



Australian Government

HLTAHA005 Support the delivery and monitoring of physiotherapy programs for mobility

Release: 2

HLTAHA005 Support the delivery and monitoring of physiotherapy programs for mobility

Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i>. Changes to the performance criteria 5.1 and 5.2. Equivalent competency outcome.
Release 1	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. Minimal changes to the elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added. Removal of pre-requisite.

Application

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

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 mobility and movement program

1.1 Interpret program requirements and confirm against the prescribed information provided by the physiotherapist

1.2 Determine the client's availability, according to the

ELEMENT

PERFORMANCE CRITERIA

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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 consent from the client before commencing the mobility and movement program

2. Conduct mobility and movement programs to restore optimum movement

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

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

2.3 Guide the client to complete the program according to prescribed treatment plan

2.4 Provide the client with sufficient time, opportunity and encouragement to practice existing and newly developed skills

2.5 Encourage the client to take advantage of planned and unplanned opportunities to integrate skills developed within the program into normal daily activities

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

2.7 Monitor the client during and after the program according to the prescribed treatment plan

2.8 Identify the need for modifications to the exercise program and report to the treating physiotherapist

2.9 Recognise when client becomes distressed, in pain or communicates their desire to slow down, change activity or stop and follow stepping down procedures outlined in treatment plan or organisation guidelines and report to the treating physiotherapist

2.10 Take appropriate and prompt action in response to any indicators of adverse reaction to the program or treatment according to relevant protocols and guidelines and report to the treating physiotherapist

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

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

3. Comply with supervisory requirements

3.1 Provide client progress feedback to the treating physiotherapist

3.2 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

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

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

4. Clean and store equipment

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

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

4.3 Report equipment faults to the appropriate person(s)

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

5. Report and document information

5.1 Document information about the program according to the organisation's protocols and reporting requirement

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

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 HLTAHA005 Support the delivery and monitoring of physiotherapy programs for mobility

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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:

- worked with 3 clients with specific mobility requirements, 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
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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:

- the 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 musculoskeletal 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 repetitions, circuit, single set to failure, matrix
- concepts and procedures for stepping down treatment or intervention when client becomes distressed, in pain or wishes to stop
- weight bearing and post fracture implications
- conditions affecting mobility
- risks for decreased mobility

- the psychological effects of disability due to injury or disease and strategies used to cope with this
- the signs of adverse reaction to different programs and treatment
- Australian Physiotherapy Association (APA) guidelines
- legal and ethical considerations relevant to allied health, including:
 - privacy, confidentiality and disclosure
 - duty of care
 - work role boundaries – responsibilities and limitations of own role and other allied health team members and nursing, medical and other personnel
 - work health and safety (WHS):
 - especially how it relates to implementing physiotherapy mobility and movement programs
 - manual handling including identification and control of manual task risk factors
- organisation policy and procedures in relation to:
 - infection control as it relates to the allied health assistant's role in implementing physiotherapy mobility and movement programs
 - other specific organisation policies or procedures, including supervisory and reporting protocols
- factors that facilitate an effective and collaborative working relationship
- record keeping practices and procedures in relation to diagnostic and therapeutic programs/treatments

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 the physiotherapist and/or occupational therapist.

The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including individualised plans and any relevant 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

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