

## **F05W 04 (CHS139) Implement hydrotherapy programmes for individuals and groups**

### **About this Unit**

This standard applies to anyone whose role requires them to support individuals and groups participating in hydrotherapy programmes designed to restore optimum independent mobility and movement. Hydrotherapy may take place in a variety of settings such as hospital pool, leisure centre or private pool.

Users of this standard will need to ensure that practice reflects up to date information and policies.

Your **knowledge and understanding** will be specifically related to legal requirements and codes of practice and conduct applicable to your job, and the NHS Knowledge and Skills Framework. This will relate to your work activities; the job you are doing, and the setting, eg in hospital and community, domiciliary, residential care, and the individuals you are working with.

**Values** — the values underpinning this Unit are embedded within the 2009 NHS Code of Conduct for Health Care Support Workers. These are stated in full within the Assessment Strategy and Guidance document for the awards.

**Key Words and Concepts** — a glossary of definitions, key words and concepts used in this Unit is contained in the Assessment Strategy and Guidance document.

In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **You should read the Assessment Strategy and Guidance document before you begin working with the standards and refer to it if you are unsure about anything in the Unit.**

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**Specific Evidence Requirements for the Unit**

**It is essential that you adhere to the Evidence Requirements for this Unit**

<b>SPECIFIC EVIDENCE REQUIREMENTS FOR THIS UNIT</b>
<b>Simulation:</b>
<ul style="list-style-type: none"> <li>◆ Simulation is <b>NOT</b> permitted for any part of this Unit.</li> </ul>
<ul style="list-style-type: none"> <li>◆ <b>The following forms of evidence ARE mandatory:</b></li> </ul>
<ul style="list-style-type: none"> <li>◆ <b>Direct Observation:</b> Your assessor or expert witness must observe you in real work activities. Their confirmation of your practice will provide evidence for a significant amount of the performance criteria in this Unit. <b>For example</b>, you follow the treatment plan and encourage the individual to be as self managing as possible through the programme.</li> <li>◆ <b>Professional discussion:</b> Describes your actions in a particular situation and reflect on the reason(s) why you practice that way. <b>For example</b>, discuss with your assessor/expert witness any dangers associated with hydrotherapy programmes and how you would avoid them, what legislation, policies and protocols follow.</li> </ul>
<b>Competence of performance and knowledge could also be demonstrated using a variety of evidence from the following:</b>
<ul style="list-style-type: none"> <li>◆ <b>Reflective Account:</b> These are written pieces of work which allow you to reflect on the course of action you took in a specific situation to identify any learning from the piece of work and to describe what you might do differently in the light of your new knowledge.</li> <li>◆ <b>Questioning/professional discussion:</b> May be used to provide evidence of knowledge, legislation, policies and procedures which cannot be fully evidenced through direct observation or reflective accounts. In addition your assessor/mentor or expert witness may also ask questions to clarify aspects of your practice.</li> <li>◆ <b>Expert Witness:</b> A designated expert witness, eg a senior member of staff, may provide a direct observation of your practice, or record a professional discussion they have held with you on a specific piece of practice.</li> <li>◆ <b>Witness Testimony:</b> Can be a confirmation or authentication of the activities described in your evidence which your assessor or mentor has not seen.</li> <li>◆ <b>Products:</b> These can be any record that you would normally use within your normal role, eg you should not put confidential records in your portfolio; they can remain where they are normally stored and be checked by your assessor and internal verifier.</li> <li>◆ <b>Prior Learning:</b> You may be able to use recorded prior learning from a course of training you have attended within the last two years. Discussion on the relevance of this should form part of your assessment plan for each Unit.</li> <li>◆ <b>Simulation:</b> There may be times when you have to demonstrate you are competent in a situation that does not arise naturally through your work role, eg dealing with violent or abusive behaviour. The Evidence Requirements in each Unit provide specific guidance regarding the use of simulation.</li> </ul>
<b>GENERAL GUIDANCE</b>
<ul style="list-style-type: none"> <li>◆ Prior to commencing this Unit you should agree and complete an assessment plan with your assessor which details the assessment methods you will be using, and the tasks you will be undertaking to demonstrate your competence.</li> <li>◆ Evidence must be provided for ALL of the performance criteria, ALL of the knowledge.</li> <li>◆ The evidence must reflect the policies and procedures of your workplace and be linked to current legislation, values and the principles of best practice within the Health Care sector. This will include the National Service Standards for your areas of work.</li> <li>◆ All evidence must relate to your own work practice.</li> </ul>

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**KNOWLEDGE SPECIFICATION FOR THIS UNIT**

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this Unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

**You need to provide evidence for ALL knowledge points listed below. There are a variety of ways this can be achieved so it is essential that you read the 'knowledge evidence' section of the Assessment Guidance.**

