

<b>UNIT CODE</b>	<b>HLTAHA028</b>
<b>UNIT TITLE</b>	<b>Deliver and monitor physiotherapy programs</b>
<b>APPLICATION</b>	<p>This unit describes the skills and knowledge required to provide assistance to a registered physiotherapist. Work includes supporting individuals or a group of individuals participating in physiotherapy programs.</p> <p>This unit applies to allied health assistants and should be performed under the direct, indirect or remote supervision and delegation of a physiotherapist registered with Australian Health Practitioner Regulation Agency (AHPRA).</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian standards and industry codes of practice.</p> <p>No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.</p>
<b>PREREQUISITE UNIT</b>	Nil
<b>COMPETENCY FIELD</b>	Allied Health
<b>UNIT SECTOR</b>	Health

<b>ELEMENTS</b>	<b>PERFORMANCE CRITERIA</b>
<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Receive delegation and gather information.	1.1 Obtain written or verbal delegation for an allied health activity from the allied health professional. 1.2 Obtain information from relevant sources and delegating physiotherapist, according to organisational policy and procedures. 1.3 Discuss and confirm with delegating physiotherapist treatment plans and programs.

<p>2. Deliver prescribed physiotherapy program based on treatment plan.</p>	<p>2.1 Confirm person's understanding of program based on treatment plan prepared by the physiotherapist.</p> <p>2.2 Obtain consent from the person before commencing the program.</p> <p>2.3 Follow the instructions of the physiotherapist when assisting with the positioning of person and equipment where treatment involves machines.</p> <p>2.4 Guide the person to complete the program as directed by the delegating physiotherapist.</p> <p>2.5 Recognise when person becomes distressed, in pain or communicates their desire to stop, slow down or change activity and follow stepping down procedures outlined in treatment plan or notify physiotherapist.</p> <p>2.6 Provide feedback to reinforce persons understanding and application of the program.</p> <p>2.7 Work with person to plan any follow up sessions and dates.</p> <p>2.8 Provide the person with time, opportunity and encouragement to practice existing and newly developed skills.</p>
<p>3. Assist persons with varying abilities to participate in programs.</p>	<p>3.1 Encourage the integration of planned and unplanned skills developed in the program into daily activities.</p> <p>3.2 Assist physiotherapist to complete assessments or therapy requiring more than one staff member where requested.</p> <p>3.3 Instruct persons in the use of gait aids prescribed by the physiotherapist, and adjust for safety and comfort as directed by the physiotherapist.</p> <p>3.4 <b>Monitor and conduct necessary action within the treatment plan and scope of role and report any concerns or recommendations to the delegating physiotherapist.</b></p> <p>3.5 Correctly position person according to person's condition, modesty and treatment or program activities and according to the directive of the physiotherapist.</p> <p>3.6 Discuss treatment or program activities with person and where possible seek feedback about comfort and understanding during the session.</p> <p>3.7 Create a treatment or program environment that encourages persons to ask questions about progress and activities.</p> <p>3.8 Take action in response to any indicators of adverse reaction to the program or treatment and report to physiotherapist.</p> <p>3.9 Report the need for modifications to the physiotherapy program and report to the delegating physiotherapist.</p>
<p>4. Comply with supervisory requirements.</p>	<p>4.1 Provide persons progress and report difficulties and concerns to the delegating physiotherapist before proceeding with treatment.</p> <p>4.2 Implement variations to the program according to the advice of the physiotherapist.</p> <p>4.3 Identify and manage persons adherence issues, including subjective and objective reporting of persons response to the program, and report to the physiotherapist.</p> <p>4.4 Report any misunderstanding or confusion to the physiotherapist.</p> <p>4.5 Identify and note any difficulties the person experiences with the program, and report to physiotherapist.</p> <p>4.6 Seek assistance when person presents with needs or signs outside limits of own authority, skills or knowledge.</p>

5. Clean and store equipment.	<p>5.1 Clean and store equipment according to manufacturer's instructions, infection control requirements and organisational policy or procedures.</p> <p>5.2 Check and maintain equipment according to suppliers or organisational policy or procedures.</p> <p>5.3 Label or tag equipment faults, and report faults in line with organisational policy or procedures.</p>
6. Document persons information.	<p>6.1 Document information relating to the program in line with organisational requirements.</p> <p>6.2 Use industry terminology to document persons response, outcomes and identified problems related to the therapeutic program.</p> <p>6.3 Sign and designate role when completing medical records according to organisational policy and procedures.</p>

FOUNDATION SKILLS	
<i>Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.</i>	
SKILLS	DESCRIPTION
Reading skills to:	■
Writing skills to:	■
Oral communication skills to:	■
Numeracy skills to:	■
Learning skills to:	■
Problem-solving skills to:	■
Initiative and enterprise skills to:	■
Teamwork skills to:	■
Planning and organising skills to:	■
Self-management skills to:	■
Technology skills to:	■

<b>UNIT MAPPING INFORMATION</b>	No equivalent unit.
<b>LINKS</b>	Companion Volume Implementation Guide

