### RPL Standard

### VU21876 – Perform myotherapy clinical assessment

**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 assess a client’s condition in order to provide myotherapy treatment. It focuses on being able to effectively gather and interpret information during an examination and to make an accurate appraisal for myotherapy treatment.

### 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:**

* Prepared for and managed at least 30 full Myotherapy consultations – clients must include males and females from different stages of life with varied presentations
* Completed physical assessments and effectively adapted communication, assessment and treatment strategies to meet client needs at a myothearpy level
* Apply the values, philosophies, practices, and principles of the myotherapy framework when performing a myotherapy clinical assessment
* Utilise effective client interview and examination techniques at a Myotherapy level
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Relevant transcript & certificate

### Evidence of working within the industry

* Evidence of working, which demonstrates an understanding of the Knowledge of physical signs and symptoms
* Ability to use correct terminology and recognise and adjust to contraindications for treatment.
* Evidence of client consultation and ability to utilise effective client interview and examination techniques
* Completion of ACFB e-learning quiz/oral questioning related to work within a massage practice. If required, this will be completed after enrolment.

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

### Evidence of work within a health industry where direct client consultation is completed

### Submission of thirty (30) client documents including medical history form and client cards (different people presenting with different conditions) with client identifiers blanked out, demonstrating your ability to work at a Myotherapy level with clients with a variety of presenting conditions

* At least one (1) client within the above 30 is required to have been treated after referral from another G.P or health professional (referral report to be attached to client forms)
* At least one (1) client within the above 30 is required to have been referred to a G.P or health professional upon your advice (your referral report to be attached)

### Evidence of continuing professional development and networking activities

* Copy of membership to an Australian professional body that represents massage therapists

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

* A practical demonstration of your ability to competently complete a variety of physical assessments at a Myotherapy level that includes a satisfactory level of orthopaedic testing;
* Postural assessment & Active, Passive, Resisted ROM testing
* Safety testing including neural testing
* Flexibility testing
* Pain provocation testing
* Testing for specific conditions
* Advanced clinical reasoning skills

### A practical demonstration to demonstrate your current ability to implement a Myotherapy assessment relevant to the presenting condition. This demonstration will assess knowledge of applying clinical reasoning skills by way of a structured approach to determine a differential list followed by a clinical impression relevant to the presenting condition.

### *Unit Evidence Description*

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| **Applicant Name** |  |  |  |

