

OFFICIAL

**22656VIC**  
**Advanced Diploma of Myotherapy**

Version 1.1 November 2024

**This course has been accredited under Part 4.4 of the  
*Education and Training Reform Act 2006.***

**Accredited for the period: 1 July 2024 to 30 June 2029**



OFFICIAL

**22656VIC Advanced Diploma of Myotherapy**

| Version History | Comments  | Date           |
|-----------------|---|----------------|
| Version 1.1     | Copyright owner contact information updated in Section A. | November 2024  |
| Version 1.0     | Initial release approved to commence from 1 July 2024.    | 8 January 2024 |

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## Section A – Copyright and course classification information

|  |  |
|--|--|
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| <p><b>2. Address</b></p>                       | <p>Deputy CEO<br/>Victorian Skills Authority<br/>Department of Jobs, Skills, Industry and Regions (DJSIR)<br/>GPO Box 4509<br/>Melbourne Vic 3001</p> <p><b>Organisational Contact:</b></p> <p>Manager, Training and Learning Products Unit<br/>Engagement Branch<br/>Victorian Skills Authority<br/>Department of Jobs, Skills, Industry and Regions (DJSIR)<br/>Email: <a href="mailto:course.enquiry@djsir.vic.gov.au">course.enquiry@djsir.vic.gov.au</a></p> <p><b>Day-to-day contact:</b></p> <p>Curriculum Maintenance Manager (CMM)<br/>Human Services<br/>Swinburne University of Technology<br/>PO Box 218<br/>Hawthorn, VIC 3122<br/>Telephone: (03) 9214 5034 / 9214 8501<br/>Email: <a href="mailto:cmmhs@swin.edu.au">cmmhs@swin.edu.au</a></p>  |
| <p><b>3. Type of submission</b></p>            | <p>This submission is for re-accreditation of <i>22316VIC Advanced Diploma of Myotherapy</i></p>   |
| <p><b>4. Copyright acknowledgement</b></p>     | <p>The following units of competency:</p> <ul style="list-style-type: none"> <li>• BSBESB404 Market new business ventures</li> <li>• BSBMKG546 Develop social media engagement plans</li> </ul> <p>have been imported from the <b>BSB Business Services Training Package</b> administered by the Commonwealth of Australia.<br/>© Commonwealth of Australia</p> <p>The following unit of competency:</p> <ul style="list-style-type: none"> <li>• CHCCOM002 Use communication to build relationships</li> </ul> <p>has been imported from the <b>CHC Community Services Training Package</b> administered by the Commonwealth of Australia.<br/>© Commonwealth of Australia</p> <p>The following unit of competency:</p> <ul style="list-style-type: none"> <li>• SIRXMKT002 Use social media to engage customers</li> </ul> |

|                                   |   |
|-----------------------------------|---|
|                                   | <p>has been imported from the <b>SIR Retail Services Training Package</b> administered by the Commonwealth of Australia.<br/>© Commonwealth of Australia</p> <p>The following unit of competency:</p> <ul style="list-style-type: none"> <li>• SISFFIT044 Develop and instruct personalised exercise programs for older clients</li> </ul> <p>has been imported from the <b>SIS Sport, Fitness and Recreation Training Package</b> administered by the Commonwealth of Australia.<br/>© Commonwealth of Australia</p>   |
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| <b>6. Course accrediting body</b> | Victorian Registration and Qualifications Authority   |
| <b>7. AVETMISS information</b>    | <p>ANZSCO code – 252299 Complementary Health Therapists, nec</p> <p>ASCED Code – 0619 Complementary Therapies</p> <p>National course code – 22656VIC</p>  |
| <b>8. Period of accreditation</b> | 1 July 2024 to 30 June 2029   |



## Section B – Course information

|  |   |
|--|---|
| <b>1. Nomenclature</b>                       | <b>Standard 4.1 and 5.8 AQTF 2021 Standards for Accredited Courses</b>  |
| 1.1 Name of the qualification                | Advanced Diploma of Myotherapy  |
| 1.2 Nominal duration of the course           | 955 - 995 hours   |
| <b>2. Vocational or educational outcomes</b> | <b>Standard 5.1 AQTF 2021 Standards for Accredited Courses</b>  |
| 2.1 Outcome(s) of the course                 | <p>The vocational outcomes of the <i>22656VIC Advanced Diploma of Myotherapy</i> are to:</p> <ul style="list-style-type: none"> <li>• Manage health risks in a myotherapy environment; including aspects of health risk analysis, personal and premises hygiene, as well as infection prevention and control.</li> <li>• Work effectively within a myotherapy framework; including working within clinic and regulation guidelines, achieving quality standards, as well as undertaking ongoing performance development and working with other services/networks.</li> <li>• Perform myotherapy clinical assessment; including accurately gathering and interpreting information using clinical reasoning to assess a patient's condition in order to provide myotherapy treatment.</li> <li>• Plan myotherapy treatment strategy; including negotiating with the patient.</li> <li>• Apply knowledge of pain science within a myotherapy clinical setting in order to develop and implement pain management strategy for patient.</li> <li>• Develop, implement and evaluate patient-centred corrective exercise programs.</li> <li>• Provide myotherapy treatment according to the techniques and practices of a myotherapy framework.</li> <li>• Provide myofascial dry needling treatments.</li> <li>• Research and evaluate relevant information and apply findings to own myotherapy clinical practice</li> <li>• Employ communication techniques to establish, build and maintain relationships with patients, colleagues, and other stakeholders.</li> <li>• Use a biopsychosocial model within myotherapy practice.</li> </ul> |
| 2.2 Course description                       | Completion of the <i>22656VIC Advanced Diploma of Myotherapy</i> provides the skills and knowledge to practice as a Myotherapist within a   |

|   |   |
|---|---|
|   | <p>clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>A Myotherapist is a health practitioner who is trained to assess and treat various musculoskeletal pathologies.</p>   |
| <p><b>3. Development of the course</b></p>  | <p><b>Standards 4.1, 5.1, 5.2, 5.3 and 5.4 AQTF 2021 Standards for Accredited Courses</b></p>   |
| <p><b>3.1 Industry, education, legislative, enterprise or community needs</b></p> | <p><b>Industry need for the Advanced Diploma of Myotherapy</b></p> <p>There is a significant role for a health care professional that has a primary focus on optimising the function of the soft tissue of the body. This role is increasing being filled by the profession of Myotherapy.</p> <p>Myotherapy treatment in Australia was first introduced in the early 1990's and is the only manual therapy profession that provides treatment and management of myofascial pain and dysfunction as its primary focus. The industry demand for Myotherapists arose from the need for remedial massage therapists to work with clients presenting with more complex conditions than they were exposed to in their training.</p> <p>In Australia, myotherapy is a self-regulated profession and professional practice is supported by industry associations and rebates for treatment are recognised by many health funding bodies.</p> <p>The <i>Advanced Diploma of Myotherapy</i> continues to address an industry training need not covered by other VET qualifications: there are no myotherapy qualifications in the Health (HLT) Training Package, nor are there any other VET accredited courses that address Myotherapy. Outside of this Advanced Diploma VET accredited course, myotherapy is only addressed at the Bachelor Degree level.</p> <p>Formal VET training for a Myotherapist requires the completion of two qualifications:</p> <ul style="list-style-type: none"> <li>• the <i>Diploma of Remedial Massage</i> (from the HLT Training Package), and</li> <li>• the <i>Advanced Diploma of Myotherapy</i> (this course).</li> </ul> <p>The competencies gained from completion of the <i>Diploma of Remedial Massage</i> are, therefore, a requirement for entry to the <i>Advanced Diploma of Myotherapy</i> (see <a href="#">5.2 Entry requirements</a> for the specific requirements).</p> <p><b>Myotherapy as a discipline</b></p> <p>A Myotherapist is a health practitioner who is trained to assess and treat various musculoskeletal pathologies. Treatment may involve various modalities that enhance the restoration and recovery from these conditions via treatment of soft tissue. For example: muscle, fascia and associated structure.</p> <p>Myotherapy is a profession with a scope of practice aimed at treating and managing the soft tissues of the body.</p> <p>A Myotherapist uses underpinning knowledge of anatomy, physiology, kinesiology, biomechanics and pathology to understand the relationships between the myofascial (muscles and related connective</p> |



tissues), but also how the muscles and connective tissues relate to other systems of the body.

Myotherapists use clinical examination skills, to locate the sources of symptoms and identify dysfunctions. They also use high level communication, clinical reasoning, problem solving and planning skills to design and implement treatment and management programs.

Where symptoms or dysfunctions exist, treatment aims to normalise sensation and function. Additionally, where no symptoms exist, management aims to optimise function, posture and movement. Normalising includes the relief of pain and the return of normal sensation, posture and movement.

The Myotherapist can practice as the first point of treatment with an advanced knowledge of the function and dysfunction of the soft tissue of the body in relation to movement. The Myotherapist can also practice as a skilled professional within an interdependent multi-disciplinary team of health professionals.

### **Background to the Advanced Diploma of Myotherapy**

This course was initially accredited more than 30 years ago in 1990 as the *Associate Diploma of Applied Science (Myotherapy)* before transitioning to AQF nomenclature as an Advanced Diploma in 1996. This course has been continually reaccredited ever since as there has been an ongoing need for Myotherapists with an Advanced Diploma level outcome.

Under the AQF, this course has been known under the titles of *Advanced Diploma of Remedial Massage (Myotherapy)* and *Advanced Diploma of Myotherapy*.

### **Enrolment data for the current course (22316VIC)**

There has been an increasing demand for training in Myotherapy over the life of the current course (22316VIC), with annual enrolments now exceeding 300, as can be seen below in **Table 1**. The course had been offered in various forms since its initial accreditation and is currently on Scope of 11 RTOs across Australia.

| <b>Table 1: NCVET Total VET Activity Enrolment Data for 22316VIC</b>            |             |             |             |             |             |
|---|-------------|-------------|-------------|-------------|-------------|
| <i>Data extracted Aug 2023<br/>Filter: State/territory of delivery location</i> | <b>2018</b> | <b>2019</b> | <b>2020</b> | <b>2021</b> | <b>2022</b> |
| <b>Victoria</b>   | 225         | 250         | 240         | 235         | 230         |
| <b>New South Wales</b>  | 3           | 35          | 40          | 50          | 65          |
| <b>Queensland</b>   | 30          | 25          | 45          | 75          | 90          |
| <b>TOTAL</b>  | <b>258</b>  | <b>310</b>  | <b>325</b>  | <b>360</b>  | <b>385</b>  |

*Noting NCVET TVA data for 2023 is not yet available.*

Enrolment data provided by the Department of Jobs, Skills, Industry and Regions (DJSIR) (formerly the Department of Education and

Training) is included in **Table 2** and provides an indication of the enrolments for 2023.

| <b>Table 2: DJSIR Enrolment Data for 22316VIC</b> |                                   |
|---|-----------------------------------|
| <i>Data provided May 2023</i>                     | <b>2023</b><br><i>(part year)</i> |
| <b>Victoria</b>                                   | 120                               |

However, this data is incomplete as it only includes RTOs who are Skills First training providers. It does not include data from RTOs who report directly to NCVET. A full picture of 2023 enrolments will not be available until NCVET releases their data in 2024.

