



## Higher National Unit Specification

### General information

**Unit title:** Clinical and Team Experience 1

**Unit code:** H4Y3 35

**Superclass:** PJ

**Publication date:** August 2018

**Source:** Scottish Qualifications Authority

**Version:** 03

### Unit purpose

This Unit allows learners to develop skills in a realistic working environment. Learners will learn how to use thermal modalities (hot and cold treatments) so that they can be applied appropriately in treatment situations. Learners will be expected to provide sports massage treatment (massage and soft-tissue techniques) in a clinic environment treating real clients. They will also be expected to organise and provide sports massage treatments with teams or individuals in a training or competing environment. The Unit covers key elements of the National Occupational Standards in Sports Therapy (SFHD528 and cnh522) and is one of a mandatory suite, endorsed by the SMA (Association for Soft Tissue Therapists), which forms the HNC Soft Tissue Therapy.

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Explain the rationale for the use or non-use of thermal techniques.
- 2 Demonstrate the preparation, application and evaluation of thermal techniques.
- 3 Devise, apply and evaluate sports massage treatment in clinical and team environments.

### Credit points and level

1 Higher National Unit credit at SCQF level 8: (8 SCQF credit points at SCQF level 8)

## Higher National Unit Specification: General information (cont)

### Recommended entry to the Unit

This Unit is mandatory in the HNC Soft Tissue Therapy/HND Sports Therapy. Whilst access is ultimately at the discretion of the Centre, it is anticipated that at the time of practical assessment of this Unit, learners will have successfully completed the following HN Units: *Functional Anatomy, Basic Subjective and Objective Assessment* and *Sports Therapy: Professional Standards*. Learners should also have achieved most Outcomes for Sports Therapy: Anatomy and Physiology and either achieved or be near to achieving, *Clinical Sports Massage* and *Sports Massage for Events and Special Populations*.

### Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

### Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

### Equality and inclusion

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements).

# Higher National Unit Specification: Statement of standards

## Unit title: Clinical and Team Experience 1

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### Outcome 1

Explain the rationale for the use or non-use of thermal techniques.

#### Knowledge and/or Skills

- ◆ Thermal techniques (hot and cold)
- ◆ Indications, contra-indications, cautions and dangers
- ◆ Health, safety and hygiene of working area and equipment
- ◆ Aims and objectives of use
- ◆ Adverse reactions

### Outcome 2

Demonstrate the preparation, application and evaluation of thermal techniques.

#### Knowledge and/or Skills

- ◆ Professional standards of personal presentation
- ◆ Communication skills
- ◆ Subjective and objective assessment of area to be treated
- ◆ Treatment goals
- ◆ Health, safety and hygiene of the environment and equipment
- ◆ Preparation of equipment, supplies, self and client
- ◆ Screening and positioning of client
- ◆ Client care and comfort
- ◆ Application of techniques
- ◆ Evaluating feedback (visual, oral from client, kinaesthetic)
- ◆ After-care and home care advice
- ◆ Record keeping
- ◆ Self-evaluation

## **Higher National Unit Specification: Statement of standards (cont)**

**Unit title:** Clinical and Team Experience 1

### **Outcome 3**

Devise, apply and evaluate sports massage treatment in clinical and team environments.

#### **Knowledge and/or Skills**

- ◆ Professional standards of personal presentation
- ◆ Communication skills
- ◆ Subjective and objective assessment skills
- ◆ Aims and requirements of client
- ◆ Indications, contra-indications and cautions to treatment
- ◆ Treatment goals
- ◆ Health, safety and hygiene of the environment
- ◆ Preparation of equipment, supplies, self and client
- ◆ Working posture
- ◆ Correct biomechanics for performing techniques
- ◆ Screening and positioning of client
- ◆ Client care and comfort
- ◆ Application of massage techniques
- ◆ Application of soft tissue techniques
- ◆ Application of thermal techniques
- ◆ Evaluating feedback (visual, oral from client, kinaesthetic)
- ◆ After-care and home care advice
- ◆ Record keeping
- ◆ Commercial timelines
- ◆ Self-evaluation

#### **Evidence Requirements for this Unit**

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

##### **Outcome 1**

- ◆ explain the general benefits of using thermal therapy (cold treatment, hot treatment)
- ◆ describe the advantages and disadvantages for the use of ice, cooling vests and wraps, cryo cuffs, infra red, hot packs and moist heat packs
- ◆ identify the dangers, contra-indications and cautions in using hot and cold treatments
- ◆ outline the health, safety and hygiene considerations of the working area and the equipment used for applying hot and cold treatments

