



Australian Government

Department of Education, Employment and Workplace Relations

HLTSHU504C Plan the shiatsu therapy treatment

Release: 1

HLTSHU504C Plan the shiatsu therapy treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to prepare a client for treatment and negotiate a treatment management plan with them over the course of treatment required

Application of the Unit

Application

This unit applies to work in a range of health settings

Application of this unit should be contextualised to reflect any professional requirements, issues and practices specific to each workplace

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

1. Select the therapeutic techniques to determine treatment

PERFORMANCE CRITERIA

- 1.1 Determine appropriate *therapeutic principles* of treatment according to assessment of client and within the skills of competence of the practitioner
- 1.2 Ascertain contraindications *to treatment* and possible complicating factors and modify treatment used according to shiatsu principles
- 1.3 Take treatment, information and advice provided by other health care professionals into consideration in determining the strategy to be used in treatment
- 1.4 Select treatment appropriate to client condition, and supported on the basis of established shiatsu practice
- 1.5 Take into consideration possible client compliance issues in specific treatment options
- 1.6 Select appropriate *shiatsu techniques*
- 1.7 Consider client *constitution* in selecting treatment

ELEMENT**PERFORMANCE CRITERIA**

2. Discuss the treatment with the client

2.1 Allocate sufficient time to conclude sessions at a pace appropriate to the client

2.2 Discuss treatment strategy according to the client's needs

2.3 Negotiate *client compliance*

2.4 Clarify discrepancies between the practitioner's and the client's perception of the condition

2.5 Explain any perceived risks of the client's condition and treatment

2.6 Discuss responsibilities *of practitioner and client* within the treatment plan

2.7 Negotiate management of selected treatment in relation to any other current therapies

2.8 Discuss treatment *evaluation* strategies

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:

- Awareness of critical information required for diagnosis and treatment according to shiatsu therapy framework
- Community resources and support services
- Ethical and legal implications of enquiry and treatment
- Nutrition, hygiene and personal healthcare strategies
- Physiology and anatomy
- Possible obstacles to treatment
- Possible reactions and contra-indications to treatment

REQUIRED SKILLS AND KNOWLEDGE

- Structure and function of anatomical systems
- Symptomology
- Symptomology and pathology
- Technical and practical knowledge of treatment
- The importance of breathing, exercise, hara strengthening
- The principles of human movement and biomechanics
- Traditional dietetics

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:

- Communicate with people from diverse cultural and linguistic backgrounds
- Demonstrate communication and negotiation skills
- Demonstrate communication skills to gain and convey required information
- Identify prominent bones/structures and major muscle groups through palpation
- Identify treatment options and establish treatment regimes
- Manage time throughout consultation and treatment
- Prepare treatment plans
- Read medical reports
- Read medical reports and other data relevant to the case

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 performance in the workplace or a simulated workplace (defined as a supervised clinic)

EVIDENCE GUIDE

is essential for assessment of this unit

- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- 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 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

Context of and specific resources for assessment:

- A fully stocked and equipped clinic or simulated clinic environment
- Relevant texts or medical manuals
- Anatomical model
- Relevant paper-based/video assessment instruments
- Appropriate assessment environment

EVIDENCE GUIDE

Method of assessment

- Practical demonstration and observation in the work place
- 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
- Explanations for plan preparations
- Oral questioning and discussion
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting (laboratory). If successful, a second assessment is to be conducted during workplace application under direct supervision

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 in conjunction with the following related unit:

- HLTCOM404C Communicate effectively with clients

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.

Therapeutic principles refers to:

- Principles and practices of the shiatsu therapy framework

Contra-indications to treatment and possible complicating factors may include:

- Infection or infectious diseases
- Pain - local sharp, dull, achy, deep, surface
- Fatigue
- Inflammation
- Lumps and tissue changes
- Rashes and changes in the skin
- Oedema
- Mood alterations, eg depression, anxiety
- Changes in habits such as appetite elimination or sleep
- Bleeding and bruising
- Nausea, vomiting or diarrhoea
- Temperature - hot/cold

RANGE STATEMENT

- Shiatsu techniques may include:*
- A range of shiatsu sequences and techniques
 - Tsubo/acu-point techniques
 - Moxibustion
 - Stretching, posture and exercise techniques
 - Elbows, feet, knees, ball of thumb, hand pressure techniques
 - Meridian stretching techniques
 - Namikoshi, barefoot, and ohashi shiatsu zen shiatsu sequences and techniques
 - Hara diagnosis, tonification/dispersion and whole body sequence
 - Lifestyle and dietary advice
 - Demonstration and explanation of suggested yoga postures, stretches and movements
 - Dietary strategy - selection of specific foods preparation and combinations
 - Advice on medicinal drinks, poultices and meals
 - Spiritual and emotional counselling
 - Relaxation techniques
 - Meditation
 - Tai qi
 - Qi gong/yoga
- Client constitution refers to:*
- Genetic foundation
 - Body type
 - Fitness
 - Mental attitude
- Client compliance refers to:*
- Ability to follow instructions or suggestions
 - Willingness to follow instructions or suggestions

RANGE STATEMENT

Discrepancies may include:

- Client is unaware of the immediate danger of their condition
- Client is over anxious about their condition
- Client is unaware of maintaining causes acting on their condition
- Practitioner is unaware of some implications of the client 's condition
- Practitioner and client each have a different view of what the main problem is

Practitioner responsibilities may include:

- Isolating the sick person
- Providing advice on public health matters
- Appropriate hygienic or sexual behaviour
- Referring notifiable/communicable disease to a registered doctor
- Commitment to the treatment plan
- Discussing relevant contra-indications or potential complications to treatment
- Reviewing of treatment plan
- Effective response to client feedback and/or feedback

Client responsibilities may include:

- Following instruction/advice during and post treatment
- Advising practitioner of any relevant contra-indications or potential complications to treatment
- Advising practitioner of compliance issues
- Commitment to the treatment plan

Treatment evaluation strategies may include:

- Discussing and reviewing of response to treatment
- Reviewing achievement of treatment goals
- Monitoring time frame for achieving treatment goals

Unit Sector(s)

Not Applicable