4.5. Identify and note any difficulties the person experiences with the program, and report to Allied Health Professional.
    - 4.6. Seek assistance when the person presents with needs or signs outside limits of own authority, skills or knowledge.
  5. Clean and store equipment.
    - 5.1. Clean and store equipment according to manufacturer instructions, infection control requirements and organisational policy or procedures.
    - 5.2. Check and maintain equipment according to suppliers or organisational policy or procedures.
    - 5.3. Label or tag equipment faults, and report faults in line with organisational policy or procedures.
  6. Document information.
    - 6.1. Document information relating to the program in line with organisational requirements.
    - 6.2. Use industry terminology to document the person's response, outcomes and identified problems related to the therapeutic program.
    - 6.3. Sign and designate role when completing medical records according to organisational policy and procedures.

## Foundation Skills

*Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.*

## Unit Mapping Information

Supersedes and is not equivalent to HLTAHA003 Deliver and monitor a client-specific physiotherapy program and HLTAHA005 Support the delivery and monitoring of physiotherapy programs for mobility.

## Links

Companion Volume implementation guides are found in VETNet -

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