



Australian Government

HLTAHA037 Deliver and monitor a hydrotherapy program

Release: 1

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Modification History

Not applicable.

Application

This unit describes the skills and knowledge required to provide assistance to an Allied Health Professional. Work includes supporting individuals and groups participating in hydrotherapy programs prescribed by an Allied Health Professional.

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 Allied Health Assistant Framework, 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 therapy, treatment plans, programs and work

- health and safety (WHS) requirements.
2. Prepare for a hydrotherapy program.
 - 2.1. Identify any treatment requirements outside scope of role and discuss with delegated Allied Health Professional.
 - 2.2. Determine the person's availability, according to the organisation's procedures.
 - 2.3. Gather hydrotherapy equipment and prepare setting for the program.
 - 2.4. Ensure adequate staffing according to the organisational procedures.
 - 2.5. Obtain consent from the person before commencing the program.
 3. Conduct the hydrotherapy program.
 - 3.1. Assist with program according to delegation from treating Allied Health Professional.
 - 3.2. Explain the purpose, rationale and requirements of each part of the program to the person.
 - 3.3. Assist the person in and out of the pool safely and efficiently according to organisational procedures and treatment goals.
 - 3.4. Demonstrate components and guide the person to complete the program as delegated by the Allied Health Professional.
 - 3.5. Provide the person with time, opportunity and encouragement to practise existing and newly developed skills.
 - 3.6. Monitor the person and provide feedback to ensure correct application during and after the program according to the delegated treatment plan.
 - 3.7. Identify and manage the person's adherence issues and report the need for adjustment to the delegating Allied Health Professional.
 - 3.8. Use stepping down procedures when the person becomes distressed, in pain or communicates their desire to slow down according to delegated treatment plan and organisational procedures.
 - 3.9. Respond to adverse reaction to the hydrotherapy program according to delegated treatment plan and organisational procedures.
 4. Respond to a hydrotherapy emergency.
 - 4.1. Support the person in difficulty immediately and remove any other individuals from danger.
 - 4.2. Assess the factors involved in a water rescue, the type of rescue and equipment required.
 - 4.3. Identify hazards and take action to prevent further injury or harm to the casualty.
 - 4.4. Perform water rescue in accordance with emergency

- procedures and work health and safety requirements.
- 4.5. Observe and describe the condition of the casualty to first aid responder.
 - 4.6. Contact emergency services as soon as possible if required.
 - 4.7. Record and report the incident in accordance with, legislative, regulatory and organisational requirements.
- 5. Assist person after the hydrotherapy program.
 - 5.1. Identify support needs of the person following a hydrotherapy session.
 - 5.2. Provide support with mobility as delegated by the Allied Health Professional.
 - 6. Comply with supervisory requirements.
 - 6.1. Consult with delegating Allied Health Professional when additional information is required.
 - 6.2. Seek assistance when the person presents with needs or signs outside limits of own scope of role, skills or knowledge.
 - 6.3. Report the person's difficulties to the delegating Allied Health Professional before continuing the program.
 - 6.4. Participate in supervision processes with the delegating Allied Health Professional in accordance with organisational procedures.
 - 7. Clean and store equipment.
 - 7.1. Clean materials and equipment in accordance with manufacturer requirements.
 - 7.2. Store material and equipment in accordance with manufacturer requirements and organisational procedures.
 - 7.3. Report equipment faults according to organisational procedures.
 - 8. Document information.
 - 8.1. Document information relating to the person's rehabilitation program in line with organisational requirements.
 - 8.2. Provide regular feedback to the delegating Allied Health Professional.
 - 8.3. Use professional terminology to document symptomatic expression of identified problems related to the person's rehabilitation program.

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 HLTAHA015 Deliver and monitor a hydrotherapy program.

Links

Companion Volume implementation guides are found in VETNet -

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