

UNIT CODE	HLTAHA037
UNIT TITLE	Deliver and monitor an aquatic physiotherapy program
APPLICATION	<p>This unit describes the skills and knowledge required to provide assistance to an allied health professional. Work includes supporting individuals and groups participating in aquatic physiotherapy programs prescribed by a physiotherapist.</p> <p>This unit applies to allied health assistants and should be performed under the direct, indirect or remote supervision and delegation of an physiotherapist registered with Australian Health Practitioner Regulation Agency (AHPRA).</p> <p>The skills in this unit must be applied in accordance with Allied Health Assistant Framework, 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>
PREREQUISITE UNIT	Nil
COMPETENCY FIELD	Allied Health
UNIT SECTOR	Health

ELEMENTS	PERFORMANCE CRITERIA
<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.	<p>1.1 Obtain written or verbal delegation for an allied health activity from the allied health professional.</p> <p>1.2 Obtain information from relevant sources and delegating allied health professional, according to organisational policy and procedures.</p> <p>1.3 Discuss and confirm with delegating allied health professional therapy, treatment plans and programs.</p>

<p>2. Prepare for an aquatic physiotherapy program.</p>	<p>2.1 Identify any treatment requirements outside scope of role and discuss with delegated physiotherapist. 2.2 Determine the persons' availability, according to the organisation's procedures. 2.3 Gather aquatic equipment and prepare setting for the program. 2.4 Ensure adequate staffing according to the organisation's procedures. 2.5 Obtain consent from the person before commencing the program.</p>
<p>3. Conduct the aquatic physiotherapy program.</p>	<p>3.1 Assist with program according to delegation from treating physiotherapist. 3.2 Explain the purpose, rationale and requirements of each part of the program to the person. 3.3 Assist person in and out of the pool safely and efficiently according to organisation procedures and treatment goals. 3.4 Demonstrate components and guide the person to complete the program according to prescribed treatment plan. 3.5 Provide the person with time, opportunity and encouragement to practice existing and newly developed skills. 3.6 Monitor the person and provide feedback to ensure correct application during and after the program according to the delegated treatment plan. 3.7 Identify and manage persons adherence issues and report the need for adjustment to the delegating physiotherapist. 3.8 Use stepping down procedures when person becomes distressed, in pain or communicates their desire to slow down according to delegated treatment plan and organisational procedures. 3.9 Respond to adverse reaction to the aquatic physiotherapy program according to delegated treatment plan and organisational procedures.</p>
<p>4. Respond to an aquatic emergency.</p>	<p>4.1 Support the person in difficulty immediately and remove any other individuals from danger. 4.2 Assess the factors involved in a water rescue, the type of rescue and equipment required. 4.3 Identify hazards and take action to prevent further injury or harm to the casualty. 4.4 Perform water rescue. 4.5 Observe and describe the condition of the casualty to first aid responder. 4.6 Contact emergency services as soon as possible if required. 4.7 Record and report the incident in accordance with, legislative, regulatory and organisational requirements.</p>
<p>5. Assist person after the aquatic physiotherapy program.</p>	<p>5.1 Identify support needs of person following an aquatic physiotherapy session. 5.2 Provide support with mobility as delegated by physiotherapist.</p>
<p>6. Comply with supervisory requirements.</p>	<p>6.1 Consult with delegating speech pathologist when additional information is required. 6.2 Seek assistance when person presents with needs or signs outside limits of own scope of role, skills or knowledge. 6.3 Report persons difficulties to the delegating physiotherapist before continuing the program. 6.4 Participate in supervision processes with the delegating physiotherapist in accordance with organisational procedures.</p>

7. Clean and store equipment.	<p>7.1 Clean materials and equipment in accordance with manufacturers requirements.</p> <p>7.2 Store material and equipment in accordance with manufacturers requirements and organisational procedures.</p> <p>7.3 Report equipment faults according to organisational procedures.</p>
8. Document persons information.	<p>8.1 Document information relating to the rehabilitation program in line with organisational requirements.</p> <p>8.2 Provide regular feedback to the delegating speech pathologist.</p> <p>8.3 Use professional terminology to document symptomatic expression of identified problems related to the rehabilitation program.</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:	■