### **Target audience for the course**

The target audience for undertaking the *Advanced Diploma of Myotherapy* are those who have the underpinning skills and knowledge of a remedial massage therapist at a Diploma level.

### **Course consultation and validation process**

The reaccreditation of the *22316VIC Advanced Diploma of Myotherapy* was overseen by an accreditation steering committee who confirmed the skills and knowledge profile for the course.

The members of the steering committee provided input via online meetings and circulation of draft course/unit documents for review and written feedback.

### **Members of Steering Committee:**

|                        |   |
|------------------------|---|
| Shaun Brewster (Chair) | Australian Natural Therapists Association (ANTA)                    |
| Andrew Fleming         | Community Services & Health Industry Training Board (VIC)           |
| Bianca Alivizatos      | Darebin Myotherapy & Royal Melbourne Institute of Technology (RMIT) |
| Bodine Ledden          | Advanced Clinical Education   |
| Erin Baker             | Melbourne Performance Therapy                                       |
| Graeme De Goldi        | Melbourne Institute of Massage & Myotherapy (MIMT)                  |
| Isaac Enbom            | Chisholm Institute  |
| Kevin Skillen          | Massage and Myotherapy Australia (MMA)                              |
| Neil Minto             | Myotherapist  |
| Robert Granter         | Myotherapist  |
| Scott Lloyd-Owen       | Association of Massage Therapists (AMT)                             |
| Tessa Verrier          | Myotherapy Association Australia (MA)                               |
| Toby Glennon           | SportsMyo & Royal Melbourne Institute of Technology (RMIT)          |

### **In attendance:**

|  |  |
|--|--|
|  | <p>Autumn Shea                      CMM for Human Services</p> <p>Jennifer Fleischer                CMM Project Officer</p> <p>Wendy Dowe                        CMM Project Officer</p> <p>Anna Yerondis                    Myotherapy Association Australia (MA)</p> <p>This course:</p> <ul style="list-style-type: none"> <li>• does not duplicate, by title or coverage, the outcomes of an endorsed training package qualification</li> <li>• is not a subset of a single training package qualification that could be recognised through one or more statements of attainment or a skill set</li> <li>• does not include units of competency additional to those in a training package qualification that could be recognised through statements of attainment in addition to the qualification</li> <li>• does not comprise units that duplicate units of competency of a training package qualification.</li> </ul>   |
| <p><b>3.2 Review for re-<br/>accreditation</b></p> | <p>The review and redevelopment of the <i>22656VIC Advanced Diploma of Myotherapy</i> was based on extensive monitoring and evaluation, research and consultation and validation processes to ensure the course remains relevant and reflects current work practices and job outcomes and skills-needs for Myotherapists.</p> <p>The changes to the <i>Diploma of Remedial Massage</i>, which was undergoing review and redevelopment in the national training package at the time this Advanced Diploma was undergoing reaccreditation, has been taken into account during the redevelopment of the <i>Advanced Diploma of Myotherapy</i>. The reaccredited Advanced Diploma has been designed to ensure the appropriate range of skills and knowledge is available to the learners who may enter the course holding different versions of the <i>Diploma of Remedial Massage</i>.</p> <p>The following changes were incorporated during this reaccreditation:</p> <ul style="list-style-type: none"> <li>• Wording of entry requirements revised to provide clear guidance on the criteria for entering the course for Remedial Massage Therapists who do not hold either HLT52021 or HLT52015.</li> <li>• Revision of seven VU-coded enterprise units updated for industry currency, including translation to the unit template for the <i>AQTF 2021 Standards for Accredited Courses</i></li> <li>• Deletion of one VU-coded enterprise unit and development of two new units developed to reflect industry needs and align to changes in the <i>Diploma of Remedial Massage</i>.</li> <li>• Revision of packaging rules to allow for a 'core and elective' course structure (previously 'core only'). Total number of units have increased by one (now 10, was 9) and the nominal hours have increased and now include a min/max range.</li> </ul> <p><b>Transition and equivalence</b></p> |

The 22656VIC *Advanced Diploma of Myotherapy* replaces and is **not equivalent** to 22316VIC *Advanced Diploma of Myotherapy*.

**Table 1** below identifies the relationship between units from this re-accredited course (22656VIC) to units from 22316VIC *Advanced Diploma of Myotherapy*.

**TABLE 1: Transition arrangements between 22316VIC and 22656VIC**

| EXPIRED COURSE<br>Units in 22316VIC <i>Advanced Diploma of Myotherapy</i> | CURRENT COURSE<br>Units in 22656VIC <i>Advanced Diploma of Myotherapy</i>             | Relationship         |
|---|---|----------------------|
| VU21873 - Establish and manage a myotherapy practice                      | ~   | Unit deleted.        |
| VU21874 - Manage health risks in a myotherapy environment                 | VU23634 - Manage health risks in a myotherapy environment                             | Equivalent.          |
| VU21875 - Work within a myotherapy framework                              | VU23635 - Apply myotherapy clinical practice  | Not Equivalent.      |
| VU21876 - Perform myotherapy clinical assessment                          | VU23636 - Perform myotherapy clinical assessment                                      | Not Equivalent.      |
| VU21877 - Plan myotherapy treatment strategy                              | VU23637 - Plan, implement and evaluate the myotherapy treatment strategy              | Not Equivalent.      |
| VU21878 - Provide myotherapy treatment                                    | VU23638 - Provide myotherapy treatment  | Not Equivalent.      |
| VU21879 - Provide myofascial dry needling treatment                       | VU23639 - Provide myofascial dry needling treatment                                   | Equivalent.          |
| VU21880 - Conduct research relating to myotherapy clinical practice       | VU23640 - Research, evaluate and apply information about myotherapy clinical practice | Equivalent.          |
| CHCCOM002 - Use communication to build relationships                      | CHCCOM002 - Use communication to build relationships                                  | Same unit.           |
| ~   | VU23632 - Apply knowledge of pain science in a clinical setting                       | New unit.            |
| ~   | VU23633 - Develop, implement and evaluate corrective exercise                         | New unit.            |
| ~   | BSBESB404 - Market new business ventures  | Newly imported unit. |
| ~   | SIRXMKT002 - Use social media to engage customers                                     | Newly imported unit. |

| EXPIRED COURSE<br>Units in 22316VIC <i>Advanced Diploma of Myotherapy</i> | CURRENT COURSE<br>Units in 22656VIC <i>Advanced Diploma of Myotherapy</i>          | Relationship         |
|---|--|----------------------|
| ~   | BSBMKG546 - Develop social media engagement plans                                  | Newly imported unit. |
| ~   | SISFFIT044 - Develop and instruct personalised exercise programs for older clients | Newly imported unit. |

| 4. Course outcomes                    | Standards 5.5, 5.6 and 5.7 AQTF 2021 Standards for Accredited Courses  |
|---------------------------------------|--|
| <p><b>4.1 Qualification level</b></p> | <p>The course outcomes of <i>22656VIC Advanced Diploma of Myotherapy</i> are consistent with the <i>Australian Qualifications Framework Level 6</i> (Advanced Diploma) that qualifies individuals who apply specialised knowledge in a range of contexts to undertake advanced skilled or paraprofessional work and as a pathway for further learning.</p> <p>Graduates of the <i>Advanced Diploma of Myotherapy</i> will have specialised and integrated technical and theoretical knowledge with depth within their field of work and learning as follows:</p> <ul style="list-style-type: none"> <li>• cognitive and communication skills to identify, analyse, synthesise and act on information from a range of sources. For example, in determining the appropriate treatment for different patients who have varied musculoskeletal presentations.</li> <li>• cognitive and communication skills to transfer knowledge and skills to others and to demonstrate understanding of specialised knowledge with depth in some areas. For example, communicating effectively with patients, appropriate to their level of understanding, to impart information related to diagnostic reports, treatment and strategies, and seek informed consent.</li> <li>• cognitive and communication skills to formulate responses to complex problems. For example, in assessing the needs of patients presenting with a diverse range of health problems.</li> <li>• wide-ranging specialised technical, creative or conceptual skills to express ideas and perspectives. For example, in communicating with other health professionals and health services.</li> </ul> <p>Graduates of the <i>Advanced Diploma of Myotherapy</i> will demonstrate the application of knowledge and skills as follows:</p> <ul style="list-style-type: none"> <li>• with depth in areas of specialisation, in contexts subject to change. For example, undertaking research in order to integrate new and emerging developments into own practice.</li> <li>• with initiative and judgment in planning, design, technical or management functions in myotherapy treatments.</li> </ul> |

|  |  |
|--|--|
|  | <ul style="list-style-type: none"> <li>to adapt a range of fundamental principles and complex techniques to known and unknown situations relating to patient health problems.</li> <li>across a broad range of technical or management functions with accountability for personal outputs and personal outcomes within broad parameter. For example, in working within clinic and regulatory guidelines, and managing the achievement of quality standards.</li> </ul> <p>The Volume of Learning for the Advanced Diploma of Myotherapy is consistent with the <i>Australian Qualifications Framework</i> Level 6 (Advanced Diploma) which is typically 1.5 - 2 years. This incorporates structured training delivery and opportunities for practice and reinforcement of skills including, self-directed study, research, project work and written assignments.</p> |
| <b>4.2 Foundation skills</b>                                 | Foundation skills essential to performance are embedded within the units of competency within this course. Foundation skill requirements, where not explicit in the performance criteria, are identified in the 'Foundation Skills' field of the unit of competency.   |
| <b>4.3 Recognition given to the course (if applicable)</b>   | <p>On completion of the course, graduates may be eligible to apply for membership to professional associations. Including but not limited to:</p> <ul style="list-style-type: none"> <li>Association of Massage Therapists (AMT)</li> <li>Australian Natural Therapists Association (ANTA)</li> <li>Massage Association of Australia (MAA)</li> <li>Massage and Myotherapy Australia (MMA)</li> <li>Myotherapy Association Australia (MA)</li> <li>Australian Traditional Medicine Society (ATMS)</li> </ul>   |
| <b>4.4 Licensing/regulatory requirements (if applicable)</b> | Not applicable.  |

