



Australian Government

HLTCAR003 Assist with stress testing

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. Removed prerequisite.

Application

This unit describes the skills and knowledge required to prepare clients and equipment and to assist the medical officer during a stress test.

This unit applies to any health worker assisting with stress tests. Stress tests are performed in medical centres, hospitals and cardiologist rooms.

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 stress testing equipment

1.1 Check and confirm availability of materials
1.2 Check equipment for good working order in accordance with organisation procedures and manufacturer guidelines

2. Prepare client for stress testing

2.1 Greet client courteously and identify self
2.2 Identify client following organisation and regulatory procedure
2.3 Obtain, interpret and accurately record personal and clinical information in accordance with organisation

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

policies and procedures

2.4 Review client medical history and address pre-existing conditions within scope of own job role

2.5 Provide complete and accurate information in easily understood language regarding the stress test procedure to client

2.6 Provide client with the opportunity to ask questions and discuss areas of concern

2.7 Obtain consent following ethical and legal requirements

3. Attach electrodes for stress test

3.1 Maintain client privacy and dignity throughout procedure

3.2 Follow standard infection control procedures

3.3 Prepare client's skin for electrode placement as required

3.4 Position client correctly and comfortably and place electrodes in accordance with client needs and current standards

3.5 Attach blood pressure cuff correctly to the client

4. Assist medical officer during stress test

4.1 Ensure supervising medical officer is present prior to commencement of test

4.2 Follow medical officer instruction during test

4.3 Record blood pressure and 12 lead electrocardiography (ECG) whilst client is supine and standing

4.4 Record and monitor 12 lead ECG and blood pressure during exercise and post exercise in accordance with policies and procedures

4.5 Identify and report signs of client discomfort, distress or adverse reaction to the medical officer in attendance and check equipment for true reading

4.6 Suspend or stop the test in response to adverse client

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

reaction

4.7 Inform and reassure client, as appropriate, throughout the procedure

4.8 Maintain communication with the client throughout procedure

5. Complete stress test

5.1 Remove stress test leads and electrodes from client following correct procedure

5.2 Store stress test leads in accordance with manufacturer's guidelines

5.3 Dispose of disposable stress test electrodes and other materials in accordance with waste management procedures

5.4 Provide client with assistance as required, on completion of the procedure

5.5 Complete, print and present report to cardiologist for review

Foundation Skills

The Foundation Skills describe those required skills (language, literacy and numeracy) 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 HLTCAR003 Assist with stress testing

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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 evidence that the candidate has:

- followed medical officer instructions, established procedures, safety requirements and infection control guidelines and produced at least 3 different diagnostic stress test results from 3 different people

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:

- legal and ethical considerations for stress testing, and how these are applied in organisations, including:
 - children in the workplace
 - duty of care
 - informed consent
 - mandatory reporting
 - privacy, confidentiality and disclosure
 - records management
 - work role boundaries (and limitations)
 - work health and safety
- standard infection control requirements
- client factors that affect stress testing, including:

- physical limitations
- respiratory function
- features, function and use of holter monitor equipment, including:
 - pre-checking procedures
 - electrical safety requirements
 - common problems and how to respond
 - routine maintenance requirements
- sources of interference:
 - client
 - equipment
- quality requirements for a stress test
- anatomy and physiology relevant for performance of stress testing and interpretation:
 - basic pharmacology related to cardiac function
 - recognition of life threatening cardiac rhythm abnormalities
- complications and contraindications for clients undergoing stress testing

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - stress testing equipment
 - documented procedures for the candidate to follow
- modelling of industry operating conditions, including:
 - interaction with clients
 - presence of situations requiring problem solving

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Links

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