



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **HLTAH413C Deliver and monitor a hydrotherapy program**

**Release: 1**

## HLTAH413C Deliver and monitor a hydrotherapy program

### Modification History

| HLT07 Version 4                                      | HLT07 Version 5                                        | Comments                                                                                                                                                                                                      |
|------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HLTAH413B Deliver and monitor a hydrotherapy program | HLTAH413C - Deliver and monitor a hydrotherapy program | Unit updated in V5.<br>ISC upgrade changes to remove references to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.<br>Updated pre-requisite HLTF311A |

### Unit Descriptor

**Descriptor**

This unit of competency describes the skills and knowledge required to support individuals and groups participating in hydrotherapy programs designed to restore optimum movement and functional independence

### Application of the Unit

**Application**

This unit of competency requires work under the supervision of an allied health professional and in accordance with a prescribed treatment plan

Allied Health Assistants operate within the scope of their defined roles and responsibilities and under supervision of an allied health professional

For training and assessment pathways, experience in workplace application of the skills and knowledge identified in this competency unit should be provided as required to support allied health professions

## Licensing/Regulatory Information

Not Applicable

## Pre-Requisites

### Pre-requisite unit

This unit must be assessed after successful achievement of pre-requisite unit:

- HLTF311A Apply first aid

## Employability Skills Information

### Employability Skills

This unit contains Employability Skills

## Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

## Elements and Performance Criteria

### ELEMENT

### PERFORMANCE CRITERIA

#### 1. Prepare for hydrotherapy program

- 1.1 Confirm program requirements against the prescribed *information* provided by the health professional
- 1.2 Confer with allied health professional if requirements outlined in the exercise program are not clear, do not take into account *client needs and abilities* or are beyond scope of role and responsibilities as defined by the organisation
- 1.3 Determine the clients' availability, according to the organisation's protocols
- 1.4 Gather necessary equipment for the hydrotherapy program
- 1.5 Prepare the setting for the hydrotherapy program
- 1.6 Ensure adequate staff are present to meet organisation's staff : client ratio requirements
- 1.7 Obtain informed consent from the clients before commencing the hydrotherapy program

**ELEMENT****2. Conduct the hydrotherapy program****PERFORMANCE CRITERIA**

- 2.1 Explain the purpose, rationale and requirements of each part of the hydrotherapy program to the clients
- 2.2 Assist client(s) in and out of the pool safely and efficiently according to organisation manual handling policy and treatment goals
- 2.3 Guide the clients to complete the program according to prescribed treatment plan
- 2.4 Demonstrate components of hydrotherapy to client where necessary
- 2.5 Provide the clients with sufficient time, opportunity and encouragement to practice existing and newly developed skills
- 2.6 Observe client movement through water and provide feedback to reinforce understanding and the correct application of the exercise program
- 2.7 Monitor the clients during and after the program according to the prescribed treatment plan
- 2.8 Identify and manage client *compliance issues*.
- 2.9 Identify the need for adjustment to the hydrotherapy program and report to the treating physiotherapist in a timely manner
- 2.10 Take appropriate and prompt action in response to any indicators of *adverse reaction* to the hydrotherapy according to relevant protocols and guidelines

**ELEMENT****PERFORMANCE CRITERIA****3. Respond to an aquatic emergency**

- 3.1 Support the *person(s) in difficulty* as quickly as possible
- 3.2 Remove other clients, staff and other individuals from danger
- 3.3 Assess the factors involving a water rescue and the type of rescue required and *equipment needs* determined
- 3.4 Identify hazards and take appropriate action to prevent further injury/harm to the casualty
- 3.5 Perform *water rescue*
- 3.6 Observe and describe the condition of the casualty
- 3.7 Assess vital signs and symptoms of shock according to accepted first aid procedures
- 3.8 Identify and explain ant first aid or treatment appropriate to the casualty's condition and provide in line with approved first aid techniques and standards
- 3.9 Where necessary contact emergency services as soon as possible
- 3.10 Record and report the incident according to, legislative, regulatory and organisation requirements
- 3.11 Notify appropriate personnel and statutory authorities of the incident

**4. Assist client after hydrotherapy session**

- 4.1 Identify support needs of client following a hydrotherapy session
- 4.2 Provide any required support with mobility, showering and dressing

**ELEMENT****PERFORMANCE CRITERIA****5. Clean and store equipment**

- 5.1 Clean equipment according to manufacturer's recommendations
- 5.2 Store equipment according to manufacturer's recommendations and the organisation's protocols
- 5.3 Check and maintain equipment according to organisation protocols
- 5.4 Report equipment faults to the appropriate person(s)

**6. Report and document information**

- 6.1 Report suggested adjustments to hydrotherapy program, together with rationale, to the responsible allied health professional
- 6.2 Provide client progress feedback to the treating allied health professional
- 6.3 Report client difficulties and concerns to the treating allied health professional
- 6.4 Implement variations to the hydrotherapy program according to the advice of the treating allied health professional
- 6.5 Document information about the hydrotherapy program according to the organisation's protocols
- 6.6 Use appropriate terminology to document symptomatic expression of identified problems related to the therapeutic program

**7. Comply with supervisory requirements**

- 7.1 Assist with exercise program according to the instruction of treating allied health professional
- 7.2 Provide client progress feedback to the treating allied health professional
- 7.3 Report client difficulties and concerns to the treating allied health professional
- 7.4 Implement variations to the exercise program according to the advice of the treating allied health professional

