



**Australian Government**

# **HLTAHA003 Deliver and monitor a client-specific physiotherapy program**

**Release: 1**

# HLTAHA003 Deliver and monitor a client-specific physiotherapy program

## Modification History

| Release   | Comments                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Release 1 | <p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Merged HLTAH401/HLTAH402C. Significant changes to elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added. Removal of pre-requisite. Significant change to knowledge evidence.</p> |

## Application

This unit describes the skills and knowledge required to deliver and monitor a therapeutic program that has been developed by a physiotherapist to address the requirements of individual clients.

This unit applies to allied health assistants and should be performed under the direction and supervision (direct, indirect or remote) of an allied health professional.

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

## Elements and Performance Criteria

### ELEMENT

### PERFORMANCE CRITERIA

*Elements define the essential outcomes*

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

1. Prepare for delivery of a client-specific physiotherapy program

- 1.1 Obtain information from the physiotherapist about the client-specific program
- 1.2 Determine client availability according to organisation protocols
- 1.3 Gather the equipment to deliver the client-specific program, in line with client needs and specifications of the physiotherapist

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

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

2. Deliver physiotherapy program based on treatment plan

2.1 Confirm client's understanding of program based on treatment plan prepared by the physiotherapist

2.2 Obtain consent from the client before commencing the program

2.3 Follow the instructions of the physiotherapist when assisting with the positioning of client and equipment where treatment involves machines

2.4 Guide the client to complete the program as directed by physiotherapist

2.5 Recognise when client becomes distressed, in pain or communicates their desire to slow down, and change activity or stop and follow stepping down procedures outlined in treatment plan or notify physiotherapist

2.6 Provide feedback to the client to reinforce client understanding and correct application of the program

2.7 Work with client to plan any follow up sessions and dates

3. Assist with programs for clients with varying abilities to participate

3.1 Monitor 24-hour posture management and identify any adjustment requirements according to directives from the physiotherapist

3.2 Assist physiotherapist to complete active and passive movement requirements

3.3 Monitor respiratory care requirements and conduct necessary action within the prescribed treatment plan and scope of role and responsibilities as defined by the organisation

3.4 Monitor limb oedema management, conduct necessary actions within prescribed treatment plan and scope of role and responsibilities as defined by the organisation, and report any recommendations to the physiotherapist in a timely manner

3.5 Correctly position client according to client's condition, modesty and treatment or program activities and according to the directive of the physiotherapist

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

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

3.6 Talk to client about treatment or program activities and where possible seek feedback about comfort and understanding during the session

3.7 Create a treatment or program environment that encourages clients to ask questions about progress and activities

3.8 Take appropriate and prompt action in response to any indicators of adverse reaction to the program or treatment and report to physiotherapist

4. Comply with supervisory requirements

4.1 Provide client progress feedback to the treating physiotherapist

4.2 Report client difficulties and concerns to the treating physiotherapist before proceeding with treatment

4.3 Implement variations to the program according to the advice of the physiotherapist

4.4 Identify and manage client adherence issues, including subjective and objective reporting of client response to the program, and report to the physiotherapist in a timely manner

4.5 Report any client misunderstanding or confusion to the physiotherapist in a timely manner

4.6 Identify and note any difficulties the client experiences with the program, including biomechanical and musculo-skeletal issues, and report to physiotherapist in a timely manner

4.7 Seek assistance when client presents with needs or signs outside limits of own authority, skills and/or knowledge

5. Clean and store equipment

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

5.2 Store equipment according to manufacturer's requirements and organisation protocols

5.3 Check and maintain equipment according to

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

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organisation protocols

5.4 Report equipment faults to appropriate person

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

6. Document client information

6.1 Use accepted protocols to document information relating to the program in line with organisation requirements

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

6.3 Sign and designate role when completing medical records according to organisation policy and procedure

**Foundation Skills**

*The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.*

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

**Unit Mapping Information**

No equivalent unit.

**Links**

Companion Volume implementation guides are found in VETNet -

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

## Assessment Requirements for HLTAHA003 Deliver and monitor a client-specific physiotherapy program

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### Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- assisted in the delivery of therapeutic practices for physiotherapy programs for at least 3 clients receiving different treatments, 1 in a simulated environment and 2 in the workplace
- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of work

### Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- 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
- anatomical terminology, including:
  - flexion
  - extension
  - rotation
  - abduction
  - adduction
  - circumduction
  - inversion
  - eversion
  - pronation
  - supination
  - horizontal flexion
  - horizontal extension
- therapeutic exercise principles
- basic anatomy and physiology of the skin and the principles of pressure area care
- principles of 24-hour posture management
- record keeping practices and procedures in relation to diagnostic and therapeutic programs/treatments
- equipment and materials used in different programs and treatments
- monitoring requirements for different programs and treatments
- basic reaction to pain within the body
- signs of adverse reaction to different programs and treatment
- concepts and procedures for stepping down treatment or intervention when client becomes distressed, in pain or wishes to stop
- individualised plans, goals and limitations of therapy
- organisation policy and procedures in relation to:
  - infection control as it relates to the allied health assistant's role in implementing physiotherapy
  - work health and safety:
    - manual handling including identification and control of manual task risk factors

- other specific organisation policies or procedures, including supervisory and reporting protocols
- medical terminology required to work effectively
- roles, responsibilities and limitations of self and other allied health team members and nursing, medical and other personnel

## Assessment Conditions

All aspects of the performance evidence must have been demonstrated using simulation prior to being demonstrated in a therapeutic workplace under the direction and supervision (direct, indirect, remote) as determined by a physiotherapist.

The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including individualised plan and equipment outlined in the plan
- modelling of industry operating conditions and contingencies, including provision of services to real people

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015 /AQTF mandatory competency requirements for assessors.

## Links

Companion Volume implementation guides are found in VETNet -

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