



Australian Government

Department of Education, Employment and Workplace Relations

HLTKIN509B Monitor and evaluate kinesiology balances

Release: 1

HLTKIN509B Monitor and evaluate kinesiology balances

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to monitor and evaluate a range of kinesiology balances provided as a part of a session plan for each client

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

PERFORMANCE CRITERIA

1. Monitor the progress of each client

- 1.1 Undertake *monitoring of client health* in line with session plans
- 1.2 Assess and review of balances as required.
- 1.3 Document *progress* according to clinic requirements

2. Monitor *balances*

- 2.1 Be aware of expected outcomes of balances
- 2.2 Ask client for feedback
- 2.3 Monitor the client to assess the appropriate and timely application of additional kinesiology techniques
- 2.4 Refer client to other health professionals if appropriate
- 2.5 Review client progress after each session

ELEMENT**PERFORMANCE CRITERIA**

- | | |
|---|---|
| 3. Evaluate the effectiveness of balances | <p>3.1 Build and maintain a relationship of trust with the client, with active promotion of and strict adherence to confidentiality.</p> <p>3.2 Question client to ascertain their level of comfort and compliance with the balances.</p> <p>3.3 Ascertain degree of improvement or changes in the client's condition and compare with expectations in the plan of care.</p> <p>3.4 Provide client with clear information about their level of improvement in relation to their plan of care.</p> <p>3.5 Evaluate impact of ongoing balances in relation to client's physical, mental and emotional condition and behaviour.</p> <p>3.6 Use information in the review of session plans</p> <p>3.7 Encourage clients to maintain their health by active involvement in their plan of care.</p> <p>3.8 Consult with other practitioners as necessary and appropriate and with client permission</p> |
| 4. Determine continuation and/or revision of balances | <p>4.1 Implement and document changes</p> <p>4.2 Communicate changes to client</p> <p>4.3 Communicate revision of balances to other team members where appropriate</p> |

Required Skills and Knowledge**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

REQUIRED SKILLS AND KNOWLEDGE

manage contingencies in the context of the identified work role

This includes knowledge of:

- Anatomy and physiology relevant to kinesiology
- Basic nutritional principles
- Best practice kinesiology principles
- Common medical terminology
- Environmental physiology and the effects of drugs / supplements on the individual
- Ethical and legal implications of providing kinesiology balancing
- Fundamental human physiology
- Indications and contraindications for kinesiology
- Legislative and regulatory requirements
- Organisation policies and procedures relating to client confidentiality
- Pathology and symptomatology
- Realistic expectations of client condition
- Referral processes and procedures
- Relevant criteria for evaluation of effectiveness of plan of care
- Structure and function of anatomical systems appropriate to kinesiology and the scope of practice
- Technical and practical knowledge of kinesiology balances
- The acupuncture meridian system of the body
- The history, philosophies and beliefs of the kinesiology framework
- The interaction of other treatments with kinesiology
- The organisation of the body
- The systems and regions of the body

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:

- Communicate effectively with clients
- Communicate with people from diverse cultural and linguistic backgrounds and work through an interpreter if required
- Evaluate:
 - client's level of compliance
 - holistic impact of sessions on client's physical, mental and emotional condition and behaviour
 - outcomes of client sessions

REQUIRED SKILLS AND KNOWLEDGE

- overall effectiveness of session plans
- Handle complaints effectively
- Refer clients for further assessment, treatments and/or counselling as required.
- Review balances, in consultation with other health professionals where relevant
- Review client's condition in relation to balances provided, taking prior history into consideration

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

EVIDENCE GUIDE

- 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

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

EVIDENCE GUIDE

- 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

Related units:

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

- HLTKIN506B Perform an advanced kinesiology health assessment
- 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.

RANGE STATEMENT

- Information about the progress of a balances may be gathered by*
- Observation
 - Questioning
 - Interpreting client observations
 - Other medical reports
 - Feedback/reports (written or verbal) from other health practitioners
- Review client progress may include:*
- Physical
 - Mental/emotional
 - Energetic
 - Behavioural
- As appropriate means:*
- Where the client has provided written permission
- Session plans may include:*
- Kinesiology balances
 - Other complementary health treatments
 - Other mainstream health treatments
 - Referrals to other health professionals
 - Monitoring regime
 - Evaluation of care
- Health care monitoring may include:*
- Scheduling using paper-based or computer-based systems
 - Client follow-up visits
 - Client re-assessments and review of balances
 - Handling client feedback and complaints
- Criteria for evaluation of session plans may include:*
- Degree of improvement or change in client condition either:
 - observed
 - client reported
 - medically assessed
 - Client's level of comfort

Unit Sector(s)

Not Applicable