## Required Skills and Knowledge

### REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

#### *Essential knowledge:*

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- A working understanding of the benefits of physiological effects and benefits of active functional exercise
- Principles of biomechanics, including
  - mass
  - force
  - speed
  - acceleration
  - work
  - energy
  - power
  - strength
  - momentum
  - force arm
  - resistance arm
  - axis of rotation
  - cam
  - pulley
- Basic musculo-skeletal anatomy, including
  - joint types and function
  - major bones
  - major muscles
  - major joints
- Basic anatomy and physiology
- Anatomical terminology, including
  - flexion
  - extension
  - rotation

## REQUIRED SKILLS AND KNOWLEDGE

- abduction
- adduction
- circumduction
- inversion
- eversion
- pronation
- supination
- horizontal flexion
- horizontal extension
- Therapeutic exercise principles
  
- Principles of exercise program design, including:
  - FITT formula - frequency, intensity, time, type
  - Program phases - preparation, conditioning, recovery, adaptation
  - Program types - sets and reps, circuit, single set to failure, matrix
- Principles and effects of movement in water as related to hydrotherapy
- A working understanding of the psychological effects of disability due to injury or disease and strategies used to cope with this
- A working understanding of the signs of adverse reaction to different programs and treatment
- Relevant National and State/Territory legislation, guidelines and reporting requirements, including Australian Physiotherapy Association (APA) Guidelines
- Roles, responsibilities and limitations of own role and other allied health team members and nursing, medical and other personnel
- A working knowledge of factors that facilitate an effective and collaborative working relationship
- A working knowledge of record keeping practices and procedures in relation to diagnostic and therapeutic programs/treatments
- Work health and safety (WHS) policies and procedures that relate to the allied health assistant's role in implementing physiotherapy mobility and movement programs
- Infection control policies and procedures that relate to the allied health assistant's role in implementing physiotherapy mobility and movement programs
- Supervisory and reporting protocols of the organisation

### *Essential skills:*

It is critical that the candidate demonstrate the ability to:

- Undertake activity analysis - breaking activities down into component parts
- Conduct a hydrotherapy program

## REQUIRED SKILLS AND KNOWLEDGE

- Respond to aquatic emergencies
- Assist clients with personal care needs
- Apply appropriate procedures to move and position clients in a safe manner

In addition, the candidate must be able to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Work under direct and indirect supervision
- Communicate effectively with clients in a therapeutic/treatment relationship
- Communicate effectively with supervisors and co-workers
- Work effectively with non-compliant clients
- Time management, personal organisation skills and establishing priorities

## Evidence Guide

### EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

*Critical aspects for assessment and evidence required to demonstrate this competency unit:*

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of workplace performance is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible

## EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
  - All workers should develop their ability to work in a culturally diverse environment
  - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
  - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities
- Context of and specific resources for assessment:*
- Assessment must be completed in the workplace.
  - Relevant guidelines, standards and procedures
  - Resources essential for assessment include:
    - Clients with hydrotherapy requirements
    - Equipment
    - Documentation
    - Supervisory allied health professional
    - Aquatic emergency protocols, procedures and equipment
- Method of assessment*
- Observation of some applications in the work place (as is appropriate/possible)
  - Written assignments/projects or questioning should be used to assess knowledge
  - Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.

## Range Statement

### RANGE STATEMENT

## RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

### *Supervision refers to:*

- Instructing, advising, and monitoring another person in order to ensure safe and effective performance in carrying out the duties of their position
- The nature of supervision is flexible and may be conducted by various means including:
  - in person and
  - through use of electronic communications media such as telephone or video conferencing, where necessary
- Frequency of supervision will be determined by factors such as:
  - the task maturity of the person in that position or clinical placement
  - the need to review and assess client conditions and progress in order to establish or alter treatment plans in case of students and assistants
  - the need to correct and develop non clinical aspects such as time management, organisation requirements, communication skills, and other factors supporting the provision of clinical care and working within a team
- A person under supervision does not require direct (immediate) and continuous personal interaction, but the method and frequency will be determined by factors outlined above

### *Clients may include:*

- Adults
- Children and young people
- Older people
- People with communication difficulties

## RANGE STATEMENT

*Information may include::*

- Client care plan
- Hydrotherapy session plan
- Client treatment plan
- Allied health professional instructions
- Client record
- Checklists
- Case notes
- Other forms according to procedures of the organisation

*Principles of movement in water must include:*

- Buoyancy
- Flotation
- Hydrostatic pressure
- Propulsion
- Lift
- Drag
- Turbulence
- Acceleration
- Resistance
- Balance and stability

*Factors effecting the movement of the body in water may include:*

- Alignment
- Long and short axis
- Smooth tapered shapes
- Balance
- Head alignment and movement
- Balance of limbs in movement
- Effects of rotation
- Core power
- Hip rotation to create torque/twisting forces

*Client needs and abilities may include:*

- Co-morbidity
- Cultural needs
- Cardiac risk stratification
- Joint or muscle weakness
- Orthopaedic conditions

**RANGE STATEMENT**

*Client compliance refers to:*

- Ability to follow instructions or suggestions
- Willingness to follow instructions or suggestions

*Adverse reaction to exercise may include:*

- Severe shortness of breath
- Dizziness
- Pain
- Muscle cramp

*Indicators of a person in difficulty may include but is not limited to:*

- Calling for help
- Vertical body position
- Diagonal body position
- Minimal or non-supportive leg action
- Vigorous arm action
- Head tilted up and back, face turned to safety or help
- submerged

*Rescue equipment may include:*

- reaching aids
- ropes
- flotation aids
- rescue tube
- oxygen resuscitation equipment

*Water rescue may include but is not limited to:*

- non-contact tow
- contact tow
- vice grip
- extended arm rollover

**Unit Sector(s)**

Not Applicable