



Australian Government

HLTAHA028 Deliver and monitor physical or manual therapy programs

Release: 1

HLTAHA028 Deliver and monitor physical or manual therapy programs

Modification History

Not applicable.

Application

This unit describes the skills and knowledge required to provide assistance to a registered Allied Health Professional. Work includes supporting individuals or a group of individuals participating in physical or manual therapy programs.

This unit applies to Allied Health Assistants and should be performed under the direct, indirect or remote supervision and delegation of an Allied Health Professional (AHP).

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

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Allied Health

Unit Sector

Health

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Receive delegation and gather information.

PERFORMANCE CRITERIA

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

- 1.1. Obtain written or verbal delegation for an allied health activity from the Allied Health Professional.
- 1.2. Obtain information from relevant sources and delegating Allied Health Professional according to organisational policy and procedures.
- 1.3. Discuss and confirm with delegating Allied Health

Professional treatment plans and programs.

2. Deliver prescribed physical or manual therapy program based on treatment plan.
 - 2.1. Confirm the person's understanding of program based on treatment plan prepared by the Allied Health Professional.
 - 2.2. Obtain consent from the person before commencing the program.
 - 2.3. Follow work health and safety (WHS) requirements and the instructions of the Allied Health Professional when assisting with the positioning of the person and equipment, where treatment involves machines.
 - 2.4. Guide the person to complete the program as directed by the delegating Allied Health Professional.
 - 2.5. Recognise when the person becomes distressed, in pain or communicates their desire to stop, slow down or change activity and follow stepping down procedures outlined in treatment plan or notify Allied Health Professional.
 - 2.6. Provide feedback to reinforce the person's understanding and application of the program.
 - 2.7. Work with person to plan any follow up sessions and dates.
 - 2.8. Provide the person with time, opportunity and encouragement to practice existing and newly developed skills.
3. Assist the person with varying abilities to participate in programs.
 - 3.1. Encourage the integration of planned and unplanned skills developed in the program into daily activities.
 - 3.2. Assist Allied Health Professional to complete assessments or therapy requiring more than one staff member where requested.
 - 3.3. Instruct the person in the use of gait aids prescribed by the Allied Health Professional and adjust for safety and comfort as directed by the Allied Health Professional.
 - 3.4. Monitor and conduct necessary action within the treatment plan and scope of role and report any concerns or recommendations to the delegating Allied Health Professional.
 - 3.5. Correctly position the person according to the person's condition, modesty and treatment or program activities and according to the directive of the Allied Health Professional.
 - 3.6. Discuss treatment or program activities with the person and where possible seek feedback about comfort and understanding during the session.
 - 3.7. Create a treatment or program environment that encourages

- the person to ask questions about progress and activities.
- 3.8. Take action in response to any indicators of adverse reaction to the program or treatment and report to Allied Health Professional.
 - 3.9. Report the need for modifications to the physical or manual therapy program and report to the delegating Allied Health Professional.
4. Comply with supervisory requirements.
 - 4.1. Provide a report on the person's progress, difficulties and concerns to the delegating Allied Health Professional before proceeding with treatment.
 - 4.2. Implement variations to the program according to the advice of the Allied Health Professional.
 - 4.3. Identify and manage the person's adherence issues, including subjective and objective reporting of the person's response to the program, and report to the Allied Health Professional.
 - 4.4. Report any misunderstanding or confusion to the Allied Health Professional.
 - 4.5. Identify and note any difficulties the person experiences with the program, and report to Allied Health Professional.
 - 4.6. Seek assistance when the person presents with needs or signs outside limits of own authority, skills or knowledge.
 5. Clean and store equipment.
 - 5.1. Clean and store equipment according to manufacturer instructions, infection control requirements and organisational policy or procedures.
 - 5.2. Check and maintain equipment according to suppliers or organisational policy or procedures.
 - 5.3. Label or tag equipment faults, and report faults in line with organisational policy or procedures.
 6. Document information.
 - 6.1. Document information relating to the program in line with organisational requirements.
 - 6.2. Use industry terminology to document the person's response, outcomes and identified problems related to the therapeutic program.
 - 6.3. Sign and designate role when completing medical records according to organisational policy and procedures.