| 5. Course rules             | Standards 5.8 and 5.9 AQTF 2021 Standards for Accredited Courses  |
|-----------------------------|---|
| <b>5.1 Course structure</b> | <p>To be eligible for the award of <b>22656VIC Advanced Diploma of Myotherapy</b>, participants must successfully complete ten (10) units comprising:</p> <ul style="list-style-type: none"> <li>• Nine (9) core units</li> <li>• One (1) elective unit which may be from the electives listed below, any endorsed Training Package or accredited course.</li> </ul> <p>Imported units must be relevant to the work outcome and maintain the overall AQF integrity of this qualification.</p> <p>Where the full course is not completed, a Statement of Attainment will be issued for any completed unit/s.</p> |

| Unit of competency code | Unit of competency title  | Field of Education code (six-digit) | Pre-requisite | Nominal hours |
|-------------------------|---|-------------------------------------|---------------|---------------|
| <b>Core units</b>       |   |                                     |               |               |
| VU23632                 | Apply knowledge of pain science in a clinical setting                       | 061999                              | None          | 110           |
| VU23633                 | Develop, implement and evaluate corrective exercise                         | 061999                              | None          | 100           |
| VU23634                 | Manage health risks in a myotherapy environment                             | 061999                              | None          | 60            |
| VU23635                 | Apply myotherapy clinical practice  | 061999                              | None          | 160           |
| VU23636                 | Perform myotherapy clinical assessment                                      | 061999                              | None          | 120           |
| VU23637                 | Plan, implement and evaluate the myotherapy treatment strategy              | 061999                              | None          | 100           |
| VU23638                 | Provide myotherapy treatment  | 061999                              | None          | 100           |
| VU23639                 | Provide myofascial dry needling treatment                                   | 061999                              | VU23634       | 100           |
| VU23640                 | Research, evaluate and apply information about myotherapy clinical practice | 061999                              | None          | 70            |
| <b>Elective units</b>   |   |                                     |               |               |
| CHCCOM002               | Use communication to build relationships                                    | 120505                              | None          | 55            |
| BSBESB404               | Market new business ventures  | 080505                              | None          | 50            |



| Unit of competency code    | Unit of competency title  | Field of Education code (six-digit) | Pre-requisite | Nominal hours  |
|----------------------------|---|-------------------------------------|---------------|----------------|
| SIRXMKT002                 | Use social media to engage customers                                  | 080905                              | None          | 35             |
| BSBMKG546                  | Develop social media engagement plans                                 | 080505                              | None          | 50             |
| SISFFIT044                 | Develop and instruct personalised exercise programs for older clients | 092103                              | None          | 75             |
| <b>Total nominal hours</b> |   |                                     |               | <b>955-995</b> |

### Standard 5.11 AQTF 2021 Standards for Accredited Courses

#### 5.2 Entry requirements

Entry into 22656VIC Advanced Diploma of Myotherapy is open to individuals who can provide evidence they meet either of the following requirements:

- a) Have successfully completed the *Diploma of Remedial Massage* (either HLT52015 or HLT52021),  
OR
- b) Hold the *HLT50307 Diploma of Remedial Massage* and have current membership at a practitioner-level (not affiliate membership) as a Remedial Massage Therapist with one of the following Australian professional associations:
  - Association of Massage Therapists (AMT)
  - Australian Natural Therapists Association (ANTA)
  - Massage Association of Australia (MAA)
  - Myotherapy Association of Australia (MA)
  - Massage & Myotherapy Association (MMA)
  - Australian Traditional-Medicine Society (ATMS)

In addition, learners must have as a minimum, language, literacy, numeracy and oral communication skills equivalent to Australian Core Skills Framework (ACSF) Level 3 to be eligible to enrol in the *Advanced Diploma of Myotherapy*, see the [ACSF website](#) for more information. However, these learners may require additional support, as learners are best equipped to successfully undertake the training if they have language, literacy, and oral communication skills equivalent to ACSF Level 4 and numeracy skills equivalent to ACSF Level 3.

### 6. Assessment

#### Standard 5.12 AQTF 2021 Standards for Accredited Courses

##### 6.1 Assessment strategy

All assessment, including Recognition of Prior Learning (RPL), must be compliant with the requirements of:

- Standard 1 of the AQTF: Essential Conditions and Standards for Initial/Continuing Registration and Guidelines 4.1 and 4.2 of the VRQA Guidelines for VET Providers,



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or

- the Standards for Registered Training Organisations 2015 (SRTOs),

or

- the relevant standards and Guidelines for RTOs at the time of assessment.

Assessment strategies must therefore ensure that:

- all assessments are valid, reliable, flexible and fair
- learners are informed of the context and purpose of the assessment and the assessment process
- feedback is provided to learners about the outcomes of the assessment process and guidance given for future options
- time allowance to complete a task is reasonable and specified to reflect the industry context in which the task takes place.

Assessment strategies should be designed to:

- cover a range of skills and knowledge required to demonstrate achievement of the course aim
- collect evidence on a number of occasions to suit a variety of contexts and situations
- be appropriate to the knowledge, skills, methods of delivery and needs and characteristics of learners
- assist assessors to interpret evidence consistently
- recognise prior learning
- be equitable to all groups of learners.

Assessment methods may include:

- oral questioning and discussion
- written assignments or tests
- case study analysis
- observation of practical skills
- research projects
- presentations

A holistic approach to assessment is encouraged. This may be achieved by combining the assessment of more than one unit where it better replicates working practice and reduce the potential for over assessment.

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|   |  |
|---|--|
| <p><b>6.2 Assessor competencies</b></p> | <p>Assessment must be undertaken by a person or persons in accordance with:</p> <ul style="list-style-type: none"> <li>Standard 1.4 of the AQTF: Essential Conditions and Standards for Initial/Continuing Registration and Guidelines 3 of the VRQA Guidelines for VET Providers,</li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>the Standards for Registered Training Organisations 2015 (SRTOs),</li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>the relevant standards and Guidelines for RTOs at the time of assessment.</li> </ul> <p><b>Additional competency requirements for assessors</b></p> <p>Most core units within this course specify additional competency requirements for assessors. Refer to the <b>Table 2</b> below for details of these requirements as they relate to each core unit.</p> <p><b>Imported units</b></p> <p>Assessment of units of competency imported from training packages or accredited courses must be undertaken by a person or persons who meet the requirements for assessors specified in those training products.</p> |
|---|--|

**TABLE 2: Additional competency requirements for assessors in core units**

| Core unit/s  | Additional competency requirements   |
|--|--|
| <p>VU23632 Apply knowledge of pain science in a clinical setting</p> <p>VU23633 Develop, implement and evaluate corrective exercise</p> <p>VU23634 Manage health risks in a myotherapy environment</p> <p>VU23635 Apply myotherapy clinical practice</p> <p>VU23636 Perform myotherapy clinical assessment</p> <p>VU23637 Plan, implement and evaluate the myotherapy treatment strategy</p> <p>VU23638 Provide myotherapy treatment</p> | <p>Assessors must:</p> <ul style="list-style-type: none"> <li>have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>have current membership of a relevant Professional Association.</li> </ul> |
| <p>VU23639 Provide myofascial dry needling treatment</p>   | <p>Assessors must:</p>   |

|   |  |
|---|--|
|   | <ul style="list-style-type: none"> <li>• have a minimum of 2 year’s clinical experience working in a role where they have applied the myofascial dry needling skills and knowledge covered in this unit of competency,</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>• hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>• have current membership of a relevant Professional Association.</li> </ul> <p>Noting that acupuncture-based experience does not meet the above additional assessor competency requirements.</p> |
| VU23640 Research, evaluate and apply information about myotherapy clinical practice | No specialist vocational competency requirements for assessors apply to this unit.   |

| 7. Delivery        | Standards 5.12, 5.13 and 5.14 AQTF 2021 Standards for Accredited Courses  |
|--------------------|---|
| 7.1 Delivery modes | <p>There are no limitations on delivery of this course – it may be delivered part-time or full-time.</p> <p>This qualification may be delivered in a variety of modes, including via:</p> <ul style="list-style-type: none"> <li>• Classroom-based delivery</li> <li>• Workplace or simulated workplace</li> <li>• Blended learning or flexible delivery</li> </ul> <p>Delivery methods should allow for self-directed development and achievement, independent and peer to peer judgement and accountability for a high standard of outcomes.</p> <p>A holistic approach to delivery is encouraged. This may be achieved by combining the delivery of more than one unit where it better replicates industry practice.</p> <p>Trainers should contextualise delivery of the qualification in response to learner needs, while still meeting the requirements of the units of competency.</p> |
| 7.2 Resources      | <p>Training must be undertaken by a person or persons in accordance with:</p> <ul style="list-style-type: none"> <li>• Standard 1.4 of the AQTF: Essential Conditions and Standards for Initial/Continuing Registration and Guideline 3 of the VRQA Guidelines for VET Providers,</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• the Standards for Registered Training Organisations 2015 (SRTOs),</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• the relevant standards and Guidelines for RTOs at the time of assessment.</li> </ul> <p><b>Additional competency requirements</b></p>   |

Most units within this course specify additional competency requirements for assessors. Trainers delivering this course are required to comply with these additional competency requirements. Refer to the Assessment Conditions section of the individual unit/s for details of these requirements as they relate to each unit.

### **Resource requirements**

Resources include:

- relevant texts, manuals, journals or research papers
- workplace documentation
- digital technology for undertaking research
- patient information including case history
- treatment table and chair
- relevant measurement tools and equipment for undertaking clinical assessment
- hand washing or hand sanitising facilities
- linen
- treatment oils, lotions and creams
- single use dry needles
- sharps disposal unit
- access to bathroom facilities
- strapping tape and bandages
- first aid equipment
- hygiene aids
- stationery and filing systems
- appropriate complementary therapeutic devices and/or exercise equipment as relevant to the patient's treatment plan
- a range of patients who meet the requirements outlined in the Assessment Condition section of the relevant unit/s of competency
- myotherapy industry standards, guidelines, codes of ethics and codes of practice

Trainers/assessors should refer to the individual units of competency for specific resource requirements.

