



Australian Government

Department of Education, Employment and Workplace Relations

HLTKIN506B Perform an advanced kinesiology health assessment

Release: 1

HLTKIN506B Perform an advanced kinesiology health assessment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to observe the condition of the client and gather information relevant to the case to enable the correct assessment, planning and provision of an advanced kinesiology assessment

Application of the Unit

Application

The application of knowledge and skills described in this competency unit relates to functions necessary for working within a clinic as a kinesiology practitioner

Work at this level may be undertaken independently

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

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

1. Determine the scope of the assessment and the clients needs

PERFORMANCE CRITERIA

- 1.1 Establish and identify symptoms and signs being experienced
- 1.2 Determine client's eligibility for service using clinic policies and procedures
- 1.3 Explain services able to be provided and the limits of available services
- 1.4 Clarify client's expectation of the clinics service
- 1.5 Identify *factors likely to have a negative impact on assessment* in consultation with the client and implement strategies to minimise the effects of these factors
- 1.6 Explain personal abilities, level of professional competence and parameters of role to the client
- 1.7 Refer client to other health care professionals where the needs of the client are identified as beyond the scope of the services able to be provided, or if in the opinion of the practitioner the needs of the client are best met by doing so
- 1.8 Identify and promote the legal rights of the client

ELEMENT**PERFORMANCE CRITERIA**

2. Obtain and record an accurate *history of the client*
- 2.1 Seek information from the client for the client's history in a respectful way with all enquiries framed in a purposeful, systematic and diplomatic manner
 - 2.2 Collect and record accurate, relevant and well organised information in a form which can be interpreted readily by other professionals
 - 2.3 Manage information in a confidential and secure manner
3. Manage the health *assessment*
- 3.1 Obtain informed client consent prior to conducting tests, in accordance with relevant legislation and regulations
 - 3.2 Allow adequate time during consultation to gather critical information
 - 3.3 Identify and minimise factors that may interfere with the information gathering process
 - 3.4 Identify, establish and maintain essential requirements for the maintenance of clinical and practitioner hygiene
 - 3.5 Anticipate potential *sensitivities* of the client and adapt approach to take these into account.
 - 3.6 Take steps to ensure the client dignity is maintained at all times
 - 3.7 Pursue and investigate abnormal findings in a deliberate, logical and appropriate manner
 - 3.8 Assess reliability of data obtained and establish appropriate clinical correlation with the clients complaint as soon as possible
 - 3.9 Record all information in a systematic manner in accordance with clinic guidelines

ELEMENT**PERFORMANCE CRITERIA**

4. Prepare the client for assessment

- 4.1 Ensure clients body is not unnecessarily exposed during assessment
- 4.2 Respect client boundaries at all times
- 4.3 Seek client feedback on comfort levels
- 4.4 Explain self responsibility model and clarify questions in a clear and comprehensive way

5. Make a comprehensive *assessment* of the client

- 5.1 Identify signs of condition according to a kinesiology framework
- 5.2 Elicit specific details of signs and symptoms of the presenting complaint(s)
- 5.3 Assess client through palpation, observation, sensation and by using kinesiology information gathering techniques
- 5.4 Conduct physical, mental / emotional, nutritional, and energetic lifestyle assessment
- 5.5 Use other assessment procedures as appropriate
- 5.6 Question client to clarify results and gain further information in a manner relevant to the clients needs and test results
- 5.7 Identify contraindications to balance
- 5.8 Conduct functional and special tests and make differential assessment
- 5.9 Observe and analyse static and dynamic variables of posture

Required Skills and Knowledge**REQUIRED SKILLS AND KNOWLEDGE**

This describes the essential skills and knowledge and their level required for this unit.

REQUIRED SKILLS AND KNOWLEDGE

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:

- Awareness of critical information required for assessment according to a kinesiology framework
- Best practice kinesiology principles
- History, philosophy and beliefs of kinesiology within a health framework
- Manifestation of disease processes
- Specialised assessment procedures and options allowing complex regional assessments
- Specialised testing procedures as appropriate
- Terminology appropriate to kinesiology practice

Essential skills:

It is critical that the candidate demonstrate the ability 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:

