



Australian Government

Department of Education, Employment and Workplace Relations

HLTAH403C Deliver and monitor exercise program for mobility

Release: 1

HLTAH403C Deliver and monitor exercise program for mobility

Modification History

HLT07 Version 4	HLT07 Version 5	Comments
HLTAH403B Deliver and monitor exercise program for mobility	HLTAH403C Deliver and monitor exercise program for mobility	ISC upgrade changes to remove references to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to support individuals participating in group physiotherapy programs designed to restore optimum movement and functional independence

Typical programs and treatments may include exercise regimes and the use of gym equipment

Application of the Unit

Application

The application of knowledge and skills described in this competency unit relate to functions that support programs developed by a physiotherapist and may take place in a range of health settings

Allied Health Assistants operate within the scope of their defined roles and responsibilities and under supervision of a physiotherapist

For training and assessment pathways, experience in workplace application of the skills and knowledge identified in this competency unit should be provided as required to support allied health professions

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Pre-requisite units

This unit must be assessed after successful achievement of pre-requisite units:

- HLTAP301B Recognise healthy body systems in a health care context
- HLTCSD305D Assist with client movement
- HLTAH301C Assist with an allied health program

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

PERFORMANCE CRITERIA

1. Prepare for mobility and movement program

1.1 Confirm program requirements against the prescribed *information* provided by the physiotherapist

1.2 Determine the *clients' availability*, according to the organisation's protocols

1.3 Gather necessary equipment for the mobility and movement program

1.4 Prepare the setting for the mobility and movement program

1.5 Obtain informed consent from the clients before commencing the mobility and movement program

ELEMENT

2. Conduct mobility and movement programs to restore optimum movement

PERFORMANCE CRITERIA

- 2.1 Confirm client's understanding of exercise program based on treatment plan prepared by the physiotherapist
- 2.2 Guide the clients to complete the program according to prescribed treatment plan
- 2.3 Provide the clients with sufficient time, opportunity and encouragement to practice existing and newly developed skills
- 2.4 Encourage the clients to take advantage of planned and unplanned opportunities to integrate skills developed within the program into normal daily activities
- 2.5 Provide feedback to the clients to reinforce understanding and the correct application of the exercise program
- 2.6 Monitor the clients during and after the program according to the prescribed treatment plan, *measuring devices principles of exercise program design*, , knowledge of *biomechanics*, and knowledge of the *musculo-skeletal system*
- 2.7 Identify and manage client compliance issues, including subjective and objective reporting of client response to the program, and report to the physiotherapist in a timely manner
- 2.8 Identify the need for modifications to the exercise program
- 2.9 Take appropriate and prompt action in response to any indicators of *adverse reaction* to the program/treatment according to relevant protocols and guidelines

ELEMENT**PERFORMANCE CRITERIA**

3. Clean and store equipment

3.1 Clean equipment according to manufacturer's recommendations, infection control requirements and organisation protocols

3.2 Store equipment according to manufacturer's recommendations and the organisation's protocols

3.3 Report equipment faults to the appropriate person(s)

3.4 Label or tag equipment faults, where possible remove from use if unsafe or not working and inform staff in line with organisation procedures

4. Report and document information

4.1 Provide client progress feedback to the treating physiotherapist

4.2 Report client difficulties and concerns to the treating physiotherapist in a timely manner

4.3 Implement variations to the treatment program according to the instructions of the physiotherapist

4.4 Document information about the exercise program according to the organisation's protocols

4.5 Use appropriate terminology to document client response, outcomes and identified problems related to the therapeutic exercise program

5. Comply with supervisory requirements

5.1 Assist with exercise program according to the instruction of treating physiotherapist

5.2 Provide client progress feedback to the treating physiotherapist

5.3 Report client difficulties and concerns to the treating physiotherapist in a timely manner

5.4 Implement variations to the exercise program according to the advice of the treating physiotherapist

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:

- A working understanding of the benefits of physiological effects and benefits of active functional exercise
- Principles of biomechanics, including
 - mass
 - force
 - speed
 - acceleration
 - work
 - energy
 - power
 - strength
 - momentum
 - force arm
 - resistance arm
 - axis of rotation
 - cam
 - pulley
- Basic musculo-skeletal anatomy, including
 - joint types and function
 - major bones
 - major muscles
 - major joints
- Basic anatomy and physiology
- Anatomical terminology, including
 - flexion
 - extension
 - rotation