### **Student Clinic**

A student clinic for the purposes of assessment of the units within this course must meet the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in the unit/s being assessed.

|   |   |
|---|---|
|   | <ul style="list-style-type: none"> <li>• Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.</li> <li>• The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.</li> </ul> <p>Assessment in a student clinic is mandated for the following units:</p> <ul style="list-style-type: none"> <li>• <i>VU23635 - Apply myotherapy clinical practice</i> requires a minimum of 80 hours of myotherapy clinic work in a student clinic.</li> <li>• <i>VU23639 - Provide myofascial dry needling treatment</i> requires at least 10 applications of myofascial dry needling in a student clinic (following assessment in a classroom/learning environment).</li> </ul> |
| <b>8. Pathways and articulation</b>         | <b>Standard 5.10 AQTF 2021 Standards for Accredited Courses</b>   |
|   | <p>There are no formal articulation arrangements in place.</p> <p>This course contains units of competency imported from national training packages. Course participants who have already completed relevant imported units from previous training may receive credit for these unit/s. Likewise, course participants may receive credit for any units of competency completed as part of this course if they enrol in further training where those same unit/s are packaged.</p> <p>Refer to the <a href="#">AQF Qualifications Pathways Policy (AQF 2nd Edition, 2013)</a>.</p>   |
| <b>9. Ongoing monitoring and evaluation</b> | <b>Standard 5.15 AQTF 2021 Standards for Accredited Courses</b>   |
|   | <p>The Curriculum Maintenance Manager for Human Services is responsible for the ongoing monitoring and evaluation of this course.</p> <p>A review of the course will take place at the mid-point of the accreditation period. Feedback will be sought via surveys or one-on-one consultations from the project steering committee involved in the reaccreditation of this course, RTOs who deliver the course and other key stakeholders.</p> <p>The Victorian Registration and Qualifications Authority (VRQA) will be notified of significant changes to the course/s resulting from course monitoring and evaluation processes.</p>  |

## Section C – Units of competency

The following unit of competency has been developed for this course and is attached in this section:

- VU23632 Apply knowledge of pain science in a clinical setting
- VU23633 Develop, implement and evaluate corrective exercise
- VU23634 Manage health risks in a myotherapy environment
- VU23635 Apply myotherapy clinical practice
- VU23636 Perform myotherapy clinical assessment
- VU23637 Plan, implement and evaluate the myotherapy treatment strategy
- VU23638 Provide myotherapy treatment
- VU23639 Provide myofascial dry needling treatment
- VU23640 Research, evaluate and apply information about myotherapy clinical practice

The following units of competency have been imported from the national Training Packages and can be accessed from the [training.gov.au](http://training.gov.au) (TGA) website:

- BSBESB404 Market new business ventures
- BSBMKG546 Develop social media engagement plans
- CHCCOM002 Use communication to build relationships
- SIRXMKT002 Use social media to engage customers
- SISFFIT044 Develop and instruct personalised exercise programs for older clients

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VU23632 - Apply knowledge of pain science in a clinical setting

|                              |  |
|------------------------------|--|
| <b>Unit code</b>             | <b>VU23632</b>   |
| <b>Unit title</b>            | <b>Apply knowledge of pain science in a clinical setting</b>   |
| <b>Application</b>           | <p>This unit describes the performance outcomes, skills and knowledge required to support patient understanding of pain and to develop, implement and evaluate a pain management strategy for a patient.</p> <p>The unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A  |
| <b>Competency Field</b>      | N/A  |
| <b>Unit Sector</b>           | N/A  |

| <b>Element</b>   |  | <b>Performance Criteria</b>   |  |
|--|--|---|--|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |  | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |  |
| 1.   | Support patient to develop understanding of pain | 1.1   | Perform patient consultation and assessment within a biopsychosocial framework   |
|  |  | 1.2   | Identify patient's understanding of the source and nature of pain being experienced  |
|  |  | 1.3   | Utilise current pain science theory to discuss with patient their experience of pain and provide education on pain   |
|  |  | 1.4   | Explain and describe, in non-technical language, how myotherapy techniques and modalities can help influence a patient's pain experience   |
| 2.   | Develop and implement pain management strategy   | 2.1   | Develop a rehabilitation framework that incorporates pain neuroscience education and addresses biological, psychological and social factors that may influence the patient's pain experience |
|  |  | 2.2   | Identify barriers and limitations to treatment using a biopsychosocial approach  |
|  |  | 2.3   | Implement treatment techniques and approaches to manage pain   |
|  |  | 2.4   | Provide and develop with patient techniques and strategies to support self-management of pain  |
|  |  | 2.5   | Update patient records according to clinic guidelines  |

|    |                                   |     |   |
|----|-----------------------------------|-----|---|
| 3. | Evaluate pain management strategy | 3.1 | Monitor the patient's pain experience and understanding of pain   |
|    |                                   | 3.2 | Utilise a pain assessment tool to evaluate the impact of the treatment on the patient's quality of life |
|    |                                   | 3.3 | Make adjustments to patient's treatment where required and update patient records                       |

### Range Of Conditions

N/A

### Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                              | Description   |
|------------------------------------|---|
| Reading skills to:                 | <ul style="list-style-type: none"> <li>comprehend and interpret patient health records, medical reports, and medical terminology</li> </ul>   |
| Writing skills to:                 | <ul style="list-style-type: none"> <li>use appropriate language and terminology to document patient pain management plan, treatment notes and education pieces</li> </ul>   |
| Oral communication skills to:      | <ul style="list-style-type: none"> <li>use active listening and ask open questions to seek information and confirm understanding</li> <li>adjust communication to meet differing needs</li> <li>provide information to patient in an appropriate manner to ensure understanding</li> </ul>                          |
| Problem-solving skills to:         | <ul style="list-style-type: none"> <li>develop pain management strategies with consideration of patient's barriers to treatment and limitations</li> <li>develop novel and innovative approaches to patient's pain management strategy including addressing biological, psychological and social factors</li> </ul> |
| Planning and organising skills to: | <ul style="list-style-type: none"> <li>develop, evaluate and make adjustment to a pain management strategy</li> </ul>   |
| Self-management skills to:         | <ul style="list-style-type: none"> <li>manage time throughout consultation</li> </ul>   |
| Digital literacy skills to:        | <ul style="list-style-type: none"> <li>use common industry relevant software to record and manage patient data and store information</li> </ul>   |
| <b>Unit Mapping Information</b>    | <b>New unit</b> , no equivalent unit  |



## Assessment Requirements

|                             |  |
|-----------------------------|--|
| <b>Title</b>                | Assessment Requirements for <b><i>VU23632 - Apply knowledge of pain science in a clinical setting</i></b>  |
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>• Perform patient consultation and assessment</li> <li>• Develop, implement and evaluate pain management strategies for at least three (3) different patients over the course of at least two (2) consultations per patient.</li> </ul> <p>Each pain management strategy must incorporate at least two (2) of the following:</p> <ul style="list-style-type: none"> <li>• a biopsychosocial framework,</li> <li>• appropriate treatment options and approaches to manage pain</li> <li>• self-management strategies.</li> </ul>   |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>• Current evidence-based research in pain science in the context of acute to chronic pain</li> <li>• Pain education resources</li> <li>• Evolving nature of pain science</li> <li>• Pain modulation</li> <li>• Factors affecting pain responses</li> <li>• Role of the Myotherapist and myotherapy techniques and modalities in pain management</li> <li>• Understand multidisciplinary care for pain management (GP, Psychology, Neurologist, Rheumatologist, AHP &amp; pharmacology)</li> <li>• Assessment of pain (subjective &amp; objective) / sensitisation</li> <li>• Bioplasticity</li> <li>• Graded exposure</li> <li>• Importance of language as it relates to communicating with the patient regarding their pain, including the importance of positive and supportive language</li> <li>• Pain protective systems; Brain, CNS (central nervous system), motor, PNS (peripheral nervous system), sympathetic, cognitive, respiratory, immune, endocrine</li> <li>• Components of a rehabilitation framework for pain management</li> <li>• Objective and subjective outcome measurement tools</li> <li>• Common barriers and limitation to treatment including (but not limited to) beliefs, fear, catastrophising, avoidance hypervigilance</li> <li>• anatomy and physiology of the central and peripheral nervous system applicable to pain assessment and management:</li> </ul> |

- key structures:
  - cerebrum
  - cerebellum
  - brainstem
  - spinal cord
  - spinal synapses and lamina
  - prefrontal cortex
- key functions
- monitoring and feedback mechanisms
- how the anatomy and physiology of the central and peripheral nervous system relates to touch
- phases of sensory processing as related to pain:
  - transduction
  - transmission
  - modulation
  - perception
- biopsychosocial approach to pain:
  - biological:
    - gender
    - physical health
    - genetic predisposition
    - immune function
    - effects of medication
    - musculoskeletal pathology
  - psychological:
    - behaviours
    - emotions
    - attitudes and beliefs
    - level of stress and ability to cope
    - mental health
  - social:
    - family relationships
    - socio-economic factors
    - cultural factors
- neurological assessment:
  - dermatome
  - myotome
  - reflexes
- how a biopsychosocial understanding of pain can be applied to clinical practice
- modulation of pain:
  - placebo and nocebo and their effect on pain
- role of descending inhibition in relief of pain
- signs and symptoms of sensitisation:
  - peripheral
  - central

|                              |   |
|------------------------------|---|
|                              | <ul style="list-style-type: none"> <li>○ effect on chronic pain</li> <li>● types of pain: <ul style="list-style-type: none"> <li>○ nociceptive</li> <li>○ neuropathic</li> <li>○ nociplastic</li> </ul> </li> </ul>   |
| <b>Assessment Conditions</b> | <p>Skills must be demonstrated in a student clinic and/or simulated environment that reflects workplace conditions set up for the purpose of skills assessment. A simulated environment may include an appropriately resourced classroom or training room.</p> <p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> <li>● A range of patients who: <ul style="list-style-type: none"> <li>– are different genders (unless it is culturally/religiously inappropriate),</li> <li>– are from different stages of life, and</li> <li>– have different chronic pain experience. Where patients with different chronic pain experience are not available, simulation and scenarios may be used.</li> <li>– where assessed in a student clinic, the patients must be members of the public.</li> </ul> </li> <li>● Patient information including case history</li> <li>● Relevant pain science resources</li> <li>● Treatment table and chair</li> <li>● Hand washing or hand sanitising facilities</li> <li>● Linen</li> <li>● Access to bathroom facilities</li> <li>● Hygiene aids</li> <li>● Stationery and filing systems</li> </ul> <p>Where assessment occurs in a student clinic, the student clinic must meet the following criteria:</p> <ul style="list-style-type: none"> <li>● Students provide services to members of the public under supervision of a clinic supervisor.</li> <li>● The clinic supervisor meets the assessor requirements outlined in this unit.</li> <li>● Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.</li> <li>● The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.</li> </ul> <p><b>Assessor requirements</b></p> <p>Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.</p> <p>In addition, assessors must:</p> <ul style="list-style-type: none"> <li>● have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>● hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,</li> </ul> <p>And</p> |