- Apply advanced assessment techniques
- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Demonstrate communication skills
- Demonstrate observations skills
- Demonstrate record keeping skills
- Discuss and observe service delivery protocols
- Gather and interpret information through kinesiology methods
- Handle complaints effectively
- Observe and identify variations of posture
- Perform testing and assessment procedures
- Read medical test results or documents
- Recognise and adjust to contraindications balances
- Use terminology appropriate to kinesiology practice

Evidence Guide

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 skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic)
- 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
- Assessment must be undertaken by an assessor who is formally recognised by an Australian kinesiology peak body
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

EVIDENCE GUIDE

Context of and specific resources for assessment:

- Resources essential for assessment include:
 - qualified assessor who is also recognised by an Australian kinesiology peak body
 - relevant texts or medical manuals
 - relevant paper-based/video assessment instruments
- Appropriate assessment environment

Method of assessment

- Observation in the work place
- 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
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting. If successful, a second assessment is to be conducted during workplace application under direct supervision
- Questioning
- Role play simulation
- Short tests and essays

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

EVIDENCE GUIDE

Related units:

This unit should be assessed in conjunction with the following related units:

- HLTKIN507B Plan an advanced kinesiology session
- HLTKIN508B Apply an advanced kinesiology assessment framework

Range Statement

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.

Factors likely to have a negative impact on assessment may include:

- Language difficulties
- Disabilities
- Emotional trauma
- Lack of privacy or focus due to additional parties being present
- Cultural or gender factors

RANGE STATEMENT

Other health care professionals may include:

- Osteopaths
- Podiatrists
- Naturopaths
- Homoeopaths
- Herbalists
- Other energy therapists
- Physiotherapists
- Chiropractors
- Medical practitioners
- Registered nurses
- Midwives
- Social workers
- Counsellors
- Aromatherapists
- Reflexologists
- Bowen Therapists
- Other allied health care professionals

RANGE STATEMENT

Client history may include:

- Date of session
- Identifying personal details
- Source of referral
- Main presenting complaint or reason for session
- Subjective evaluation of present condition
- Maternal / paternal genetic predispositions
- General state of health
 - physical
 - emotional
 - sensitivities
 - diet
 - sleep patterns
 - bowel habits
 - exercise
 - lifestyle
- Childhood and adult illnesses
- Accidents, injuries, operations
- Vaccinations
- Root canals
- Hospitalisations
- Occupational history and environment
- Family history and relationships
- Other current medical / alternative health care treatment
- Previous occurrence of current complaint
- Vibrational remedies / medication / supplements
 - current and previous / perceived side effects
- Known allergies to medication / supplements
- Social lifestyle including social drug usage
- Primary health care provider
- Previous occurrence of presenting complaint
- Social lifestyle including social drug usage
- Family history and relationship
- Root canals
- Vaccinations

RANGE STATEMENT

Potential sensitivities may include:

- Gender
- Ethnicity
- Language
- Religious beliefs
- Cultural heritage
- Sexuality
- Ability
- Presenting disease state and personal history

Assessment will include attention to:

- Active movements
- Passive movements
- Resisted movements
- Functional movements
- Current ability
- Characteristics of pain
- Client feedback and complaints

Established assessment procedures may include:

- Observation
- Discussion
- Temperature
- Pulse
- Palpation
- Range of motion tests
- Muscle strength tests
- Observation of variations of posture
- Any other method in which the practitioner has been trained to a competent standard
- Procedure which is conducted according to legislative and regulatory requirements

RANGE STATEMENT

Contraindications to balancing may include:

- Unwillingness to accept self responsibility model
- Situations where client expects treatment for named medical disease or condition
- Client expects practitioner to test for medically determined pathology parameters e.g. pregnancy, blood count, blood cholesterol, blood sugar etc.
- Kinesiologists are not expected to diagnose any conditions but must be able to recognise the indications and contraindications of conditions
- Kinesiology is contraindicated in all infectious diseases suggested by fever, nausea and lethargy until a diagnosis is received and recommended by a medical practitioner
- Always refer for diagnosis when symptoms do not have a logical explanation. Indications for referral include:
 - pain
 - infection or infectious diseases
 - fatigue
 - lumps and tissue changes
 - inflammation
 - oedema
 - mood alterations e.g. depression, anxiety
 - changes in habits such as appetite elimination or sleep
 - bleeding and bruising
 - nausea, vomiting or diarrhoea
 - temperature - hot or cold
 - sudden loss of weight
 - fatigue, exhaustion
 - irregular sleep patterns

Unit Sector(s)

Not Applicable