



Australian Government

HLTTCM003 Provide Traditional Chinese Medicine (TCM) remedial massage treatments

Release: 2

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Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i> . Update to mapping and metadata. Equivalent outcome.
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. Supersedes HLTTCM503D. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.

Application

This unit describes the skills and knowledge required to prepare for and provide therapeutic Traditional Chinese Medicine (TCM) massage treatments based on the outcomes of an existing health assessment and treatment plan.

This unit applies to TCM remedial massage therapists.

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 client for treatment

1.1 Interpret treatment plan and clearly outline how the treatment will be provided and managed

1.2 Explain factors which may interfere with the effectiveness of the treatment

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

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

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|---|--|
| 1.3 Inform the client of possible physical or emotional reactions during and following a session and the appropriate course of action to take | |
| 1.4 Follow established protocols to physically prepare the client for treatment | |
| 1.5 Confirm client consent for treatment | |
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| 2. Apply therapeutic techniques | <div>2.1 Determine treatment sequence, location and degree of pressure according to assessment indications and treatment plan</div> <div>2.2 Apply TCM remedial massage techniques protocol</div> <div>2.3 Use the condition and response of the client as a continual feedback to the initial assessment</div> <div>2.4 Position client to optimise their comfort and support while allowing for optimum application of techniques</div> <div>2.5 Maintain appropriate therapist postures that ensure a controlled distribution of body weight</div> <div>2.6 Maintain client-focused attention throughout the treatment session</div> <div>2.7 Recognise reactions to treatment and respond promptly</div> |
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| 3. Provide advice and resources for the client | <div>3.1 Educate client in relevant and practical techniques that support the treatment plan</div> <div>3.2 Answer client queries with clarity, using language the client understands</div> <div>3.3 Use honesty and integrity when explaining treatment plans, schedules and recommendations to the client</div> <div>3.4 Promote client independence and responsibility in treatment</div> <div>3.5 Discuss and agree on evaluation strategies</div> <div>3.6 Accurately document treatment provided and details of client communications</div> |

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) 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 HLTTCM003 Provide Traditional Chinese Medicine (TCM) remedial massage treatments

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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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of TCM remedial massage client consultation work
- prepared for and managed at least 100 different TCM remedial massage treatment sessions - clients must include males and females from different stages of life with varied presentations
- used all of the following essential manual techniques according to the TCM remedial massage framework:
 - press (an fa)
 - rub (mo fa)
 - push (tui fa)
 - grasp (na fa)
 - acupressure (dian xue fa)
 - pinch (nie fa)
 - roll (gun fa)
 - knead (rou fa)

- separate (bo fa)
- twist (cuo fa)
- vibrate (zhen fa)
- shake (dou fa)
- percussion (kou fa)
- circumduct (yao fa)
- stretch (bashan fa)
- applied the following essential methods according to client needs:
 - cupping (ba guan)
 - skin Scraping (gua sha)
 - moxibustion (ai jiu)

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 (national and state/territory) for client assessment:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - working role boundaries
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- work health and safety (WHS)
- location of acupressure points on the 12 primary meridians, ren mai and du mai
- TCM remedial massage techniques/methods and how to apply them, including what each technique does, what effects it might have and what the cautions and contraindications are, for the following:
 - press (an fa)
 - rub (mo fa)
 - push (tui fa)
 - grasp (na fa)
 - acupressure (dian xue fa)
 - pinch (nie fa)
 - roll (gun fa)
 - knead (rou fa)

- separate (bo fa)
- twist (cuo fa)
- vibrate (zhen fa)
- shake (dou fa)
- percussion (kou fa)
- circumduct (yao fa)
- stretch (bashan fa)
- contraindications to treatment:
 - the client who has excessive agitation, violent rage or deep sorrow conditions
 - the client who is extremely hungry
 - the client who has infectious and inflammatory diseases
 - the client who has circulatory condition which could result haemorrhaging
 - at client's bone fracture site
 - at client's skin area with eczema or tinea conditions
 - at a client's bleeding area
 - at a client's lumps and tissue change site
 - heavy manipulation/pressure to the client's abdomen and lumbosacral area during pregnancy or menstruation
 - heavy manipulation/pressure for a client who is old, young and frail
- potential reactions during treatment and how to respond:
 - syncope
 - excessive sweating
 - discomfort
 - emotional reactions
 - muscular spasms
 - body temperature discomfort
- potential reactions following treatment and appropriate client advice:
 - exacerbation of pain
 - muscle sensitivity
 - sleepiness
 - types of advice and resources that can be provided to clients for their use outside the clinical environment
 - diet
 - exercise
 - lifestyle
- documentation requirements for recording treatment details
- common disease states and functional problems of each body system
- fundamental principles of biomechanics
- major endangerment sites and therapist responsibility and limitations - areas where nerves and blood vessels lie close to the skin and are not well protected, including:

- anterior triangle of the neck
- posterior triangle of the neck
- anterior throat
- axillary area
- twelfth rib dorsal body
- inguinal triangle
- umbilicus area
- essential methods:
 - cupping (ba guan)
 - skin Scraping (gua sha)
 - moxibustion (ai jiu)

Assessment Conditions

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

- use of suitable facilities, equipment and resources, including:
 - client information – case history, treatment plan
 - private consultation area
 - massage table
 - massage towels
 - massage oils
 - cups
 - gua sha facilities
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 120 of the 200 hours of client consultation work

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

In addition, assessors must:

- have at least 3 years current clinical experience working as a TCM remedial massage therapist providing services to the general public
- hold practising membership of an Australian professional body that represents TCM remedial massage therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

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