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- |  |   |
|--|---|
|  | <ul style="list-style-type: none"><li>• have current membership of a relevant Professional Association.</li></ul> |
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|                              |   |
|------------------------------|---|
| <b>Unit code</b>             | <b>VU23633</b>  |
| <b>Unit title</b>            | <b>Develop, implement and evaluate corrective exercise</b>  |
| <b>Application</b>           | <p>This unit describes the performance outcomes, skills and knowledge required to develop, implement and evaluate a corrective exercise program for a patient. This includes identifying the need for the program, educating the patient and monitoring the impact of the program.</p> <p>This unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A   |
| <b>Competency Field</b>      | N/A   |
| <b>Unit Sector</b>           | N/A   |

| <b>Element</b>   |  | <b>Performance Criteria</b>   |   |
|--|--|---|---|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |  | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |   |
| 1.   | Interpret and apply the central principles and practices of corrective exercise and health promotion | 1.1   | Evaluate the key elements of exercise prescription programs   |
|  |  | 1.2   | Identify factors and limitations that may have an impact on corrective exercise programs  |
|  |  | 1.3   | Identify key activity strategies for health promotion for various demographics  |
|  |  | 1.4   | Implement the principles of corrective exercise in the context of exercise programming  |
| 2.   | Identify patient need for corrective exercise  | 2.1   | Determine the purpose for a specific corrective exercise intervention in collaboration with the patient, including short and long-term goal setting for the program |
|  |  | 2.2   | Evaluate patient history of injury, current exercise participation levels, current physical capacity and risk factors that may lead to injury or complications      |
|  |  | 2.3   | Observe and assess patient's current movement strategies and baseline capacity in relation to the presentation  |

|    |  |     |  |
|----|--|-----|--|
|    |  | 2.4 | Educate the patient in relation to the importance of corrective exercise and movement for their presentation                       |
| 3. | Develop patient-centred exercise program | 3.1 | Analyse various corrective exercises strategies suitable for the patient   |
|    |  | 3.2 | Develop corrective exercise program for the patient based on clinical reasoning and alignment to their goals                       |
|    |  | 3.3 | Select and implement methods to monitor corrective exercise program  |
| 4. | Provide instruction to patient           | 4.1 | Identify effective teaching strategies for the delivery of the corrective exercise program   |
|    |  | 4.2 | Apply instructional techniques to ensure safe and appropriate application of the exercise program by the patient                   |
|    |  | 4.3 | Demonstrate the safe and appropriate performance of selected exercises   |
|    |  | 4.4 | Observe and assess the patient's performance and provide feedback, including correcting any inappropriate performance of exercises |
|    |  | 4.5 | Document patient corrective exercise plan in patient records   |
| 5. | Evaluate corrective exercise program     | 5.1 | Monitor the patient's participation in the prescribed corrective exercise program  |
|    |  | 5.2 | Seek and receive feedback from patient in relation to the corrective exercises prescribed  |
|    |  | 5.3 | Assess the impact of the prescribed corrective exercise on the patient's condition   |
|    |  | 5.4 | Make adjustments to the corrective exercise program to meet patient needs  |
|    |  | 5.5 | Update the patient's records and ensure patient understands adjustments made   |
|    |  | 5.6 | Assess the need for referral to other health care practitioners  |

### Range Of Conditions

N/A

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                              | Description   |
|------------------------------------|---|
| Writing skills to:                 | <ul style="list-style-type: none"> <li>use appropriate language and terminology to document corrective exercise plan and complete treatment notes</li> </ul>  |
| Oral communication skills to:      | <ul style="list-style-type: none"> <li>use active listening and ask open questions to seek information and confirm understanding</li> <li>adjust communication to meet differing needs</li> <li>provide information and instructions to patient in an appropriate manner to ensure understanding</li> </ul> |
| Problem-solving skills to:         | <ul style="list-style-type: none"> <li>provide innovative and individualised approaches to patient exercise programs</li> </ul>   |
| Planning and organising skills to: | <ul style="list-style-type: none"> <li>develop, evaluate and make adjustment to corrective exercise programs</li> </ul>   |
| Self-management skills to:         | <ul style="list-style-type: none"> <li>manage time throughout consultation</li> </ul>   |
| Digital literacy skills to:        | <ul style="list-style-type: none"> <li>use common industry relevant software to record and manage patient data and store information</li> </ul>   |
| <b>Unit Mapping Information</b>    | <b>New unit</b> , no equivalent unit  |

## Assessment Requirements

|                             |  |
|-----------------------------|--|
| <b>Title</b>                | Assessment Requirements for <b><i>VU23633 - Develop, implement and evaluate corrective exercise</i></b>  |
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>● Develop, implement and evaluate patient-centred corrective exercise programs for at least three (3) case presentations; of which two (2) must be injury or pain specific presentations and one (1) must be a preventative / health promotion presentation.</li> </ul> <p>In the course of the above, the candidate must:</p> <ul style="list-style-type: none"> <li>● Conduct a functional movement assessment for each patient to inform the development of corrective exercise programs</li> <li>● Demonstrate, instruct and correct corrective exercise for each patient</li> <li>● Adapt program based on monitoring and feedback received</li> </ul>   |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>● Applied functional anatomy and physiology</li> <li>● Corrective exercises, including progressions and regressions</li> <li>● Importance of patient goal setting (short and long-term) in improving exercise engagement and compliance</li> <li>● Principles of patient-centred practice</li> <li>● Dosage and load based principles in relation to the individual</li> <li>● Exercise principles including: <ul style="list-style-type: none"> <li>○ Specificity</li> <li>○ Overload</li> <li>○ Specific Adaptation to Imposed Demands (SAID) principles</li> <li>○ Variables</li> <li>○ Periodisation</li> </ul> </li> <li>● Biomechanics</li> <li>● Pathophysiology</li> <li>● Pain science principles</li> <li>● Stages of tissue healing</li> <li>● Classification and categories of injury (ligament, muscle, tendon, bone, fascia, nerve, bursa, joint structures)</li> <li>● Contemporary model of tendinopathy including assessment and management</li> <li>● Prescribing for different populations including:</li> </ul> |



|                                     |  |
|-------------------------------------|--|
|                                     | <ul style="list-style-type: none"> <li>○ pregnancy and post-partum</li> <li>○ older persons</li> <li>○ adults</li> <li>○ children / adolescents</li> <li>○ sedentary</li> <li>○ athlete</li> </ul> <ul style="list-style-type: none"> <li>● Precautions and contraindications related to corrective exercise</li> <li>● Factors and strategies relating to optimising patient compliance and adherence to corrective exercise programs</li> <li>● How to plan the structure of the consultation, including assessment, delivery and evaluation of the corrective exercise program in conjunction with the broader treatment plan</li> <li>● Range of equipment used for corrective exercise including the correct and safe use of the equipment</li> <li>● Operational features of digital exercise software and ways this software can be used for service delivery</li> <li>● Relevant information on equipment safety standards</li> <li>● Processes for, and reasons for, referral to other health care practitioners</li> <li>● Recognition of scope of practice and professional indemnity insurance coverage</li> <li>● National Physical Activity Guidelines for Australians</li> <li>● World Health Organisation (WHO) guidelines on physical activity and sedentary behaviour</li> </ul> |
| <p><b>Assessment Conditions</b></p> | <p>Skills must be demonstrated in a student clinic and/or simulated environment that reflects workplace conditions set up for the purpose of skills assessment. A simulated environment may include an appropriately resourced classroom or training room where exercise can be demonstrated safely.</p> <p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> <li>● a range of patients who: <ul style="list-style-type: none"> <li>- are different genders (unless it is culturally/religiously inappropriate),</li> <li>- are from different stages of life, and</li> <li>- have varied musculoskeletal presentations.</li> <li>- where assessed in a student clinic, the patients must be members of the public</li> </ul> </li> <li>● patient information including case history</li> <li>● treatment table and chair</li> <li>● hand washing or hand sanitising facilities</li> <li>● linen</li> <li>● access to bathroom facilities</li> <li>● relevant exercise equipment</li> <li>● first aid equipment</li> <li>● hygiene aids</li> </ul>  |

- stationery and filing systems
- appropriate space to demonstrate exercise program in a safe manner

Where assessment occurs in a student clinic, the student clinic must meet the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in this unit.
- Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.
- The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.