## Higher National Unit Specification: Statement of standards (cont)

### Unit title: Clinical and Team Experience 1

#### Outcome 2

- ◆ apply appropriate professional standards of personal hygiene, dress and personal appearance
- ◆ prepare the work area for treatment to meet acceptable industry standards for health, safety and hygiene
- ◆ communicate effectively and professionally with a client
- ◆ relate to the client in a sensitive and empathic manner throughout
- ◆ gather subjective and objective information to identify an appropriate thermal therapy strategy, recognising any contra-indications and cautions to treatment
- ◆ ensure client understands the nature and purpose of the technique to be applied and any possible adverse reaction
- ◆ obtain informed consent
- ◆ prepare appropriate equipment and supplies for the planned technique
- ◆ prepare client appropriately and ensure client is safe and comfortable throughout the technique
- ◆ apply an appropriate thermal technique (ice, cryo cuffs, infra red, hot packs, moist heat packs)
- ◆ obtain feedback (visual, oral from client, kinaesthetic) and evaluate the strategy
- ◆ provide appropriate aftercare and homecare
- ◆ record details accurately and legibly and follow legal procedures for its completion and storage
- ◆ reflect on personal strengths and weakness and identify improvement strategies

#### Outcome 3

- ◆ demonstrate that adequate public liability and professional indemnity insurance is held
- ◆ apply appropriate professional standards of personal hygiene, dress and personal appearance on all occasions
- ◆ devise, apply and record approximately 74 hours\* of sports massage treatment to clients in Clinical and Training/Events environments (\*logged hours to total 100 across three Units: this Unit, Clinical Sports Massage and Sports Massage for Events and Special Populations.
- ◆ clients can be drawn from the following categories: Group A: children (aged 9–12), adolescents (aged 13–18), male adults, female adults; Group B: wheelchair users, athletes with prostheses/missing limbs, athletes with cerebral palsy, pregnant sportswomen, athletes with diabetes or other pre-existing conditions, older athletes (65+) so that across the three Units stated above all categories of sports person from Group A are treated and a minimum of one from Group B is treated
- ◆ complete appropriate industry standard documentation and Clinical Log Sheets for treatments given in a clinical environment

## Higher National Unit Specification: Statement of standards (cont)

**Unit title:** Clinical and Team Experience 1

- ♦ complete appropriate recording documentation and *Training/Event Log Sheets* for treatments given in a training/events environment
- ♦ complete *Weekly Review Sheets* for goal-setting and evaluating performance
- ♦ produce assessor/significant other verification of collected hours



## Higher National Unit Support Notes

**Unit title:** Clinical and Team Experience 1

Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

### Guidance on the content and context for this Unit

This mandatory Unit in the Group Awards HNC Soft Tissue Therapy/HND Sports Therapy should be delivered towards the end of the first year. Learners should have successfully completed the following HN Units: *Functional Anatomy*, *Basic Subjective and Objective Assessment* and *Sports Therapy: Professional Standards*). Learners should also have achieved most Outcomes for *Sports Therapy: Anatomy and Physiology* and either achieved or be near to achieving, *Clinical Sports Massage* and *Sports Massage for Events and Special Populations*. This Unit, together with the assessed case studies in *Clinical Sports Massage* and *Sports Massage for Events and Special Populations* allows the learner to evidence 100 logged hours of massage and soft tissue treatment required by professional associations to indicate competence in the NOS and gain association membership.

#### Outcome 1

- ◆ Thermal therapy: cold treatment, hot treatment
- ◆ Cold treatments: ice, cooling vests and wraps, cryo cuffs
- ◆ Hot treatments: infra red, hot packs, moist heat packs
- ◆ Contra-indications and cautions: acute trauma, tumour, open wounds, frostbite, acute soft tissue injury, circulatory disorders, fractures, thrombosis, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, risk of haemorrhage, areas of altered skin sensation, mental incapacity
- ◆ Dangers: super cooling the skin, burns, fainting, necrosis, severely reduced circulation, increased bleeding to area

#### Outcome 2

Where possible, the learner should apply cold/hot treatment to a real client requiring such treatment. The treatment may be additional to appropriate sports massage treatment that would also be received. Where opportunities do not naturally occur, peers may be used for assessment purposes. Appropriate documentation should be used to record subjective and objective assessment, strategy/treatment used, aftercare and homecare. Self-evaluation should be completed to identify personal strengths and weakness and improvement strategies for accurate assessment and use of the thermal technique used.

