



Australian Government

HLTAHA037 Deliver and monitor a hydrotherapy program

Release: 1

HLTAHA037 Deliver and monitor a hydrotherapy program

Modification History

Not applicable.

Application

This unit describes the skills and knowledge required to provide assistance to an Allied Health Professional. Work includes supporting individuals and groups participating in hydrotherapy programs prescribed by an Allied Health Professional.

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 Allied Health Assistant Framework, 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 therapy, treatment plans, programs and work

- health and safety (WHS) requirements.
2. Prepare for a hydrotherapy program.
 - 2.1. Identify any treatment requirements outside scope of role and discuss with delegated Allied Health Professional.
 - 2.2. Determine the person's availability, according to the organisation's procedures.
 - 2.3. Gather hydrotherapy equipment and prepare setting for the program.
 - 2.4. Ensure adequate staffing according to the organisational procedures.
 - 2.5. Obtain consent from the person before commencing the program.
 3. Conduct the hydrotherapy program.
 - 3.1. Assist with program according to delegation from treating Allied Health Professional.
 - 3.2. Explain the purpose, rationale and requirements of each part of the program to the person.
 - 3.3. Assist the person in and out of the pool safely and efficiently according to organisational procedures and treatment goals.
 - 3.4. Demonstrate components and guide the person to complete the program as delegated by the Allied Health Professional.
 - 3.5. Provide the person with time, opportunity and encouragement to practise existing and newly developed skills.
 - 3.6. Monitor the person and provide feedback to ensure correct application during and after the program according to the delegated treatment plan.
 - 3.7. Identify and manage the person's adherence issues and report the need for adjustment to the delegating Allied Health Professional.
 - 3.8. Use stepping down procedures when the person becomes distressed, in pain or communicates their desire to slow down according to delegated treatment plan and organisational procedures.
 - 3.9. Respond to adverse reaction to the hydrotherapy program according to delegated treatment plan and organisational procedures.
 4. Respond to a hydrotherapy emergency.
 - 4.1. Support the person in difficulty immediately and remove any other individuals from danger.
 - 4.2. Assess the factors involved in a water rescue, the type of rescue and equipment required.
 - 4.3. Identify hazards and take action to prevent further injury or harm to the casualty.
 - 4.4. Perform water rescue in accordance with emergency

- procedures and work health and safety requirements.
- 4.5. Observe and describe the condition of the casualty to first aid responder.
 - 4.6. Contact emergency services as soon as possible if required.
 - 4.7. Record and report the incident in accordance with, legislative, regulatory and organisational requirements.
- 5. Assist person after the hydrotherapy program.
 - 5.1. Identify support needs of the person following a hydrotherapy session.
 - 5.2. Provide support with mobility as delegated by the Allied Health Professional.
 - 6. Comply with supervisory requirements.
 - 6.1. Consult with delegating Allied Health Professional when additional information is required.
 - 6.2. Seek assistance when the person presents with needs or signs outside limits of own scope of role, skills or knowledge.
 - 6.3. Report the person's difficulties to the delegating Allied Health Professional before continuing the program.
 - 6.4. Participate in supervision processes with the delegating Allied Health Professional in accordance with organisational procedures.
 - 7. Clean and store equipment.
 - 7.1. Clean materials and equipment in accordance with manufacturer requirements.
 - 7.2. Store material and equipment in accordance with manufacturer requirements and organisational procedures.
 - 7.3. Report equipment faults according to organisational procedures.
 - 8. Document information.
 - 8.1. Document information relating to the person's rehabilitation program in line with organisational requirements.
 - 8.2. Provide regular feedback to the delegating Allied Health Professional.
 - 8.3. Use professional terminology to document symptomatic expression of identified problems related to the person's rehabilitation program.

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 HLTAHA015 Deliver and monitor a hydrotherapy program.

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 HLTAHA037 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>