### **Assessor requirements**

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

In addition, assessors must:

- have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,

And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

And

- have current membership of a relevant Professional Association.

|                              |   |
|------------------------------|---|
| <b>Unit code</b>             | <b>VU23634</b>  |
| <b>Unit title</b>            | <b>Manage health risks in a myotherapy environment</b>  |
| <b>Application</b>           | <p>This unit describes the performance outcomes, skills and knowledge required to manage health risks within a myotherapy environment. It includes aspects of health risk analysis, personal and premises hygiene, as well as infection prevention and control. It also covers special infection prevention and control for treatments involving dry needling.</p> <p>This unit applies to a person who is practicing as a Myotherapist working within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A   |
| <b>Competency Field</b>      | N/A   |
| <b>Unit Sector</b>           | N/A   |

| <b>Element</b>   |  | <b>Performance Criteria</b>   |   |
|--|--|---|---|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |  | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |   |
| 1.   | Provide guidance on health hazards, infection prevention and control | 1.1   | Source and interpret relevant information on health risks, infection control regulations and the legal obligations of the practice        |
|  |  | 1.2   | Ensure colleagues are fully informed of the need for compliance with infection control regulations and the implications of non-compliance |
|  |  | 1.3   | Establish policies and procedures that incorporate infection prevention and control into work practices                                   |
|  |  | 1.4   | Provide opportunities for colleagues to seek further information on workplace health hazards, infection prevention and control            |
|  |  | 1.5   | Encourage colleagues to report health hazards and contribute to the improvement of infection prevention and control procedures            |
|  |  | 1.6   | Promote the importance of maintaining personal hygiene in minimising infection  |
|  |  | 1.7   | Promote the importance of the premises layout, cleanliness and workflow arrangements in managing health risks                             |
|  |  | 1.8   | Resolve issues relating to health hazards and infection prevention and control through a consultative process                             |

|    |   |     |  |
|----|---|-----|--|
| 2. | Apply infection prevention and control procedures for dry needling treatments | 2.1 | Identify and interpret Commonwealth, State and local standards, regulations and guidelines applying to skin penetration treatments                           |
|    |   | 2.2 | Identify infection control risks for dry needling and establish and follow appropriate procedures  |
|    |   | 2.3 | Monitor the hygiene of the premises to ensure that infection risks are eliminated or minimised   |
|    |   | 2.4 | Perform dry needling treatments in accordance with client needs and to industry standards  |
|    |   | 2.5 | Dispose of single use items in appropriate waste containers  |
|    |   | 2.6 | Apply the infection control policy and procedures to ensure that potentially contaminated items are separated, removed, cleaned and sterilised appropriately |
|    |   | 2.7 | Review dry needling work practices regularly and make adjustments if necessary, to maintain infection control  |
| 3. | Monitor infection prevention and control measures                             | 3.1 | Review work practices regularly and make adjustments if necessary to control infection risks   |
|    |   | 3.2 | Investigate an infectious hazardous event promptly to identify the cause, in accordance with the clinic's policies and procedures                            |
|    |   | 3.3 | Provide prompt advice to colleagues on any non-compliance issues which result in changes to work practices   |
|    |   | 3.4 | Maintain accurate records of any infection prevention and control risk or infection prevention and control incidents and corrective action taken             |
|    |   | 3.5 | Provide appropriate training on infection prevention and control when risks are identified or incidents occur  |
|    |   | 3.6 | Record and investigate potential breaches of the infection prevention and control procedures to determine the appropriate corrective action required         |
| 4. | Conduct a health risk assessment of a myotherapy clinic                       | 4.1 | Establish checklists to facilitate the risk assessment process for the myotherapy practice   |
|    |   | 4.2 | Identify health hazards and risks and take steps to remove or minimise, as required  |
|    |   | 4.3 | Assess the clinic design to identify potential improvements that would minimise the risk of transmission of infection  |
|    |   | 4.4 | Evaluate relevant policies and procedures to identify potential improvements in work practices relating to risk of infection                                 |

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N/A

### Foundation Skills

*Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.*

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### Unit Mapping Information

| Current Version   | Previous Version  | Comments   |
|---|---|------------|
| VU23634 - Manage health risks in a myotherapy environment | VU21874 - Manage health risks in a myotherapy environment | Equivalent |

## Assessment Requirements

|                             |  |
|-----------------------------|--|
| <b>Title</b>                | Assessment Requirements for <b><i>VU23634 - Manage health risks in a myotherapy environment</i></b>  |
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>● Develop, implement and promote infection prevention and control procedures to comply with relevant regulations and guidelines. This must include specifying relevant training needs and addressing dry needling treatments.</li> <li>● Conduct a health risk assessment of a myotherapy practice and address any non-compliance issues associated with infection prevention and control</li> </ul>  |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>● Types of health hazards and risks in the myotherapy workplace</li> <li>● Risk management in relation to infection control in the myotherapy workplace</li> <li>● Chain of infection</li> <li>● Basis of infection</li> <li>● Key modes of disease transmission</li> <li>● National Health &amp; Medical Research Council (NHMRC) Guidelines for Prevention and Control of Infection in Healthcare</li> <li>● Established standards and guidelines for the prevention and control of infection, including: <ul style="list-style-type: none"> <li>– hygiene of premises</li> <li>– cleaning, disinfection and sterilising procedures</li> <li>– personal and hand hygiene</li> <li>– use and scope of personal protective equipment</li> <li>– surface cleaning</li> <li>– managing body fluid spills</li> <li>– reprocessing procedures for equipment</li> <li>– clinic airflow</li> <li>– masks</li> <li>– handwashing availability</li> <li>– sanitiser stations</li> <li>– management and laundering requirements of linen</li> <li>– waste management procedures: <ul style="list-style-type: none"> <li>○ disposal of general waste</li> <li>○ safe handling and disposal of contaminated waste</li> <li>○ safe handling and disposal of sharps</li> </ul> </li> </ul> </li> </ul> |

|                                     |  |
|-------------------------------------|--|
|                                     | <ul style="list-style-type: none"> <li>● Risk of spontaneous combustion associated with linens which have an oily residue</li> <li>● Additional precautions required for dry needling treatments</li> <li>● Needle stick or sharps injury procedures for notification and response</li> <li>● Local Council requirements for businesses offering skin penetration treatments</li> <li>● Impact of premises layout and workflow arrangements on infection control risks</li> <li>● Factors that increase susceptibility to infection</li> <li>● Management and work processes used to control infection</li> <li>● Hierarchy of risk control measures, most to least preferred: <ul style="list-style-type: none"> <li>– elimination</li> <li>– engineering controls</li> <li>– administrative control</li> <li>– personal protective equipment</li> </ul> </li> <li>● Manual handling procedures</li> </ul>  |
| <p><b>Assessment Conditions</b></p> | <p>Skills must be demonstrated in a student clinic and/or simulated environment that reflects workplace conditions set up for the purpose of skills assessment. A simulated environment may include an appropriately resourced classroom or training room.</p> <p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> <li>● relevant texts</li> <li>● workplace documentation</li> <li>● relevant standards, regulations, and guidelines for infection prevention and control</li> </ul> <p>Where assessment occurs in a student clinic, the student clinic must meet the following criteria:</p> <ul style="list-style-type: none"> <li>● Students provide services to members of the public under supervision of a clinic supervisor.</li> <li>● The clinic supervisor meets the assessor requirements outlined in this unit.</li> <li>● Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.</li> <li>● The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.</li> </ul> <p><b>Assessor requirements</b></p> <p>Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.</p> <p>In addition, assessors must:</p> <ul style="list-style-type: none"> <li>● have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,</li> </ul> |

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And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

And

- have current membership of a relevant Professional Association.
-



|                              |  |
|------------------------------|--|
| <b>Unit code</b>             | <b>VU23635</b>   |
| <b>Unit title</b>            | <b>Apply myotherapy clinical practice</b>  |
| <b>Application</b>           | <p>This unit describes the skills and knowledge required to work effectively within a myotherapy framework and apply myotherapy clinical practice.</p> <p>The unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A  |
| <b>Competency Field</b>      | N/A  |
| <b>Unit Sector</b>           | N/A  |

| <b>Element</b>   |  | <b>Performance Criteria</b>   |   |
|--|--|---|---|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |  | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |   |
| 1.   | Apply the central principles and practices of myotherapy | 1.1   | Explain the role of myotherapy in the broader healthcare landscape  |
|  |  | 1.2   | Identify and explain the role and scope of the Myotherapist to the patient in relation to the patient's presentation  |
|  |  | 1.3   | Identify and integrate current best practice into patient management  |
|  |  | 1.4   | Evaluate and contrast the relationship and methods of treatment used in myotherapy and in other allied health practices                                     |
| 2.   | Apply myotherapy clinical practice                       | 2.1   | Undertake patient intake procedures, in accordance with clinic guidelines   |
|  |  | 2.2   | Conduct myotherapy clinical assessment of patient, accurately collecting and documenting relevant information to inform treatment strategy                  |
|  |  | 2.3   | Evaluate the treatment options available and develop treatment strategy to meet patient's needs   |
|  |  | 2.4   | Outline and discuss treatment strategy and expectations with patient, obtaining informed consent for the myotherapy treatment                               |
|  |  | 2.5   | Provide myotherapy treatment, in accordance with the treatment strategy and the values, philosophies, principles, and practices of the myotherapy framework |

|    |   |     |   |
|----|---|-----|---|
|    |   | 2.6 | Monitor and measure patient responses to treatment in order to evaluate treatment outcomes and determine need for adjustments to treatment strategy |
|    |   | 2.7 | Identify where referral to other health care practitioners may be required and discuss with patient   |
|    |   | 2.8 | Complete patient documentation in accordance with clinic guidelines   |
| 3. | Work within clinic and regulatory guidelines    | 3.1 | Source, evaluate and adhere to clinic guidelines  |
|    |   | 3.2 | Source and adhere to relevant legal and regulatory requirements   |
|    |   | 3.3 | Organise all relevant documentation relating to clinic operations and develop a strategy to communicate this to other relevant work personnel       |
|    |   | 3.4 | Design a strategy/response to a range of given clinic scenarios to ensure that appropriate guidelines are followed                                  |
|    |   | 3.5 | Review clinic guidelines periodically to ensure that best practices are utilised  |
|    |   | 3.6 | Ensure staff and patient rights are respected through clinic practices  |
| 4. | Manage the achievement of quality standards     | 4.1 | Establish personal hygiene and infection control guidelines and ensure these are practised throughout the clinic                                    |
|    |   | 4.2 | Ensure that hazard control measures, workplace health and safety, and reporting procedures are undertaken according to clinic guidelines            |
|    |   | 4.3 | Review and evaluate individual performance against quality standards  |
|    |   | 4.4 | Review and evaluate clinic performance against quality standards  |
| 5. | Prepare patient education and health strategies | 5.1 | Identify and evaluate biopsychosocial and lifestyle factors that may affect the patient's condition, responses to treatment and recovery            |
|    |   | 5.2 | Provide information to educate diverse populations on relevant health promotion strategies  |
| 6. | Ensure ongoing development of self and team     | 6.1 | Monitor personal performance against treatment plans, treatment objectives and patient needs on a regular basis                                     |
|    |   | 6.2 | Provide mentorship and professional development of others in the clinical environment on a regular basis  |
|    |   | 6.3 | Seek feedback from patients and colleagues and reflect on own performance   |

|    |   |     |  |
|----|---|-----|--|
|    |   | 6.4 | Seek coaching and mentoring in order to develop and enhance own workplace knowledge, skills and attitudes            |
|    |   | 6.5 | Identify training needs based on feedback and reflection and document in a professional development plan             |
|    |   | 6.6 | Explore and access opportunities for formal and informal development of skills and knowledge to optimise performance |
|    |   | 6.7 | Integrate new and emerging developments into own practice  |
| 7. | Work effectively with other services and networks in the allied health sector | 7.1 | Identify and utilise services and networks relevant to the work of the Myotherapist                                  |
|    |   | 7.2 | Develop professional networks to support quality patient outcomes and successful practice as a Myotherapist          |
|    |   | 7.3 | Follow appropriate communication protocols for referral of patients to other services and networks                   |