## Higher National Unit Support Notes (cont)

**Unit title:** Clinical and Team Experience 1

### Outcome 3

- ◆ Hours form a mandatory part of membership to professional associations
- ◆ Treatment may be in a specific clinic or another suitable venue where clinical, ie not events — type massage can be performed. For example, with a sports club, but where the 'client' is not going to participate in training, or has just completed training, or in a private clinic, in a leisure facility or at a home clinic/mobile service as long as this is verified as appropriate and witness testimony of treatments can be obtained
- ◆ Documentation for clinical sessions should include industry standard SOAP (subjective, objective, analysis, plan) notes, or similar, for each 'client' which should be checked regularly by the assessor
- ◆ *Clinical Log Sheets* must contain date, client reference number, length of treatment, client's signature, signature of assessor/significant other
- ◆ Documentation for training/events sessions should include client's name and signature of consent to treatment, and brief details of contra-indications/cautions to treatment, type of massage (pre, inter, post), visual/tactile observations, treatment applied, length of treatment, after care/home care given. These should be checked regularly by the assessor
- ◆ *Training/Events Log Sheets* must contain date, event/sport, number and type of massages carried out (eg 4 x pre-event, 6 x post event), total length of treatment time (ie not the total amount of time spent at the venue), signature of assessor/significant other
- ◆ Where the assessor is not able to observe the learner, verification may come from a significant other such as Team coach/physio, or by witness testimony
- ◆ *Weekly Review Sheets*: contain SMART goals, strengths and weaknesses of previous week's performance, achievement of SMART goals
- ◆ Client groups: children (9–12), adolescents (13–18), male adults, female adults, wheelchair users, athletes with prostheses/missing limbs, athletes with cerebral palsy, pregnant sportswomen, athletes with diabetes or other pre-existing conditions, older athletes (65+)

### Guidance on approaches to delivery of this Unit

This Unit is one of a suite of mandatory Units mapped to the NOS in Sports Therapy. This Unit, together with *Clinical Sports Massage*, *Sports Massage for Events and Special Populations* and elements within *Sports Therapy: Anatomy and Physiology*, *Functional Anatomy*, *Basic Subjective and Objective Assessment* and *Sports Therapy: Professional Standards* will allow the learner entry to the SMA as a level 4 member. This is a requirement for anyone wishing to work with elite athletes at international competition level, such as Commonwealth and Olympic Games.

It is highly recommended that this Unit commences in the latter part of the course so that the underpinning knowledge and skills for massage and soft tissue treatment have been gained and practiced in the Unit, *Clinical Sports Massage*. Ideally, learners will also have commenced *Sports Massage for Events and Special Populations* although it would be possible to run the two concurrently. *Aetiology, Prevention and Management of Sports Injuries*, also provides some underpinning knowledge for the use of thermal therapies and management of sports injuries.



## Higher National Unit Support Notes (cont)

### Unit title: Clinical and Team Experience 1

The Unit is divided into three Outcomes.

**Outcome 1** assesses learners' knowledge on the benefits, contra-indications, cautions and dangers of thermal therapy and the advantages and disadvantages of a variety of hot and cold techniques (ice, cooling vests and wraps, cryo cuffs, infra red, hot packs, moist heat packs). The list of thermal treatments in the Unit is not exhaustive and other techniques should be discussed during delivery. Indications for the use of thermal therapy should be covered. Learners should be provided with several opportunities to practice and experience the use of all techniques before assessment.

**Outcome 2** requires the learner to demonstrate skills in devising and applying thermal treatments. Learners should be given the opportunity to role play situations which require them to complete appropriate documentation gathering subjective and objective assessment, and applying hot and cold techniques both as the sole treatment and as part of an holistic approach to treatment.