<b>You need to show that you know, understand and can apply in practice:</b>	<b>Enter Evidence Numbers</b>
1 The current European and National legislation, national guidelines, organisational policies and protocols in accordance with clinical/corporate governance which affect your work practice in relation to implementing hydrotherapy programmes for individuals and groups.	
2 Your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and clinical/corporate governance.	
3 The duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer.	
4 Why it is necessary to obtain valid consent prior to working with an individual and the methods used to achieve this where the individual is not able to give their consent directly.	
5 Problems you are authorised to deal with, and those you must report.	
6 The potential dangers associated with hydrotherapy programmes and the actions you should take to avoid them.	
7 Why the individual should be removed from the pool at the first signs of any danger.	
8 The reasons why it is important to respond promptly to signs of adverse reaction and the potential consequences of not doing so promptly.	
9 The extent of your scope of practice and the hydrotherapy programme activities you are permitted to carry out under direction.	
10 The vulnerability of patients especially children and older people in settings where they are not fully dressed, including cultural mores, modesty, and appropriate touching.	
11 Why safe mechanical and manual support may be needed by an individual and how to achieve this.	
12 The types of hydrotherapy programmes carried out with people who have restricted mobility and movement and the reasons for using them.	
13 What is involved in monitoring an individual's condition and why it is important that this is carried out accurately.	
14 Why you should seek to support and encourage the individual to promote their own health and wellbeing and how this might be achieved.	

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<b>You need to show that you know, understand and can apply in practice:</b>	<b>Enter Evidence Numbers</b>
15 The signs of adverse reaction to different hydrotherapy programmes and treatment.	
16 The actions you should take if adverse reactions are shown.	
17 The clinical need for refreshment and rest for individuals undertaking hydrotherapy programmes.	
18 The physiological changes which occur during hydrotherapy and the main benefits of hydrotherapy.	
19 The equipment used in relation to different hydrotherapy programmes and the uses of each.	
20 The procedures for assessing the suitability of the individual for hydrotherapy, and the need to monitor this at each session, stating the contraindications to hydrotherapy as necessary.	
21 The factors that facilitate an effective and collaborative working relationship.	
22 The appropriate response in relation to an emergency situation, including how to raise the alarm, evacuation procedures and basic first aid and life support.	
23 The policies and procedures specific to a hydrotherapy competence in relation to cardiopulmonary resuscitation.	
24 The information that should be recorded and the importance of doing this as near contemporaneously as possible.	
25 Record keeping practices and procedures in relation to diagnostic and therapeutic programmes/treatments.	
26 What sort of information might be needed by the practitioner prior to or during the course of a hydrotherapy programme.	
27 The physical properties of water and their use in hydrotherapy.	
28 Basic anatomical terminology.	
29 The main bones in the body.	
30 The major muscle groups and describe their actions.	
31 The main movements of the joints and their normal ranges.	
32 The function of bones, ligaments, tendons and muscles.	
33 The features of normal movement.	

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Performance Criteria		DO	RA	EW	Q	P	WT	PD
		1	Obtain valid consent from the individual before working with them.					
2	Ensure the environment is suitable for the individual prior to commencing treatment.							
3	Protect the vulnerability of the individual in a setting where they are not fully dressed.							
4	Assist the individual to get in and out of the pool safely and effectively in accordance with moving and handling policy and the treatment goals.							
5	Correctly carry out the specified activities as directed and detailed within the individual's treatment plan.							
6	Seek prompt advice and assistance from a relevant contact where a programme activity called for is beyond the limits of your role.							
7	Progress through the specified programme in accordance with the individual's needs and the agreed therapeutic goals within the limits of your role.							
8	Provide the individual with sufficient time, opportunity and encouragement to practise existing, emerging and newly developed skills.							
9	Monitor and respond promptly to any concerns regarding the safety and wellbeing of the individual throughout the programme.							
10	Support and encourage the individual to be as self-managing as possible throughout the programme.							
11	Ensure refreshment and rest for self and individuals at appropriate interval during the programme.							
12	Take appropriate and prompt action, in line with relevant protocols and guidelines, in response to any factors which indicate adverse reactions to the programme.							
13	Respond appropriately to emergency situations to ensure the safety of yourself, your colleagues and the individuals.							
14	Provide accurate and prompt feedback to the individual's care team to support effective future planning.							

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Performance Criteria	DO	RA	EW	Q	P	WT	PD
	15 Keep accurate, complete and legible records of the programme activities undertaken and the individual's condition.						

*DO = Direct Observation*

*RA = Reflective Account*

*Q = Questions*

*EW = Expert Witness*

*P = Product (Work)*

*WT = Witness Testimony*

*PD = Professional Discussion*

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*To be completed by the candidate*

**I SUBMIT THIS AS A COMPLETE UNIT**

Candidate's name: .....

Candidate's signature: .....

Date: .....

*To be completed by the assessor*

*It is a shared responsibility of both the candidate and assessor to claim evidence, however, it is the responsibility of the assessor to ensure the accuracy/validity of each evidence claim and make the final decision.*

**I CERTIFY THAT SUFFICIENT EVIDENCE HAS BEEN PRODUCED TO MEET ALL THE ELEMENTS, PCS AND KNOWLEDGE OF THIS UNIT.**

Assessor's name: .....

Assessor's signature: .....

Date: .....

**Assessor/Internal verifier feedback**

*To be completed by the internal verifier if applicable*

***This section only needs to be completed if the Unit is sampled by the internal verifier***

Internal verifier's name: .....

Internal verifier's signature: .....

Date: .....