### RPL Standard



### HLTMSG004 – Provide Massage Treatment

**How to complete this form:**

Complete all areas in **blue** on the following pages by providing information on your previous skills and qualifications using the information below as a guide.

**Unit Description:**

This unit describes the skills and knowledge required to prepare for and provide massage treatments using a defined range of techniques and sequences. This unit applies to massage therapists providing general health maintenance treatments. It does not include remedial massage techniques.

### To gain RPL for this unit of competency the applicant must meet the following benchmarks along with providing evidence that their current level of knowledge and skills is

relevant to all performance criteria, knowledge and **performance evidence**.

**The applicant must provide evidence of the following to gain RPL for this unit:**

* Completed massage consultations for a period of at least 80 hours of massage client consultation work
* Used all of the following massage techniques; effleurage, frictions, kneading, longitudinal gliding strokes, petrissage, compressions, tapotement, vibrations
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Client consultation forms detailing the full relaxation massage framework including; treatment planning relevant to outcomes of physical assessment and client needs & goals, treatment, evaluation & recommendations

### Completion of ACFB e-learning quiz/oral questioning related to work within a massage practice

**Evidence documents MUST include, but not limited to:**

### Evidence of sixty (60) client consultations equating to eight (80 hours) within a clinic or supervised student massage clinic including medical history and client cards. All submitted client consultations must be completed at a competent level and meet the requirements of this unit.

**Note:** all documents with client identifiers blanked out, demonstrating the ability to work with clients with a variety of presenting conditions

**Practical Demonstrations** *(completed after enrolment to determine currency of knowledge and skills)*

* A practical demonstration of your ability to competently implement a full body relaxation massage treatment within a full client consultation, including; interview, client questioning, physical assessment, treatment planning, treatment, evaluation, suggestions/recommendations, documentation.

### *Unit Evidence Description*



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| **Applicant Name** |  |  |  |



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| HLT42015 | | Certificate IV in Massage Therapy | | | **HLTMSG004** | **Provide Massage Treatment** | | **Office Use Only** | |
| HLT52015 | | Diploma of Remedial Massage | | |
| **Type of Unit:** Core | | | **Prerequisite:** None | | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | | | | **Evidence***(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | | | |  |  |
| **1. Prepare client for treatment** | | | | | | | | | |
| 1.1 | Clearly outline how the treatment will be provided and managed based on assessment and agreed treatment approach | | |  | | | |  |  |
| 1.2 | Explain factors which may interfere with the effectiveness of the treatment | | |  |  |
| 1.3 | Inform the client of possible physical or emotional reactions during and following a session, and the appropriate course of action to take | | |  |  |
| 1.4 | Follow established protocols to physically prepare the client for treatment | | |  |  |
| 1.5 | Confirm client consent for treatment | | |  |  |
| **2. Use massage techniques and sequences** | | | | | | | | | |
| 2.1 | Determine treatment sequence, location and degree of pressure according to assessment indications and scope of practice | | |  | | | |  |  |
| 2.2 | Position client to optimise comfort and support while allowing for effective application of techniques | | |  |  |
| 2.3 | Maintain client dignity through use of draping | | |  |  |
| 2.4 | Maintain therapist postures that ensure a controlled distribution of body weight | | |  |  |
| 2.5 | Maintain client-focused attention throughout session | | |  |  |
| 2.6 | Adjust treatment techniques and pressure based on client feedback | | |  |  |
| **3. Monitor treatment** | | | | | | | | | |
| 3.1 | Use the condition and response of the client during treatment as feedback to the initial assessment | | |  | | |  | |  |
| 3.2 | Use established massage assessment frameworks | | |  | |  |
| 3.3 | Recognise reactions to treatment and respond promptly if necessary | | |  | |  |
| 3.4 | Seek feedback during and after treatment, and evaluate need for ongoing or additional treatment, including referral to other health services | | |  | |  |
| **4. Provide advice and resources to the client** | | | | | | | | | |
| 4.1 | Provide client education in relation to self care | | |  | | |  | |  |
| 4.2 | Answer client queries with clarity, using appropriate language | | |  | |  |
| 4.3 | Provide accurate details of treatment plans, schedules and recommendations to the client | | |  | |  |
| 4.4 | Clearly document treatment details and recommendations made | | |  | |  |

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| **Knowledge Evidence** | **EVIDENCE** (please explain in detail how your evidence relates to each of the required knowledge listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Massage techniques and how to apply them, for the following:   * Effleurage (kneading) * Longitudinal gliding strokes * Compressions, tapotement * Heat pack application |  |  |  |
| Endangerment sites, where they are and the limitations of touching these depending on scope of practice:   * Anterior triangle of the neck * Posterior triangle of the neck * Axillary area * Medial/lateral epicondyle * Sternal notch and anterior throat * Umbilicus area * Twelfth rib dorsal body * Sciatic notch, Inguinal triangle * Popliteal fossa |  |  |  |
| Potential reactions during treatment and how to respond:   * Discomfort, Emotional reactions * Feedback - verbal, tactile, visual * Muscle spasms * Body temperature discomfort * Deep relaxation |  |  |  |

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| Potential reactions following treatment and appropriate client advice to provide |  |  |  |
| Methods of monitoring treatment progress:   * Reassessment, Client feedback |  |  |  |
| Types of advice and resources that can be provided to clients for their use outside the clinical environment |  |  |  |
| Documentation requirements for recording treatment details |  |  |  |

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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page)* | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| Performed the activities outlined in the performance criteria of this unit during a period of at least 80 hours of massage client consultation work | *This evidence will be collected via submission of documentation requested on the first page.* |  |  |
| Prepared for and managed at least 40 massage treatment sessions - clients must include  males and females from different stages of life with varied presentations | *This evidence will be collected via submission of documentation requested on the first page.* |  |  |
| Used all of the following massage techniques:   * Effleurage * Frictions * Kneading * Longitudinal gliding strokes * Petrissage * Compressions * Tapotement/percussion * Vibrations | *This evidence will be collected via submission of documentation requested on the first page and practical demonstrations.* |  |  |

**Office Use Only**

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| **RPL Outcome** | | | | |
| **RPL Achieved** | Yes □ | No □ | |
| **Further Evidence Required** | Yes □ | No □ | |
| **Further Evidence *(list of required evidence)*** | | | | |
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| *RPL Assessor Name:* | | | *Date:* | |