

CHS139 Implement hydrotherapy programmes for individuals and groups

OVERVIEW

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. Version No 1

KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 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
 - 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

PERFORMANCE CRITERIA

You must be able to do the following:

- 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
 - 15.keep accurate, complete and legible records of the programme activities undertaken and the individual's condition

ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments. This standard has replaced AHP3