



Australian Government

Department of Education, Employment and Workplace Relations

HLTREM511B Provide remedial massage treatment for women and children

Release: 1

HLTREM511B Provide remedial massage treatment for women and children

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer a remedial massage treatment specific to the needs of women and children

Application of the Unit

Application

This unit may apply to work in massage in a range of settings and contexts

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

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. Assess females according to a remedial massage framework | 1.1 Discuss client's condition and refer to relevant documentation
1.2 Assess client
1.3 Ensure client comfort and privacy
1.4 Assess presenting signs and symptoms according to a Remedial massage framework
1.5 Discuss assessment with the client |
| 2. Assess children according to a remedial massage framework | 2.1 Obtain appropriate consent
2.2 Assess client
2.3 Ensure client comfort and privacy at all times
2.4 Assess presenting signs and symptoms according to Remedial Massage framework
2.5 Discuss assessment with the client and/or significant others |

ELEMENT**PERFORMANCE CRITERIA****3. Provide support for women's health**

- 3.1 Provide remedial massage women's health treatment
- 3.2 Position client correctly to optimise their comfort and support while allowing optimum application of techniques
- 3.3 Maintain appropriate postures to ensure a controlled distribution of body weight throughout the treatment
- 3.4 Maintain client-focused attention throughout the treatment session
- 3.5 Determine and apply treatment sequence, location and degree of pressure

4. Provide care for children

- 4.1 Provide remedial massage children's health treatment
- 4.2 Position client correctly to optimise their comfort and support while allowing optimum application of techniques
- 4.3 Maintain appropriate postures to ensure a controlled distribution of body weight throughout the treatment
- 4.4 Maintain client-focused attention throughout the treatment session
- 4.5 Determine and apply treatment sequence, location and degree of pressure

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

REQUIRED SKILLS AND KNOWLEDGE

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:

- Birth options and settings
- Contraindications and precautions
- Cultural perspectives on birth and birthing
- Gestational disorders
- Gestational disorders
- Pre and post-partum disorders
- The philosophies, principles and tools of remedial massage practice
- The theory of paediatric development
- The theory of paediatric massage
- The treatment of pain, anxiety and other conditions during labour
- Therapeutic principles and methods

Essential skills:

It is critical that the candidate demonstrate the ability 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:

- Appropriately record details of client enquiries according to clinic guidelines
- Communicate and work with parent/guardian/carer where relevant when planning treatment
- Correctly identify client information needs
- Provide client with required information about their condition
- Provide treatment appropriately to the needs of the client
- Work or model work which demonstrates an understanding of the remedial massage framework

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

EVIDENCE GUIDE

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 performance in the workplace or a simulated workplace (defined as a supervised clinic)
- 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
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

EVIDENCE GUIDE

Context of and specific resources for assessment:

- An appropriately stocked and equipped clinic or simulated clinic environment
- Relevant texts and manuals
- Appropriate models/diagrams
- Appropriate assessment environment
- Skilled assessors

Method of assessment

- Observation in the workplace
- 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
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting
If successful, a second assessment is to be conducted during workplace application under direct supervision
- Questioning and discussion

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

Related units:

This unit should be assessed after or in conjunction with the following related unit:

- HLTREM510B Provide specialised remedial massage treatment

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.

Assessment may include:

- Assessment of physical features
- Palpation
- Observation
- Listening
- Percussion
- Discussion/questioning
- Any other method in which the practitioner has been trained to a competent standard
- Procedure which is conducted according to legislative and regulatory requirements

Appropriate consent may mean:

- Informed consent according to the local and national regulations and legal guidelines
- Knowledge of consensual age
- Attendance of appropriate adult for wards of State and minors as appropriate
- Possession of Blue Card where relevant

RANGE STATEMENT

Remedial Massage women and children's health treatment may include the following methods:

To be performed in a variety of positions, ie, standing, seated, prone, supine and side recumbent lying, and through clothing as well as conventional table massage.

These include but are not limited to:

- Passive joint movement techniques
 - joints are moved through their range of movement, ie to the point of mild tissue resistance
- Passive soft tissue movement
 - technique is applied with palmer surfaces of the hand, heel of hand and/or fingers
 - jostling:
 - shaking of the muscle from origin to insertion
- Gliding techniques
 - effleurage: broad superficial strokes using the entire palm surface of the hands to cover large surface areas of the body
- Longitudinal stroking:
 - deep gliding movement is applied in the direction of the muscle fibres through focal pressure using any of the following; fingers, palm, heel of hands, forearm and/or knuckles
 - transverse gliding
 - cross over stroke:
 - pulling and pushing of the tissue using the hands in a criss-cross manner
- Kneading/petrissage
 - technique is applied with palm surface of the hand, heel of hand and/or fingers
 - soft tissue is mobilised with rhythmical circular rolling, squeezing or pulling movements
- Friction techniques
 - superficial tissue is moved over an underlying structure in circular, longitudinal or transverse directions
 - deep repetitive movements of short amplitude are applied usually with thumbs, fingers and knuckles
 - friction techniques are believed to be beneficial in releasing adherent/scar tissue

continued ...

RANGE STATEMENT

Remedial Massage women and children's health treatment may include the following methods (contd):

- Compressive techniques
 - digital pressure
 - compression: successive and rapid pressure, ie a series of short duration compressions, is applied to soft tissue between two structures, ie underlying bone structures and therapist's hand, or hand to hand
- Percussion: cupping, tapping, hacking, pummelling and flicking are applied rhythmically using the hands
- Temperature therapy
 - conduction, eg heat packs and immersion baths
 - friction
- Topical applications
- Deep tissue massage techniques
- Myofascial release: techniques conducted on superficial and/or deep tissues to:
 - lengthen tissue
 - reduce adhesions
 - increase range of movement
 - decrease compartment pressure
 - restore elasticity
- Manual lymphatic drainage
- Trigger point release techniques: apply digital ischemic pressure and/or apply stretching after treatment. It incorporates:
 - ischemic pressure
 - stretching
- Stretching techniques:
 - static stretching
 - dynamic stretching
 - proprioceptive neuromuscular facilitation stretching: contract-relax and hold-relax

Unit Sector(s)

Not Applicable