



Australian Government

HLTAHA015 Deliver and monitor a hydrotherapy program

Release: 1

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Modification History

Release	Comments
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 and groups participating in hydrotherapy 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 hydrotherapy program

1.1 Confirm program requirements against the prescribed information provided by the allied health professional

1.2 Confer with allied health professional if requirements outlined in the program are not clear, do not take into account client needs and abilities or are beyond scope of role and responsibilities as defined by the organisation

1.3 Determine the clients' availability, according to the organisation's protocols

1.4 Gather necessary equipment for the program

1.5 Prepare the setting for the program

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

1.6 Ensure adequate staff are present to meet organisation's staff: client ratio requirements

1.7 Obtain consent from the clients before commencing the program

2. Conduct the hydrotherapy program

2.1 Assist with program according to the instruction of treating allied health professional

2.2 Explain the purpose, rationale and requirements of each part of the program to the clients

2.3 Assist clients in and out of the pool safely and efficiently according to organisation manual handling policy and treatment goals

2.4 Guide the clients to complete the program according to prescribed treatment plan

2.5 Demonstrate components of hydrotherapy to client

2.6 Provide the clients with sufficient time, opportunity and encouragement to practice existing and newly developed skills

2.7 Observe client movement through water and provide feedback to reinforce understanding and the correct application of the program

2.8 Monitor the clients during and after the program according to the prescribed treatment plan

2.9 Identify and manage client adherence issues

2.10 Identify the need for adjustment to the program and report to the treating physiotherapist in a timely manner

2.11 Recognise when client becomes distressed, in pain or communicates their desire to slow down, change activity or stop by following stepping down procedures outlined in treatment plan or organisational guidelines

2.12 Take appropriate and prompt action in response to any indicators of adverse reaction to the hydrotherapy according to relevant protocols and guidelines

3. Respond to an aquatic

3.1 Support the person(s) in difficulty as quickly as

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

emergency

possible

3.2 Remove any other individuals from danger

3.3 Assess the factors involved in a water rescue, the type of rescue required and any equipment needs

3.4 Identify hazards and take appropriate action to prevent further injury/harm to the casualty

3.5 Perform water rescue

3.6 Observe and describe the condition of the casualty to first aid provider

3.7 Where necessary contact emergency services as soon as possible

3.8 Record and report the incident according to, legislative, regulatory and organisation requirements

4. Assist client after hydrotherapy session

4.1 Identify support needs of client following a hydrotherapy session

4.2 Provide support with mobility, showering and dressing

5. Comply with supervisory requirements

5.1 Provide client progress feedback to the treating allied health professional

5.2 Report client difficulties and concerns to the treating allied health professional

5.3 Implement variations to the program according to the advice of the treating allied health professional

6. Clean and store equipment

6.1 Clean equipment according to manufacturer's recommendations

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

6.3 Check and maintain equipment according to organisation protocols

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

6.4 Report equipment faults to the appropriate person

7. Report and document information

7.1 Report suggested adjustments to hydrotherapy program, together with rationale, to the responsible allied health professional

7.2 Provide client progress feedback to the treating allied health professional

7.3 Report client difficulties and concerns to the treating allied health professional

7.4 Implement variations to the program according to the advice of the treating allied health professional

7.5 Document information about the program according to the organisation's protocols

7.6 Use appropriate terminology to document symptomatic expression of identified problems related to the therapeutic 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 HLTAHA015 Deliver and monitor a hydrotherapy 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 demonstrated evidence that the candidate has:

- conducted 3 hydrotherapy programs, 1 in a simulated environment and 2 in the workplace
- responded to 2 different aquatic emergencies in a simulated environment
- 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:

- 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 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
- 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
- principles and effects of movement in water as related to hydrotherapy
- 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
- relevant guidelines and reporting requirements, including Australian Physiotherapy Association (APA) Guidelines
- factors that facilitate an effective and collaborative working relationship
- policy and procedures in relation to:
 - infection control as it relates to the allied health assistant's role in assisting with hydrotherapy programs
 - other specific organisation policies or procedures, including supervisory and reporting protocols

- legal and ethical considerations relevant to allied health:
 - duty of care
 - informed consent
 - privacy, confidentiality and disclosure
 - work role boundaries – responsibilities and limitations including other allied health team members and nursing, medical and other personnel
 - work health and safety (WHS):
 - manual handling including identification and control of manual task risk factors

Assessment Conditions

The following aspects of the performance evidence must have been demonstrated using simulation prior to being demonstrated in the workplace under direction and supervision (direct, indirect, remote) as determined by the physiotherapist and/or occupational therapist:

- conducted 1 hydrotherapy program

The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - hydrotherapy venue and equipment
 - emergency procedures
- modelling of industry operating conditions and contingencies, including:
 - provision of services to real people
 - scenarios for evacuation and other emergency situations that might occur

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>