- abduction
- adduction
- circumduction
- inversion
- eversion
- pronation
- supination
- horizontal flexion
- horizontal extension
- Therapeutic exercise principles
- Principles of exercise program design, including:
 - FITT formula - frequency, intensity, time, type
 - program phases - preparation, conditioning, recovery, adaptation
 - program types - sets and reps, circuit, single set to failure, matrix
- A working understanding of the psychological effects of disability due to injury or disease and strategies used to cope with this
- A working understanding of the signs of adverse reaction to different programs and treatment
- Relevant National and State/Territory legislation and guidelines, including Australian Physiotherapy Association (APA) Guidelines
- Roles, responsibilities and limitations of own role and other allied health team members and nursing, medical and other personnel
- A working knowledge of factors that facilitate an effective and collaborative working relationship
- A working knowledge of record keeping practices and procedures in relation to diagnostic and therapeutic programs/treatments
- Work health and safety (WHS) policies and procedures that relate to the allied health assistant's role in implementing physiotherapy mobility and movement programs
- Infection control policies and procedures that relate to the allied health assistant's role in implementing physiotherapy mobility and movement programs
- Supervisory and reporting protocols of the organisation

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Apply active and passive therapeutic practice and treatment procedures
- Undertake activity analysis - breaking activities down into component parts
- Use procedures to move and position clients in a safe manner
- Work with a group of individuals with specific mobility requirements

In addition, the candidate must be able 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:

- Work under direct and indirect supervision
- Communicate effectively with clients in a therapeutic/treatment relationship
- Communicate effectively with supervisors and co-workers
- Work effectively with non-compliant clients
- Use skills in time management, personal organisation and establishing priorities

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 skill
- Observation of workplace performance is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- 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

- 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

- Context of and specific resources for assessment:*
- Assessment must include demonstrated workplace application
 - Relevant guidelines, standards and procedures
 - Resources essential for assessment include:
 - Clients with exercise requirements
 - Equipment
 - Documentation
 - Supervisory physiotherapist

- Method of assessment*
- Observation of some applications in the work place (as is appropriate/possible)
 - Written assignments/projects or questioning should be used to assess knowledge
 - Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
 - Skills involving direct client care are to be assessed initially in a simulated setting (eg. laboratory). If successful, a second assessment is to be conducted during workplace application under direct supervision

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.

Supervision refers to:

- Instructing, advising, and monitoring another person in order to ensure safe and effective performance in carrying out the duties of their position
- The nature of supervision is flexible and may be conducted by various means including:
 - in person
 - through use of electronic communications media such as telephone or video conferencing, where necessary
- Frequency of supervision will be determined by factors such as:
 - the task maturity of the person in that position or clinical placement
 - the need to review and assess client conditions and progress in order to establish or alter treatment plans in case of students and assistants
 - the need to correct and develop non clinical aspects such as time management, organisation requirements, communication skills, and other factors supporting the provision of clinical care and working within a team
- A person under supervision does not require direct (immediate) and continuous personal interaction, but the method and frequency will be determined by factors outlined above

Clients may include:

- Adults
- Children and young people
- Older people
- People with communication difficulties

Settings may include:

- Hospitals
- Community health services
- Private practice
- Client homes
- Aged care residential settings

Information may include:

- Client care plan
- Exercise plan
- Client treatment plan
- Physiotherapist instructions
- Client record
- Checklists
- Case notes
- Other forms according to procedures of the organisation

Treatment and program aims may include:

- Optimising quality of life
- Management of secondary complications
- Facilitating normal movements and developing adaptive skills to maximise the client's independence
- Educating the client on the relationship between movement and function
- Promoting the partnership between the worker and the client to achieve maximum benefit from a rehabilitation program and improve quality of life

Client needs and abilities may include:

- Co-morbidity
- Cultural needs
- Cardiac risk stratification
- Joint or muscle weakness
- Orthopaedic conditions

Methods to determine client availability may include:

- Face to face
- Telephone
- Written

Strategies to measure response to exercise may include:

- Borg's scale
- Rating of perceived exertion

Principles of exercise program design must include:

- FITT formula - frequency, intensity, time, type
- Program phases - preparation, conditioning, recovery, adaptation
- Program types - sets and reps, circuit, single set to failure, matrix

Principles of biomechanics may include:

- Mass
- Force
- Speed
- Acceleration
- Work
- Energy
- Power
- Strength
- Momentum
- Force arm
- Resistance arm
- Axis of rotation
- Cam
- Pulley

Musculo-skeletal system may include:

- Joint types and function
- Major bones
- Major muscles
- Major joints

Adverse reaction to exercise may include:

- Severe shortness of breath
- Dizziness
- Pain
- Muscle cramp

Clinical standards, guidelines, policies and procedures may include:

- Clinical standards (state and national)
- Industry professional bodies
- Industry standards (state and national) and associated legislative requirements
- Organisation policy directives
- Privacy Act
- Relevant Australian Standards
- Physiotherapy Registration Acts (State based)

Client compliance refers to:

- Ability to follow instructions or suggestions
- Willingness to follow instructions or suggestions
- Cognitive decline

Unit Sector(s)

Not Applicable