### Range of Conditions

N/A

### Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                         | Description  |
|-------------------------------|--|
| Reading skills to:            | <ul style="list-style-type: none"> <li>comprehend and interpret complex information from a range of sources</li> </ul>   |
| Writing skills to:            | <ul style="list-style-type: none"> <li>use appropriate language and terminology to record clinical notes accurately and comprehensively, and in accordance with relevant regulations and standards</li> </ul>  |
| Oral communication skills to: | <ul style="list-style-type: none"> <li>use active listening and ask open questions to seek information and confirm understanding</li> <li>adjust communication to meet differing needs</li> <li>provide information and education to patient in an appropriate manner to ensure understanding</li> <li>negotiate respectfully with patient to sensitively overcome any obstacles to treatment</li> </ul> |
| Numeracy skills to:           | <ul style="list-style-type: none"> <li>measure and record numerical outcomes of objective assessments</li> <li>collect and interpret range of motion measurements</li> </ul>   |
| Problem-solving skills to:    | <ul style="list-style-type: none"> <li>evaluate treatment and modify based on observed responses</li> <li>apply clinical reasoning skills to patient cases</li> </ul>  |

|                                    |   |
|------------------------------------|---|
| Teamwork skills to:                | <ul style="list-style-type: none"> <li>• select and use appropriate conventions and protocols when communicating with work colleagues and/or other healthcare professionals in a range of work contexts</li> <li>• collaborate and cooperate with others to achieve desired outcomes</li> </ul>   |
| Planning and organising skills to: | <ul style="list-style-type: none"> <li>• develop, evaluate and make adjustment to treatment strategy</li> </ul>   |
| Self-management skills to:         | <ul style="list-style-type: none"> <li>• manage time throughout consultation</li> <li>• understand responsibilities and limits of own role</li> <li>• identify and take responsibility for adherence to organisational policies and procedures, industry codes of practice, quality standards, regulatory requirements and clinic guidelines</li> <li>• take responsibility for maintaining up-to-date skills and knowledge, including industry developments and best practice</li> </ul> |
| Digital literacy skills to:        | <ul style="list-style-type: none"> <li>• use common industry relevant software to record and manage patient data and store information</li> </ul>   |

**Unit Mapping Information**

| Current Version                              | Previous Version                             | Comments       |
|--|--|----------------|
| VU23635 - Apply myotherapy clinical practice | VU21875 - Work within a myotherapy framework | Not Equivalent |

## Assessment Requirements

| Title                       | Assessment Requirements for <b><i>VU23635 - Apply myotherapy clinical practice</i></b>   |
|-----------------------------|--|
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>• Interpret and contrast at least three (3) codes of conduct / code of practice from professional associations.</li> <li>• Perform the activities outlined in the performance criteria of this unit during a period of at least of 80 hours (minimum) of myotherapy clinic work in a student clinic.</li> </ul> <p>In the course of the myotherapy clinic work, the candidate must:</p> <ul style="list-style-type: none"> <li>• Apply the underpinning values, philosophies, practices and principles of the myotherapy framework to their clinical practice within the relevant clinic and regulation guidelines.</li> <li>• Undertake at least 60 myotherapy consultations of real patients (members of the public) in a student clinic: <ul style="list-style-type: none"> <li>– At least 15 of these consultations must be an initial consultation (this may be with a returning patient with a new condition or a new patient).</li> <li>– For each patient, the consultations must include: <ul style="list-style-type: none"> <li>○ Performing a clinical assessment of the patient’s condition</li> <li>○ Planning, implementing and evaluating the myotherapy treatment strategy</li> <li>○ Providing myotherapy treatment, consistent with standard clinical practice</li> <li>○ Monitoring and evaluating treatment outcomes</li> </ul> </li> </ul> </li> <li>• Provide at least three (3) written referral letters to other health practitioners.</li> <li>• Effectively communicate role and scope of myotherapy to patients in a range of mediums (including verbal, written, digital aids) to address the needs of different populations.</li> <li>• Provide strategies and advice to support and promote patient health within the context of the myotherapy treatment plan.</li> <li>• Actively monitor own clinical practice and performance via self-reflection and external feedback from supervisors, peers and patients to identify own strengths and weaknesses.</li> <li>• Develop a strategy for professional development, identifying opportunities to address identified gaps in performance.</li> <li>• Demonstrate leadership and mentoring of peers in the clinical environment to foster a shared learning experience.</li> </ul> |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p>  |

- Underpinning values, philosophies, practices and principles of the myotherapy framework
- Key components of the Australian health care system
- Place of myotherapy in the broader health care system
- Relevant legislative, regulatory and organisational requirements for:
  - appropriate collection and storage of patient information
  - application of legal and ethical limitations of own role
  - work health and safety/occupational health and safety
- Associations or regulatory bodies and their codes of ethics and codes of practice
- Requirements for Myotherapists in the relevant code of conduct for non-registered health service providers in the individual's jurisdiction (for Victoria this must include the *General Health Service Providers Code of Conduct*)
- Philosophical approaches of Western medicine
- Evolution of care from a biological focus to a biopsychosocial model
- Ethical considerations and how these are applied in individual practice, including (but not limited to):
  - discrimination
  - duty of care
  - human rights
  - informed consent
  - privacy, confidentiality and disclosure
  - therapist and client boundaries
  - work role boundaries including responsibilities and limitations
- Occupational Health and Safety (OHS) / Workplace Health and Safety (WHS) requirements in the workplace
- Lifestyle factors relevant to patient limitations and compliance to the myotherapy treatment framework
- Key features of complementary therapies used in conjunction with myotherapy
- Key features of allied health services and their relationship to myotherapy
- Health promotional strategies
- Team development strategies
- Physiological and psychological effects of myotherapy treatment modalities
- Anatomy and physiology, biomechanics, pharmacology and nutrition as is relevant to myotherapy practice
- Reflective models used for personal reflection
- Principles and techniques for creating a professional development plan
- Methods for developing professional practice
- Professional myotherapy networks and industry bodies

**Assessment Conditions**

Skills in this unit must be demonstrated in a **student clinic** which meets the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in this unit.
- Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.
- The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.

Patients must be **members of the public** and must include a range of people who:

- are different genders (unless it is culturally/religiously inappropriate),
- are from different stages of life, and
- have varied musculoskeletal presentations.

Skills related to coaching/mentoring, reflection, self-development and networking may be demonstrated outside a student clinic setting and may include, where appropriate, time spent in industry.

Assessment must ensure access to:

- patient information including case history
- treatment table and chair
- hand washing or hand sanitising facilities
- linen
- treatment oils, lotions and creams
- single use dry needles
- sharps disposal unit
- access to bathroom facilities
- strapping tape and bandages
- first aid equipment
- hygiene aids
- stationery and filing systems
- appropriate complementary therapeutic devices and/or exercise equipment as relevant to the patient's treatment plan
- myotherapy industry standards, guidelines, codes of ethics and codes of practice

**Assessor requirements**

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

In addition, Assessors must:

- have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,

And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

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And

- current membership of a relevant Professional Association.
-



|                              |  |
|------------------------------|--|
| <b>Unit code</b>             | <b>VU23636</b>   |
| <b>Unit title</b>            | <b>Perform myotherapy clinical assessment</b>  |
| <b>Application</b>           | <p>This unit describes the skills and knowledge required to assess a patient'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.</p> <p>This unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A  |
| <b>Competency Field</b>      | N/A  |
| <b>Unit Sector</b>           | N/A  |

| <b>Element</b>   |   | <b>Performance Criteria</b>   |   |
|--|---|---|---|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |   | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |   |
| 1.   | Evaluate the patient's needs                      | 1.1   | Establish rapport with the patient utilising respectful and inclusive communication techniques to suit patient needs  |
|  |   | 1.2   | Establish patient's purpose for consultation in a sensitive manner  |
|  |   | 1.3   | Investigate factors that may negatively impact on assessment in consultation with the patient and implement strategies to minimise the effects of these factors wherever possible |
|  |   | 1.4   | Promote the legal rights of the patient   |
| 2.   | Undertake a subjective examination of the patient | 2.1   | Seek information for the patient's history using a biopsychosocial approach and confirm understanding   |
|  |   | 2.2   | Evaluate information provided and any other information forwarded by other relevant health professionals  |
|  |   | 2.3   | Investigate symptoms being experienced by patient in relation to the presenting complaint in a sensitive manner and using relevant measurement tools                              |
|  |   | 2.4   | Identify stage of condition and severity of patient symptoms  |
|  |   | 2.5   | Develop a list of differential diagnoses  |

|   |   |     |   |
|---|---|-----|---|
|   |   | 2.6 | Collect and organise information in a format that can be interpreted by other health professionals  |
|   |   | 2.7 | Recognise need for referral to other health care professionals, including when patient's needs are beyond scope of own practice or if their needs can be best met by others             |
| 3 | Perform an objective examination of the patient and analyse findings  | 3.1 | Assess contraindications or precautions and modify testing accordingly  |
|   |   | 3.2 | Develop a preliminary assessment based on clinical reasoning and communicate the assessment plan to the patient including any limitations of assessment                                 |
|   |   | 3.3 | Seek and gain informed consent for the physical assessment process  |
|   |   | 3.4 | Apply and analyse suitable myotherapy assessment techniques, including observations and tests of a patient  |
|   |   | 3.5 | Examine the patient while observing and maintaining patient comfort, stability and modesty  |
|   |   | 3.6 | Evaluate severity of symptoms, irritability of the pathology and the nature of the pathology/condition during the examination   |
|   |   | 3.7 | Use appropriate communication strategies and active listening skills to draw out specific details of signs and symptoms of the presenting complaint/s in order to confirm understanding |
|   |   | 3.8 | Interpret findings to determine whether there is a relationship between the symptoms and/or any diurnal pattern in the behaviour of the symptoms  |
|   |   | 3.9 | Interpret findings to determine whether there are predisposing, causative factors present and/or aggravating factors that are related to the symptoms                                   |
| 4 | Plan appropriate patient management strategy and discuss with patient | 4.1 | Correlate and evaluate the interpretations of all data from examinations (subjective and objective) to establish a clinical impression of the presenting condition                      |
|   |   | 4.2 | Discuss the findings of the myotherapy assessment with the patient  |
|   |   | 4.3 | Communicate any relevant information from medical or diagnostic reports to the patient where appropriate  |
|   |   | 4.4 | Respond to patient enquiries using appropriate language and terminology   |
|   |   | 4.5 | Identify, make note of and discuss with the patient any indications for referral and other collaborative options  |
|   |   | 4.6 | Assign priorities in consultation with patient to plan an appropriate treatment evaluation strategy   |

|  |     |                                |
|--|-----|--------------------------------|
|  | 4.7 | Prepare relevant documentation |
|--|-----|--------------------------------|

