



Australian Government

Assessment Requirements for HLTAHA037 Deliver and monitor a hydrotherapy program

Release: 1

Assessment Requirements for HLT AHA037 Deliver and monitor a hydrotherapy program

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:

- conduct three hydrotherapy programs, one in simulation and two in the workplace including:
 - moving a person from standing to supine and supporting them without floats in supine
 - assisting a person with extremely limited mobility in simulation using a pool-side lifter or hoist
- respond to two different hydrotherapy emergencies in simulation
- 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:

- protocols for escalation of risks
- allied health core competencies:
 - person-centred care
 - individual therapy
 - group therapy
 - communication of information
 - equipment and environment
- the physiological effects and benefits of hydrotherapy exercise:
 - principles of hydrostatic and hydrodynamic principles, and biomechanics, including:
 - mass
 - relative density
 - centre of gravity
 - centre of buoyancy
 - axis of rotation
 - torque of a floating patient's body

- moving in the water
- standing at different depths
- force, fluid resistance, turbulence, drag, and floatation as they pertain to understanding hydrotherapy exercises
- speed, acceleration, energy, and power as exercise progression or simplification tools
- musculoskeletal 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
 - elevation
 - depression
 - protraction
 - retraction
- principles of therapeutic hydrotherapy exercise including:
 - sets and repetitions, physiological reactions to submersion on the cardiovascular, respiratory, renal, thermoregulatory, and autonomic nervous systems
 - positions for hydrotherapy exercises for increasing joint range of motion
 - progressions of strengthening exercises
 - stability of the floating body, stability and weight-bearing standing at different depths or walking in water
- the signs of adverse reaction to different programs and treatment
- factors that facilitate an effective and collaborative working relationship with the person and the Allied Health Professional
- organisational policies and procedures in relation to:
 - confidentiality:
 - privacy

- disclosure
- duty of care
- documentation:
 - reporting
 - recording data
 - written communication to Allied Health Professional
- professional behaviour and presentation
- infection control practices as it relates to hydrotherapy programs
- work health and safety (WHS):
 - manual handling
 - slips, trips and fall risk in hydrotherapy environments,
 - water safety, and contraindications to participating in hydrotherapy, and pre-pool entry screening processes
 - manual handling
- supervision and delegation
- informed consent
- scope of role of the Allied Health Assistant and Allied Health Professional
- manufacturer instructions for equipment
- principles of empowering the older person
- principles of empowering people living with disability or serious mental illness
- changes related to ageing
- concepts of holistic health and wellbeing
- social determinants of health
- concepts of the medical model, the biopsychosocial models and the human rights-based approach of allied health interventions
- principles of choice and control
- concept of reablement.

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
- access to organisational policies and procedures
- opportunities for engagement with real people accessing allied health services
- hydrotherapy program
- hydrotherapy venue and equipment

- emergency procedures with scenarios for evacuation, drowning, and other emergency situations that might occur.

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.

Links

Companion Volume implementation guides are found in VETNet -

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