<b>TITLE</b>	<b>Assessment Requirements for HLTAHA028 Deliver and monitor physiotherapy programs</b>
<b>PERFORMANCE EVIDENCE</b>	<p>Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:</p> <ul style="list-style-type: none"> <li>■ assist in the delivery of therapeutic practices for physiotherapy programs as delegated by the physiotherapist this must include: <ul style="list-style-type: none"> <li>○ at least three people receiving different treatments one in a simulated environment and two in the workplace</li> <li>○ one group receiving treatments in a simulated environment</li> </ul> </li> <li>■ perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of work.</li> </ul>

<b>KNOWLEDGE EVIDENCE</b>	<p>Demonstrate the knowledge required to complete the tasks outlined in elements and performance criteria of this unit:</p> <ul style="list-style-type: none"> <li>■ allied health assistants scope of practice in physiotherapy</li> <li>■ allied health core competencies: <ul style="list-style-type: none"> <li>○ person-centred care</li> <li>○ individual therapy</li> <li>○ group therapy</li> <li>○ communication of person information</li> <li>○ equipment and environment</li> </ul> </li> <li>■ basic musculoskeletal anatomy; <ul style="list-style-type: none"> <li>○ joint types and function</li> <li>○ major bones</li> <li>○ major muscles including actions and attachments</li> <li>○ major joints and joint classifications</li> </ul> </li> <li>■ Neuroscience as it pertains to neurological rehabilitation and neuroplasticity.</li> <li>■ cardiorespiratory anatomy and physiology, and physiotherapeutic techniques</li> <li>■ anatomical terminology, including: <ul style="list-style-type: none"> <li>○ flexion</li> <li>○ extension</li> <li>○ rotation</li> <li>○ abduction</li> <li>○ adduction</li> <li>○ circumduction</li> <li>○ inversion</li> <li>○ eversion</li> <li>○ pronation</li> <li>○ supination</li> <li>○ horizontal flexion</li> <li>○ horizontal extension</li> </ul> </li> </ul>
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- protraction
- retraction
- elevation
- depression
- dorsiflexion
- plantarflexion
- therapeutic exercise principles in neurological, cardiorespiratory and musculoskeletal physiotherapy
- organisational policies and procedures in regard to:
  - pre-session screening
  - overcrowding
  - ventilation and/or climate control
  - hygiene
  - participant to allied health worker ratios
  - emergency and risk management
  - standards of personal presentation
  - participant's clothing and footwear
  - use, care and maintenance of equipment
- principles of program design:
  - progression
  - specificity
- fitness program planning for improvement of health-related components of fitness:
  - muscle endurance
  - muscle strength
  - cardiorespiratory endurance
  - flexibility
  - rest intervals
  - required equipment
  - floor plan for equipment arrangement
- circuit training session planning considerations and inclusions:
  - equipment
  - layout
  - number of participants
- training methods and consideration of intensity:
  - program types
  - sets and reps
  - circuits
  - matrices
  - super-sets
  - pre-fatigue
  - interval training
- contraindications and precautions
- exercises and programming requirements for:
  - flexibility:
  - dynamic or active range of motion
  - static
- muscular endurance and strength:
  - balance and coordination
  - body weight
  - equipment
  - cardiorespiratory endurance
- effects of different exercises on the major body systems:
  - cardiovascular
  - muscular
  - nervous

	<ul style="list-style-type: none"> <li>◦ skeletal</li> <li>■ methods of monitoring exercise intensity, techniques and progression: <ul style="list-style-type: none"> <li>◦ heart rate</li> <li>◦ rate of perceived exertion</li> <li>◦ observation of technique</li> </ul> </li> <li>■ manufacturer and exercise equipment specifications</li> <li>■ signs and symptoms of exercise intolerance</li> <li>■ motivational techniques and exercise adherence strategies</li> <li>■ basic anatomy and physiology of the skin and the principles of pressure area care</li> <li>■ record keeping practices and procedures in relation to diagnostic and therapeutic programs or treatments</li> <li>■ equipment and materials used in different programs and treatments</li> <li>■ monitoring requirements for different programs and treatments, including recording observations to ensure safety</li> <li>■ basic reaction to pain within the body</li> <li>■ signs of adverse reaction to different programs and treatment</li> <li>■ concepts and procedures for stepping down treatment or intervention when person becomes distressed, in pain or wishes to stop</li> <li>■ individualised plans, goals and limitations of therapy</li> <li>■ infection control policy and procedures</li> <li>■ work health and safety: <ul style="list-style-type: none"> <li>◦ manual handling</li> <li>◦ falls prevention</li> <li>◦ infection control practices</li> </ul> </li> <li>■ other specific organisational policies or procedures, including supervisory and reporting protocols</li> <li>■ medical and physiotherapy terminology</li> <li>■ scope of role, responsibilities and limitations of self and physiotherapists.</li> </ul>
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<b>ASSESSMENT CONDITIONS</b>	<p>Skills must be demonstrated in the workplace or in a simulated environment. All aspects of the performance evidence must have been demonstrated using simulation prior to being demonstrated in the workplace.</p> <p>Assessment must ensure:</p> <ul style="list-style-type: none"> <li>■ access to suitable facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies</li> <li>■ access to individualised plans and any relevant equipment outlined in the plan as delegated by a registered physiotherapist</li> <li>■ access to organisational policies and procedures</li> <li>■ opportunities for engagement with real people accessing allied health services</li> </ul> <p>Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors and be an allied health assistant with a minimum of three years of professional experience in allied health services or a recognised Allied Health Professional.</p>
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