



Australian Government

HLTMSG012 Apply relaxation massage clinical practice

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to undertake relaxation massage consultations in a clinical setting. This includes provision of relaxation massage treatments, as well as clinic preparation for consultation, client assessment and monitoring of client during treatment. It incorporates understanding of industry practices and professional development opportunities for massage therapists.

This unit applies to massage therapists.

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, certificate or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Massage Therapy

Unit Sector

Health

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Undertake client intake procedures.

PERFORMANCE CRITERIA

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

- 1.1. Prepare self, treatment area and equipment for client consultation in accordance with organisational protocols.
- 1.2. Greet client using a clear voice and professional manner.
- 1.3. Ensure client records are complete including consent to commence consultation and to access health records.
- 1.4. Direct client to treatment room.

- 1.5. Review client records with client to inform consultation.
 - 1.6. Clarify client expectations and identify client motivation for wanting to receive massage treatment.
 - 1.7. Provide clear information about scope and limits of services to be provided, according to legal and ethical considerations.
2. Conduct client assessment.
 - 2.1. Perform assessment appropriate to meet client needs.
 - 2.2. Collect accurate and relevant information from assessment and document to inform treatment plan.
3. Develop treatment plan.
 - 3.1. Analyse and integrate health history and assessment findings to formulate appropriate treatment plan.
 - 3.2. Outline and discuss treatment plan with client.
 - 3.3. Obtain and record informed consent for massage treatment.
4. Provide massage treatment.
 - 4.1. Follow work health and safety (WHS) and organisational protocols to physically prepare the client for treatment.
 - 4.2. Perform massage according to treatment plan and allocated time.
 - 4.3. Adjust treatment as required according to client feedback and therapist ongoing assessment.
 - 4.4. Document treatment provided, therapist observations and client feedback according to organisational policies and procedures.
 - 4.5. Discuss post-treatment recommendations and options for further treatments and referrals.
5. Develop professional practice.
 - 5.1. Use feedback from others and self-reflection to determine improvements to own practice.
 - 5.2. Identify areas of own practice for further research and development to support client outcomes.
 - 5.3. Proactively seek and respond to professional development opportunities.
 - 5.4. Identify current and emerging industry developments and networks that can support improvement of own practice.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

Reading skills to:

DESCRIPTION

- comprehend and interpret client health records
- interpret information from a range of sources.

- Writing skills to:
- record client information accurately and comprehensively.
- Oral communication skills to:
- use listening and questioning to seek information and confirm understanding.
- Technology skills to:
- access sources of online information.

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 HLTMSG012 Apply relaxation massage clinical practice

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:

- perform the activities outlined in the performance criteria of this unit during a period of at least 80 hours of massage clinic work that involves:
 - 40 hours of relaxation massage consultations including assessment and treatment and incorporating the following treatment techniques:
 - compressions
 - effleurage
 - friction techniques
 - gliding strokes
 - petrissage
 - rocking
 - tapotement
 - clients from different stages of life with varied presentations.

Knowledge Evidence

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

- Commonwealth and State or Territory legal and ethical considerations for client assessment and treatment:
 - children in the workplace
 - codes of conduct
 - discrimination:
 - age
 - disability
 - racial and cultural
 - gender
 - duty of care
 - informed consent
 - mandatory reporting
 - therapist and client boundaries

- privacy, confidentiality and disclosure
- records management
- work role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- work health and safety
- client information required prior to assessment:
 - case history:
 - physical health
 - mental and emotional health
 - client expectations:
 - methods to clarify
 - managing
- organisational protocols for preparing a client for treatment:
 - draping
 - disrobing
 - modesty and privacy
 - table positioning
 - bolstering and comfort
- organisational protocols for preparation of treatment area:
 - equipment hygiene
 - table height
 - bolstering
 - room temperature
 - position of electrical cords
 - lighting
 - client privacy provisions
- preparation of self for providing treatment:
 - personal protective equipment (PPE)
 - hydration
 - personal hygiene
 - personal presentation:
 - hair
 - nails
 - jewellery
 - professional attire
 - footwear
- expectations of treatment and outcomes for different conditions and client groups, and factors that impact these:
 - client history

- contraindications
- client role in achieving outcomes
- interactions with other treatments
- client general health
- health literacy of client
- presenting condition
- massage treatment techniques:
 - compressions
 - effleurage
 - friction techniques
 - gliding strokes
 - petrissage
 - rocking
 - tapotement
- cautions and contraindications for treatment and possible indications for client referral
- referral options for therapists:
 - allied health service and other health modalities
 - medical practitioner
 - support service
- processes for recommendations for ongoing treatment:
 - communication with client
 - documenting on client record
- sources of research and evidence that support massage practice
- requirements of reports and documentation prepared by massage therapists:
 - client record
 - assessment report
 - treatment plan
 - insurance documentation
 - statements of attendance
 - must be clearly documented in English
- professional development requirements for massage therapists.

Assessment Conditions

Skills must be demonstrated in a simulated clinical environment that reflects workplace conditions set up for the purpose of skills assessment:

- the following aspects of performance evidence must be directly observed by the assessor:
 - 40 hours of relaxation massage consultations
- remaining evidence may be collated during an additional 40 hours of clinical work.

Assessment must ensure access to:

- client information including case history and treatment plan
- treatment plan template
- private consultation area
- adjustable height massage table
- towels or sheets for draping
- oils and balms
- bolsters
- hand washing or hand sanitising facilities
- modelling of industry operating conditions including provision of services to the general public
- on campus and in-person clinic supervision by a person who meets the assessor requirements outlined below for 40 hours of relaxation massage consultations.

The massage consultations as outlined in the performance evidence, must be directly observed in a face-to-face environment by the assessor.

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

- have current clinical experience working as a remedial massage therapist, myotherapist or soft tissue therapist providing services to the general public; and
- hold current practising membership of a relevant Australian professional body that represents remedial massage therapists, myotherapists or soft tissue therapists.

Links

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