UNIT MAPPING INFORMATION	No equivalent unit.
LINKS	Companion Volume Implementation Guide

TITLE	Assessment Requirements for HLTAHA037 Deliver and monitor an aquatic physiotherapy program
PERFORMANCE EVIDENCE	<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"> ■ conduct three aquatic physiotherapy programs, one in simulation and two in the workplace including: <ul style="list-style-type: none"> ○ moving a person from standing to supine and supporting them without floats in supine ○ assisting a person with extremely limited mobility in simulation using a pool-side lifter or hoist ■ respond to two different aquatic emergencies in simulation ■ perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of work.

KNOWLEDGE EVIDENCE	<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"> ■ protocols for escalation of risks ■ allied health core competencies: <ul style="list-style-type: none"> ○ person-centred care ○ individual therapy ○ group therapy ○ communication of person information ○ equipment and environment ■ the physiological effects and benefits of aquatic physiotherapeutic exercise <ul style="list-style-type: none"> ○ principles of hydrostatic and hydrodynamic principles, and biomechanics, including: <ul style="list-style-type: none"> ● mass ● relative density ● centre of gravity ● centre of buoyancy ● axis of rotation ● torque of a floating patient's body, ● moving in the water ● standing at different depths ○ force, fluid resistance, turbulence, drag, and floatation as they pertain to understanding aquatic physiotherapy exercises ○ speed, acceleration, energy, and power as exercise progression or simplification tools ■ Musculoskeletal anatomy, including: <ul style="list-style-type: none"> ○ joint types and function ○ major bones ○ major muscles
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- major joints
- anatomical terminology, including:
 - flexion
 - extension
 - rotation
 - abduction
 - adduction
 - circumduction
 - inversion
 - eversion
 - pronation
 - supination
 - horizontal flexion
 - horizontal extension
 - elevation
 - depression
 - protraction
 - retraction
- principles of therapeutic aquatic exercise including:
 - sets and repetitions, physiological reactions to submersion on the cardiovascular, respiratory, renal, thermoregulatory, and autonomic nervous systems
 - positions for aquatic exercises for increasing joint range of motion
 - progressions of strengthening exercises
 - stability of the floating body, stability and weight-bearing standing at different depths or walking in water
- the signs of adverse reaction to different programs and treatment
- relevant guidelines and reporting requirements, including Australian Physiotherapy Association (APA) Guidelines for Aquatic Physiotherapy
- factors that facilitate an effective and collaborative working relationship with aquatic physiotherapy patients and the prescribing physiotherapist
- organisational policies and procedures in relation to:
 - confidentiality
 - documentation
 - reporting
 - recording patient data
 - written communication to Allied Health Professional
 - professional behaviour and presentation
 - infection control practices as it relates to aquatic physiotherapy programs
 - occupational health and safety:
 - manual handling
 - slips, trips and fall risk in aquatic environments,
 - water safety, and contraindications to participating in aquatic physiotherapy, and pre-pool entry screening processes.
 - manual handling
 - supervisory, delegation
- legal and ethical considerations relevant to allied health:
 - duty of care to aquatic physiotherapy patients
 - informed consent
 - privacy, confidentiality and disclosure
- principles of empowering the older person
- principles of empowering people living with disability or serious mental illness
- changes related to ageing
- concepts of holistic health and wellbeing
- social determinants of health.

	<ul style="list-style-type: none"> ■ concepts of the medical model, the biopsychosocial models and the human rights based approach of allied health interventions ■ principles of choice and control ■ concept of reablement.
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ASSESSMENT CONDITIONS	<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"> ■ access to suitable facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies ■ access to individualised plans and any relevant equipment outlined in the plan ■ access to organisational policies and procedures ■ opportunities for engagement with real people accessing allied health services ■ aquatic physiotherapy program ■ aquatic physiotherapy venue and equipment ■ emergency procedures with scenarios for evacuation, drowning, and other emergency situations that might occur. <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>
LINKS	Companion Volume Implementation Guide