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| 22316VIC | Advanced Diploma of Myotherapy | **VU21876** | Perform myotherapy clinical assessment | **Office Use only** |
| **Type of Unit:** Core | **Prerequisite:** HLT50307 or HLT52015 |
| **Elements / Performance Criteria** | **EVIDENCE***(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | **Sufficient** | **F.E.R.** |
| **1.** **Evaluate the client’s needs** |
| **1.1** | Client’s purpose for consultation is established and symptoms being experienced are investigated |  |  |  |
| **1.2** | Services able to be provided and limitations of available services are clearly explained |  |  |
| **1.3** | Factors likely to have a negative impact on assessment are investigated in consultation with the client and strategies implemented to minimise the effects of these factors wherever possible |  |  |
| **1.4** | Personal abilities, level of professional competence and parameters of role are discussed with the client |  |  |
| **1.5** | Clients are referred to other health care providers where their needs are identified as beyond the scope of the services able to be provided, or if the needs of the client are best met by doing so |  |  |
| **1.6** | Legal rights of the client are promoted |
| **2** **Collect a thorough and relevant medical history of the client** |
| **2.1** | Information required from the client for the client's history is sought in an appropriate manner  |  |  |  |
| **2.2** | Information forwarded by other health professionals is evaluated |  |  |
| **2.3** | Principles of confidentiality are explained and adhered to |  |  |
| **2.4** | Severity of client symptoms are identified and probable conclusions investigated |  |  |
| **2.5** | Information is collected and organised in a format that can be interpreted by other health professionals |  |  |
| **3. Perform an examination of the client and analyse findings** |
| **3.1** | Appropriate areas of the client's body are exposed during the examination  |  |  |  |
| **3.2** | Severity of symptoms, irritability of the pathology and the nature of the pathology/condition are evaluated during the examination |  |  |
| **3.3** | Contraindications or precautions are assessed, and testing is modified accordingly |  |  |
| **3.4** | Client feedback is sought on comfort levels and effect of clinical test |  |  |
| **3.5** | The client is positioned appropriately for therapist access and suitability for specific reliable tests  |  |  |
| **3.6** | Client comfort, stability and modesty is observed and maintained  |  |  |
| **3.7** | Preliminary assessment is made, documented and communicated to client |  |  |
| **3.8** | Specific details of signs and symptoms of the presenting complaint/s are elicited if appropriate |  |  |
| **3.9** | Suitable myotherapy assessment techniques are applied and analysed, including observations and tests of a client |  |  |
| **3.10** | Findings are interpreted to determine whether:* There is a relationship between the symptoms
* There is any diurnal pattern in the behaviour of the symptoms
* There are predisposing factors present that are related to the symptoms
* There are aggravating factors relating symptoms
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| **4. Plan appropriate client management strategy** |
| **4.1** | The interpretations of all data from examinations (subjective and objective) are correlated and evaluated to determine an appropriate differential clinical assessment |  |  |  |
| **4.2** | Information gathered is assessed and assigned priorities in consultation with client |  |  |
| **4.3** | Indications for referral are identified and noted |  |  |
| **4.4** | Management of selected treatment in relation to any other current therapies is negotiated  |  |  |
| **4.5** | The appropriate treatment evaluation strategy is planned  |  |  |
| **4.6** | Relevant documentation is prepared |  |  |
| **5. Inform the client** |
| **5.1** | Rationale of the myotherapy assessment plan is discussed with client |  |  |  |
| **5.2** | Client enquiries are responded to using appropriate language and terminology |  |  |
| **5.3** | Client compliance and informed consent is negotiated |  |  |
| **5.4** | Client expectations/ prognosis is informed and educated |  |  |
| **5.5** | Any relevant information from medical or diagnostic reports is communicated to the client where appropriate |  |  |
| **5.6** | Any indications for referral and other collaborative options are discussed with client |  |  |

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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.** |
| Relevant State and Federal legislation and regulations  |  |  |  |
| Treatments and modalities used to treat particular conditions  |  |  |  |
| Modalities must include but are not limited to;* Dry needling
* Myofascial Mobilisation Techniques
* Corrective exercises
* Joint mobilisation
* Muscle energy Technique
* Position Release Technique
* Neural muscular Technique
* Electro modalities
* Neurodynamic treatment
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| Features of common health conditions  Pathology, medical pathology and neurology  |  |  |  |
| Biomechanics and arthrokinematics |  |  |  |
| Pharmacology |  |  |  |
| Physiology and exercise physiology |  |  |  |
| Nutrition to a level required by myotherapists |  |  |  |
| Anatomy and physiology relevant to pathology and recovery |  |  |  |
| Signs and symptoms of disease |  |  |  |
| Legal and ethical considerations of confidentiality when treating clients |  |  |  |
| Lifestyle factors relevant to treatment of specific conditions and diseases |  |  |  |
| Possible obstacles to rehabilitation |  |  |  |
| Community resources and support services |  |  |  |
| Underpinning values, philosophies, practices and principles of the myotherapy framework |  |  |  |

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| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page & oral questioning if required)* | **Office Use Only** |
|  | **Sufficient** | **F.E.R.** |
| Work or model work, which demonstrates an understanding of the underpinning values, philosophies, practices and principles of the myotherapy framework* Apply the values, philosophies, practices, and principles of the myotherapy framework when performing a myotherapy clinical assessment
* Utilise effective client interview and examination techniques
* Observe the condition of the client and gather relevant information.
* A minimum of 30 consultations
 | This evidence will be collected via submission of documentation requested on the first & second page and practical demonstrations. |  |  |
| A clinical environment must, as a minimum, have the following:Treatment table and chair, sink, Linen, Treatment oils, lotions and creams, Single use dry needles, Sharps disposal unit, Bathroom facilities, Electrical stimulation devices e.g.: TENS machine, Hot or cold packs, or ice, Strapping tape and bandages, First aid equipment, Hygiene aids, Stationery and filing systems, Complementary therapeutic devices, Appropriate exercise equipment. Clients must include males and females from different stages of life with varied musculoskeletal conditions  | This evidence will be collected via submission of documentation requested on the first & second page and practical demonstrations. |  |  |

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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:* |