Foundation Skills

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

Unit Mapping Information

Supersedes and is not equivalent to HLTAHA003 Deliver and monitor a client-specific physiotherapy program and HLTAHA005 Support the delivery and monitoring of physiotherapy programs for mobility.

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 HLTAHA028 Deliver and monitor physical or manual therapy programs

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- assist in the delivery of therapeutic practices for physical or manual therapy programs as delegated by the Allied Health Professional and must include:
 - at least three people receiving different treatments one in a simulated environment and two in the workplace
 - one group receiving treatments in a simulated environment
- perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of allied health assistance work. At least 60% of this work must be carried out in an allied health workplace. The remaining 40% may be carried out in a simulated environment, if an allied health workplace is unavailable.

Knowledge Evidence

Demonstrate the knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- Allied Health Assistants' scope of role in assisting with physical and manual therapy
- responsibilities and limitations of delegating Allied Health Professional
- allied health core competencies:
 - person-centred care
 - individual therapy
 - group therapy
 - communication of information
 - equipment and environment
- basic musculoskeletal anatomy:
 - joint types and function
 - major bones
 - major muscles including actions
 - major joints and joint classifications
- potential for improvement after neurological injury or illness
- physical and manual techniques
- anatomical terminology, including:
 - flexion

- extension
- rotation
- abduction
- adduction
- circumduction
- inversion
- eversion
- pronation
- supination
- horizontal flexion
- horizontal extension
- protraction
- retraction
- elevation
- depression
- dorsiflexion
- plantarflexion
- therapeutic exercise principles in neurological, cardiorespiratory and musculoskeletal physical therapy
- organisational policies and procedures in regard to:
 - pre-session screening
 - overcrowding
 - ventilation and/or climate control
 - hygiene
 - participant to allied health worker ratios
 - emergency and risk management
 - standards of personal presentation
 - participant's clothing and footwear
 - use, care and maintenance of equipment
- principles of exercise program design:
 - progression
 - specificity
- fitness program planning for improvement of health-related components of fitness:
 - muscle endurance
 - muscle strength
 - cardiorespiratory endurance
 - flexibility
 - rest intervals
 - required equipment
 - floor plan for equipment arrangement

- circuit training session planning considerations and inclusions:
 - equipment
 - layout
 - number of participants
- training methods and consideration of intensity:
 - program types
 - sets and reps
 - circuits
 - interval training
- contraindications and precautions
- exercises and programming requirements for:
 - flexibility
 - dynamic or active range of motion
 - postural stability
- effects of different exercises on the major body systems:
 - cardiovascular
 - muscular
 - nervous
 - skeletal
- methods of monitoring exercise intensity, techniques and progression:
 - heart rate
 - rate of perceived exertion
 - observation of technique
- manufacturer and exercise equipment specifications
- signs and symptoms of exercise intolerance
- motivational techniques and exercise adherence strategies
- basic anatomy and physiology of the skin and the principles of pressure area care
- record keeping practices and procedures in relation to diagnostic and therapeutic programs or treatments
- equipment and materials used in different programs and treatments
- monitoring requirements for different programs and treatments, including recording observations to ensure safety
- 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 person becomes distressed, in pain or wishes to stop
- individualised plans, goals and limitations of therapy
- infection control policy and procedures
- work health and safety (WHS):
 - manual handling
 - falls prevention

- infection control practices
- use of machines
- other specific organisational policies or procedures, including supervisory and reporting protocols
- physical therapies terminology.

Assessment Conditions

Skills may be demonstrated in the workplace, or in a simulated environment, as per the conditions outlined in the performance evidence.

Assessment must ensure:

- access to suitable facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies
- access to manufacturer instructions
- access to individualised plans and any relevant equipment outlined in the plan as delegated by an Allied Health Professional
- access to organisational policies and procedures
- opportunities for engagement with real people accessing allied health services.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be a Certificate IV qualified Allied Health Assistant with a minimum of three years of professional experience in allied health services; or
- a registered Allied Health Professional.

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