**Outcome 3** requires the learner to log 74 hours of sports massage treatment delivered in clinical, training or events environments. This can include the use of thermal treatments where appropriate. Learners must have appropriate public and professional indemnity insurance and present themselves in a professional manner in respect of hygiene, dress and personal appearance, at all times. No payment must be demanded or accepted for the learners' services. It is anticipated that a number of clinical hours can be obtained through College-based clinics built into the delivery of the Unit. In addition to the client and treatment specific notes required, learners must produce verified logs of hours, and a weekly review. The intention of the weekly review sheets is to encourage the learner to set appropriate SMART goals related to the development of their knowledge and skill, and to evaluate the achievement of these. The weekly review should also enable the learner to reflect on their strengths and weaknesses and to reflect on their achievements over time.

It is expected that the sports massage performed should be carried out to the same standard required for the *Clinical Sports Massage* and *Sports Massage for Events and Special Populations* Units. Logged hours must be verified by the assessor or a significant other such as Event Manager/co-ordinator, manager of the charity for whom services are being provided, coach/physio of a team being supported or by way of witness testimony.

### Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of instruments of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

## Higher National Unit Support Notes (cont)

**Unit title:** Clinical and Team Experience 1

### Outcome 1

All Evidence Requirements should be assessed through closed-book restricted or extended response questions.

### Outcome 2

The learner is required to practically demonstrate that s/he can accurately and appropriately apply and evaluate the following cold and hot treatments: ice, cooling vests and wraps, cryo cuffs, infra red, hot packs, moist heat packs. Assessment of this Outcome may be integrated with Outcome 3.

### Outcome 3

Learners are required to produce a log book/portfolio of 74 logged hours of treatments (not including evaluation). Learners must also complete appropriate recording documentation for both clinical and training/events treatments and weekly review sheets evaluating personal performance.

## Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).

## Opportunities for developing Core and other essential skills

This Unit develops the learners' skill in *Communication*, *Problem Solving* and *Working with Others* and *ICT*. It equips the learners with essential knowledge and skills to enable them to use an additional modality in the treatment and rehabilitation of sports injuries. It offers the learner experience of working in simulated and real-life working environments and through the collection of logged hours, helps to complete the requirements of professional associations for membership purposes. It allows learners to achieve National Occupational Standards in Sports Therapy (SFHD528 and cnh522) and is one of the mandatory suite of Units that provides entry to HND Sports Therapy

## History of changes to Unit

Version	Description of change	Date
03	Clarification of Assessment methods	31/08/18
02	Outcome 3: Log changed from 80 to 74 hours.	25/11/14

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## General information for learners

### Unit title: Clinical and Team Experience 1

This Unit covers key elements of the National Occupational Standards in Sports Therapy (SFHD528 and cnh522) and is one of a mandatory suite, endorsed by the SMA, which forms the HNC Soft Tissue Therapy. Achievement of this Unit also allows you to progress onto HND Sports Therapy.

The Unit will be scheduled for delivery and assessment in the latter part of your first year course, so that you will have developed massage and soft tissue skills in the Units *Clinical Sports Massage* and *Sports Massage for Events and Special Populations*. You will also use the knowledge and skills developed in a variety of other Units such as *Anatomy and Physiology*, *Functional Anatomy*, *Basic Subjective and Objective Assessment*, *Professional Studies and Aetiology*, *Prevention and Management of Sports Injuries*.

For this Unit, you will learn when and how to use the proper application of heat and cold in order to treat and rehabilitate acute injuries. You will then use this knowledge and skill, together with your knowledge and skills in clinical and events sports massage, to practice and improve your ability to treat sports people appropriately in realistic working environments.

You will be required to collect 74 logged hours of treatments either in a clinical, training or events environment or a combination of all. Some of your clinical treatments are likely to take place through working in your college clinic, the rest of your required hours must be collected by you arranging an appropriate placement. A placement for example, within a clinic, a leisure centre or by offering a home-based or mobile service could enable you to collect clinical hours, whereas a placement with a team/club could enable you to collect hours before or after training or games/competitions. Providing treatment at various events would enable you to collect additional hours.

There are three Outcomes.

Outcome 1 assesses your knowledge and understanding of the rationale for using thermal treatments (ie cold and hot techniques). This is a closed-book assessment.

Outcome 2 assesses your practical skill in gathering appropriate information to decide on a particular thermal treatment, then apply it appropriately and evaluate the process.

Outcome 3 requires the completion of treatment documentation together with a log book/portfolio detailing the 74 logged hours of treatments conducted in clinical, training or events environments (or a combination of all three). You will also be required to complete weekly review sheets to identify your SMART goals and evaluate your performance.