



Australian Government

Department of Education, Employment and Workplace Relations

HLTSHU507C Provide shiatsu therapy treatment

Release: 1

HLTSHU507C Provide shiatsu therapy treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer client shiatsu treatment according to the philosophy and practices of a shiatsu therapeutic framework

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

PERFORMANCE CRITERIA

1. Manage treatment

- 1.1 Explain *factors which may interfere with the effectiveness of the treatment*
- 1.2 Explain how *treatment is delivered* and managed to the client
- 1.3 Request client to monitor reactions and contact practitioner as required
- 1.4 Ensure *consent* for treatment
- 1.5 Provide shiatsu according to the treatment plan
- 1.6 Recognise reactions to treatment and *respond* promptly if necessary
- 1.7 Clearly explain time, location and content of future sessions to the client
- 1.8 Fully document recommendations

ELEMENT**PERFORMANCE CRITERIA****2. Apply therapeutic techniques**

- 2.1 Apply manual perpendicular pressure directed from the *hara* to the body
- 2.2 Utilise the condition and response of the client as a continual feedback to the initial assessment
- 2.3 Ensure the *shiatsu treatment* incorporates contact with all major body regions within a reasonable time frame
- 2.4 Position the client correctly to optimise their comfort and support while allowing optimum application of techniques
- 2.5 Maintain *appropriate postures* to ensure a controlled distribution of body weight throughout the treatment
- 2.6 Maintain client-focused attention throughout the treatment session
- 2.7 Ensure treatment sequence, location and degree of pressure applied is determined by *assessment indications*

3. Advise and resource the client

- 3.1 Educate client in relevant and *practical techniques* for promotion and maintenance of optimum health
- 3.2 Answer client queries with clarity, using appropriate language
- 3.3 Use honesty and integrity when explaining treatment plans and recommendations to the client
- 3.4 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client
- 3.5 Promote client independence and responsibility in treatment wherever possible

ELEMENT**PERFORMANCE CRITERIA**

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|---------------------|---|
| 4. Review treatment | 4.1 Evaluate progress with the client |
| | 4.2 Identify and record effects of previous treatment |
| | 4.3 Review previous treatment plan |
| | 4.4 Evaluate need for ongoing and/or additional treatment and provide referrals where appropriate |
| | 4.5 Negotiate changes to the plan with the client to ensure optimal outcomes |

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:

- Fundamental structure and function of anatomical systems
- History, philosophy and beliefs of the shiatsu therapy framework
- Legal and regulatory implications of treatment
- Possible reactions and contra-indications to treatment
- Technical and practical knowledge of treatment
- Understanding of physiology and anatomy
- Understanding of the fundamental principles of biomechanics

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:

REQUIRED SKILLS AND KNOWLEDGE

- Communicate effectively with client
- Communicate with people from diverse cultural and linguistic backgrounds
- Develop and implement treatment plans to achieve optimal health, rehabilitation, or to improve quality of life which involve:
 - a case requiring referral to another health care professional
 - all treatment or care delivered is consistent with legislative and regulatory requirements
 - complete documentation of all recommendations and client responses
 - demonstration of the application of commonly used treatment techniques listed under the range of variables
 - incorporation of the philosophies and beliefs of a shiatsu framework
 - preparation of the client for treatment according to shiatsu principles
 - provision of treatment
 - review of treatment plan
 - treatment according to the individual, condition and the presence of complicating factors, using the safest, most efficacious method that is also cost effective to the client
 - treatment of a range of clients
- Gather and interpret information through the tactile senses
- Identify prominent bones/structure and major muscle groups through palpation
- Manage time throughout consultation and treatment
- Use equipment and resources competently and safely
- Write referrals, appraisal letters for insurance companies and other documentation

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) is essential for assessment of this unit

EVIDENCE GUIDE

- 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
- Relevant paper-based/video assessment instruments
- Anatomical models
- Appropriate assessment environment
- Demonstration model/client

EVIDENCE GUIDE

Method of assessment

- Practical demonstration and observation in the work place
- Written assignments/projects or questioning should be used to assess knowledge
- Explanations of technique
- Oral questioning and discussion
- 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 (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 units:

- HLTCOM404C Communicate effectively with clients
- HLTHIR301B Communicate and work effectively in health
- HLTIN301C Comply with infection control policies and procedures

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.

Factors which interfere with the effectiveness of treatment may include:

- Other medical treatment being undertaken
- Client's physical and psychological readiness and/or wellness
- Cultural and/or religious factors
- Contra-indications to treatment
- Post treatment activity
- Overeating
- Intoxication

The way treatment is delivered may include:

- Requirement for feedback and interaction
- Various shiatsu techniques
- Variations in application intensity
- Requirement of specified positioning of client

Reactions may include:

- Pain and/or discomfort
- Feedback - verbal, tactile, visual
- Emotional
- Muscular spasms
- Temperature discomfort

Consent for treatment refers to:

- Informed consent according to the local and national regulations and legal guidelines

RANGE STATEMENT

Responses to reactions may include:

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Adhering to clinic guidelines for response to accidents and emergencies
- Use of First Aid procedures according to St Johns, Australian Red Cross or other appropriate First Aid training
- Maintaining a senior First Aid certificate which is renewed at least every three years
- Accessing local emergency services
- Effective response to client feedback and/or complaints

Shiatsu treatments 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 oshashi 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
- Relaxation techniques
- Meditation

Appropriate postures refers to:

- Balanced distribution of body weight
- Ability to apply direct perpendicular contact pressure to appropriate areas of the body
- Comfort and safety
- Relaxation of the body
- Size, mobility and flexibility

RANGE STATEMENT

- Assessment indications include:*
- Meridian and point locations and indications
 - Namikoshi, empirical or experimental point locations and indications
 - Palpatory evidence or feedback responses
 - Masunaga meridian system and indications
 - Hara (abdominal) palpation diagnosis systems and indications
 - Anatomical or mobility/flexibility assessment and indications
- Advise and resource the client refers to:*
- Providing relevant literature or information materials
 - Referring client to other information sources
 - Providing advice regarding self-care
 - Stress management resources
 - Environmental modifications
 - Advising client of suggested resources
 - Providing of details which help to fully inform client of relevant information
 - Providing referrals to other health professionals
 - Availability of products required or suggested for treatment
- Practical techniques that promote and maintain optimal health may include:*
- Postural improvement strategies
 - Discussion of causes of condition and suggestion of prevention strategies
 - Simple follow-up activities and/or strategies to work on between sessions
 - Activities and/or tasks to avoid
 - Self-shiatsu techniques
 - Environmental or lifestyle modifications
 - Stress management strategies

Unit Sector(s)

Not Applicable