



Australian Government

HLTAHA050 Assist with podiatry exercise

Release: 1

HLTAHA050 Assist with podiatry exercise

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide assistance to a podiatrist. This includes delivery and monitoring of specific exercise and rehabilitation programs and the completion of foot health screening.

This unit applies to Allied Health Assistants and should be performed under the direct, indirect or remote supervision and delegation of a Podiatrist.

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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Receive delegation and gather information.

- 1.1. Obtain written or verbal delegation for an allied health activity from delegating podiatrist.
- 1.2. Obtain information from relevant sources and delegating podiatrist, according to organisational policy and procedures.
- 1.3. Discuss and confirm with delegating Podiatrist the podiatry care plan relevant to the procedure to be undertaken.

2. Assist with podiatry

- 2.1. Provide podiatry assistance according to the instruction of

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| assessment. | <p>delegating Podiatrist.</p> <p>2.2. Ensure the environment in which the procedure is to be performed conforms to work health safety (WHS) standards and protocols.</p> <p>2.3. Explain the purpose, rationale and requirements of each part of the activity.</p> <p>2.4. Determine person's understanding of the purpose, rationale and requirements of each part of the activity.</p> <p>2.5. Assist delegating Podiatrist with procedures, including handling equipment and recording data.</p> <p>2.6. Work with person and Podiatrist to determine and plan any follow up requirements and dates.</p> <p>2.7. Identify and manage person's adherence issues.</p> |
| 3. Prepare for the delivery of podiatry exercise program or procedure. | <p>3.1. Interpret treatment plan prepared by supervising Podiatrist and implement relevant exercise program or procedure.</p> <p>3.2. Determine person's availability according to organisational policies and procedures.</p> <p>3.3. Gather necessary equipment.</p> |
| 4. Deliver podiatry exercise or rehabilitation program. | <p>4.1. Explain the purpose, rationale and requirements of each part of the exercise or rehabilitation program.</p> <p>4.2. Determine the persons understanding of the purpose, rationale and requirements of the program.</p> <p>4.3. Assist person to follow instructions of the podiatrist, including those techniques used at home.</p> <p>4.4. Identify and note any difficulties the person experiences completing the exercise program.</p> <p>4.5. Provide feedback to the person.</p> <p>4.6. Identify and manage adherence issues.</p> <p>4.7. Work with the person to establish any necessary action.</p> <p>4.8. Work with person to determine and plan any follow up requirements and dates.</p> <p>4.9. Recognise when person 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 organisational policies and procedures.</p> |
| 5. Comply with supervisory requirements. | <p>5.1. Seek assistance when person presents with needs or signs outside limits of the scope of role.</p> <p>5.2. Provide feedback and report difficulties and concerns to the delegating podiatrist.</p> <p>5.3. Implement variations to the podiatry treatment according to the supervising Podiatrist.</p> |

- 6. Document person's information.
 - 6.1. Follow organisational policies and procedures to document information.
 - 6.2. Use health terminology to document symptomatic expression of identified problems.

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 HLTAHA008 Assist with podiatry assessment and exercise.

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 HLTAHA050 Assist with podiatry exercise

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 three different persons, one in a simulated environment and two in the workplace, in relation to specific podiatry foot exercise sessions
- assist with three balance and fall monitoring sessions, one in a simulated environment and two in the workplace
- 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

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

- protocols for the escalation of risks
- allied health core competencies:
 - person-centred care
 - individual therapy
 - group therapy
 - communication of information
 - equipment and environment
- structure and function of the skin and integuments
- basic biomechanics of the lower limb and gait cycle
- basic anatomy and physiology of the foot
- podiatry exercise and rehabilitation principles
- safe and effective use of instrumentation used in podiatry screening procedures and equipment used in podiatry exercise and rehabilitation programs
- treatment plans, goals and limitations of podiatry intervention
- concepts and procedures for stepping down treatment or intervention when person becomes distressed, in pain or wishes to stop
- medical terminology relevant to podiatry screening and exercise
- organisational policy and procedures relating to:
 - confidentiality:

- privacy
- disclosure
- duty of care
- documentation:
 - reporting
 - recording data
 - written communication to Podiatrist
- professional behaviour and presentation
- infection control practices
- work health and safety (WHS)
- manual handling
- supervision and delegation
- scope of practice of the Allied Health Assistant and Podiatrist
- 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
- allied health settings:
 - hospital
 - community health
 - mental health
 - disability sector
 - aged care sectors.

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
- individualised plans and any relevant equipment outlined in the plan
- 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 Podiatrist.

Links

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