### Range of Conditions

N/A

### Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                         | Description   |
|-------------------------------|---|
| Reading skills to:            | <ul style="list-style-type: none"> <li>comprehend and interpret patient health records, medical reports, and medical terminology</li> </ul>   |
| Writing skills to:            | <ul style="list-style-type: none"> <li>use appropriate language and terminology to document assessment findings</li> </ul>  |
| Oral communication skills to: | <ul style="list-style-type: none"> <li>use active listening and ask open questions to seek information and confirm understanding</li> <li>adjust communication to meet differing needs</li> <li></li> </ul> |
| Numeracy skills to:           | <ul style="list-style-type: none"> <li>measure and record numerical outcomes of objective assessments</li> <li>collect and interpret range of motion measurements</li> </ul>                                |
| Self-management skills to:    | <ul style="list-style-type: none"> <li>manage time throughout consultation</li> </ul>   |
| Digital literacy skills to:   | <ul style="list-style-type: none"> <li>use common industry relevant software to record and manage patient data and store information</li> </ul>   |

### Unit Mapping Information

| Current Version                                  | Previous Version                                 | Comments       |
|--|--|----------------|
| VU23636 - Perform myotherapy clinical assessment | VU21876 - Perform myotherapy clinical assessment | Not Equivalent |

## Assessment Requirements

|                             |   |
|-----------------------------|---|
| <b>Title</b>                | Assessment Requirements for <b>VU23636 Perform myotherapy clinical assessment</b>   |
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>• Demonstrate myotherapy assessment techniques to undertake each of the following: <ul style="list-style-type: none"> <li>- joint play assessment</li> <li>- neurodynamic assessment</li> <li>- orthopaedic assessment</li> <li>- active range of motion assessment</li> <li>- passive range of motion assessment</li> <li>- resisted movement assessment</li> <li>- gait assessment</li> <li>- neurological assessment (dermatome, myotome, and reflex)</li> </ul> </li> <li>• With at least five (5) different patients: <ul style="list-style-type: none"> <li>- Perform a myotherapy clinical assessment utilising effective patient interview and examination techniques in order to establish rapport with the patient, gather information and evaluate the patient's needs.</li> <li>- Correlate and document assessment findings with the presenting complaint to develop a clinical impression and communicate to the patient.</li> <li>- In the course of these clinical assessments, the candidate must: <ul style="list-style-type: none"> <li>○ Gather, interpret and differentiate information from patient using observation skills and palpatory skills</li> <li>○ Apply myotherapy assessment techniques appropriate to the patient presentation</li> <li>○ Identify any physical alterations to the somatic system (where present)</li> <li>○ Apply clinical reasoning to assess patient</li> <li>○ Use equipment and resources competently and safely</li> <li>○ Recognise and adjust to contraindications for assessment</li> </ul> </li> <li>- Ensure clinical assessment incorporates the underpinning values, philosophies, practices and principles of the myotherapy framework</li> </ul> </li> </ul> |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>• Relevant aspects of the following items as they relate to/are applied within myotherapy practice: <ul style="list-style-type: none"> <li>- Pathology</li> </ul> </li> </ul>  |

- Biomechanics
  - Arthrokinematics
  - Neurology
  - Pharmacology
  - Physiology
  - Nutrition
- Anatomy and physiology relevant to pathology and recovery
  - Signs and symptoms of disease
  - Clinical approaches to assessment within the myotherapy framework
  - Biopsychosocial model and how it is applied in myotherapy clinical assessment
  - Predisposing factors impacting patient condition
  - Purpose of, indications for and myotherapy assessment techniques for undertaking the following:
    - joint play assessment, including Maitland's grades of mobilisation as applied to appendicular and axial skeleton
    - neurodynamic assessment
    - orthopaedic assessment
    - active range of motion assessment
    - passive range of motion assessment
    - resisted movement assessment
    - gait assessment
    - neurological assessment (dermatome, myotome, and reflex)
  - Classification of symptoms according to patient-reported outcome measures
  - Impact of language barriers, cultural and gender differences, disabilities, emotional trauma and lack of privacy on patient during consultation
  - The use and application of measurement tools relevant to myotherapy clinical assessment
  - Clinical flag system (blue, black, orange, red and yellow) and its application within myotherapy
  - Contraindications and precautions to assessment and treatment
  - Range of related health professionals and therapies, and role in patient assessment
  - Possible obstacles to rehabilitation
  - Management of consultation processes
  - Informed consent
  - Legal rights of the patient
  - Underpinning values, philosophies, practices and principles of the myotherapy framework
  - Understanding of appropriate medical terminology
  - Conditions associated with myotherapy clinical practice that includes:
    - Musculoskeletal
    - Neurological

|                                     |   |
|-------------------------------------|---|
|                                     | <ul style="list-style-type: none"> <li>- Cardiovascular</li> <li>- Pulmonary</li> <li>- Gastrointestinal</li> <li>- Endocrine</li> <li>• Components of a patient history including: <ul style="list-style-type: none"> <li>- Date of presentation</li> <li>- Identifying personal details</li> <li>- Consultation / personal details</li> <li>- Medical history</li> <li>- Lifestyle</li> <li>- Presenting complaint</li> <li>- Determining level of irritability of symptoms</li> <li>- History of presenting complaint</li> <li>- Source of referral (if applicable)</li> <li>- Main presenting complaint or reason for treatment</li> <li>- Presenting symptoms</li> <li>- Mechanisms of Injury</li> <li>- 24-hour behaviour of symptoms</li> <li>- Offsets</li> <li>- Aggravations/Onsets</li> <li>- General state of health</li> <li>- Physical state</li> <li>- Allergies (topical &amp; systemic)</li> <li>- Exercise behaviours</li> <li>- Leisure activities</li> <li>- Lifestyle factors</li> <li>- Accidents, injuries, operations</li> <li>- Hospitalisations</li> <li>- Occupational history and environment</li> <li>- Other current medical/complementary health care treatment, and responses to such treatment</li> <li>- Previous treatment by other therapists</li> <li>- Medication, supplements and natural prescriptions current and previous</li> <li>- Previous occurrence of presenting complaint</li> <li>- Responses to previous treatment</li> <li>- Family history</li> <li>- Pregnancy</li> <li>- Medical history</li> <li>- Emotional state</li> </ul> </li> </ul> |
| <p><b>Assessment Conditions</b></p> | <p>Skills must be demonstrated in a student clinic and/or simulated environment that reflects workplace conditions set up for the purpose of skills assessment. A simulated environment may include an appropriately resourced classroom or training room.</p> <p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> <li>• a range of patients who: <ul style="list-style-type: none"> <li>- are different genders (unless it is culturally/religiously inappropriate),</li> </ul> </li> </ul>  |

- are from different stages of life, and
- have varied presentations.
- where assessed in a student clinic, the patients must be members of the public
- Patient information including case history
- Relevant measurement tools and equipment for undertaking clinical assessment
- Treatment table and chair
- Hand washing or hand sanitising facilities
- Linen
- Access to bathroom facilities
- Stationery and filing systems

Where assessment occurs in a student clinic, the student clinic must meet the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in this unit.
- Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.
- The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.

#### **Assessor requirements**

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

In addition, assessors must:

- have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,

And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

And

- have current membership of a relevant Professional Association.

OFFICIAL

VU23637 - Plan, implement and evaluate the myotherapy treatment strategy

|                              |   |
|------------------------------|---|
| <b>Unit code</b>             | <b>VU23637</b>  |
| <b>Unit title</b>            | <b>Plan, implement and evaluate the myotherapy treatment strategy</b>   |
| <b>Application</b>           | <p>This unit describes the skills and knowledge required to plan, implement and evaluate the myotherapy treatment strategy after completing an assessment process. This includes negotiating the treatment plan with the patient and making adjustments to treatment strategy in line with treatment goals as required.</p> <p>The unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A   |
| <b>Competency Field</b>      | N/A   |
| <b>Unit Sector</b>           | N/A   |

| <b>Element</b>   |   | <b>Performance Criteria</b>   |  |
|--|---|---|--|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |   | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |  |
| 1.   | Determine the overall objective/s and purpose of the myotherapy treatment | 1.1   | Outline the purpose for a specific treatment strategy in myotherapy                                |
|  |   | 1.2   | Formulate a communication strategy to inform the patient of myotherapy practices and techniques    |
|  |   | 1.3   | Propose factors and limitations that may have an impact on the structure of the treatment strategy |
|  |   | 1.4   | Discuss indications for referral to support the myotherapy treatment strategy                      |
|  |   | 1.5   | Select a strategy to communicate with other health care professionals, as required                 |
| 2.   | Evaluate the treatment options available to the Myotherapist              | 2.1   | Identify and compare possible treatment options available to aid the myotherapy treatment strategy |
|  |   | 2.2   | Consider the factors influencing possible treatments   |
|  |   | 2.3   | Formulate the sequence and possible outcome/s of the myotherapy treatment strategy                 |
|  |   | 2.4   | Assess the benefits and/or limitations of the myotherapy treatment strategy                        |



# OFFICIAL

VU23637 - Plan, implement and evaluate the myotherapy treatment strategy

|   |   |     |   |
|---|---|-----|---|
|   |   | 2.5 | Consider specific treatment options in relation to possible patient compliance issues   |
| 3 | Plan and implement an appropriate myotherapy treatment strategy | 3.1 | Use respectful and inclusive communication techniques, in accordance with patient needs, to review and discuss their goals and expectations of the myotherapy treatment                                   |
|   |   | 3.2 | Discuss any physical functional limitations and lifestyle factors in a sensitive manner with the patient  |
|   |   | 3.3 | Discuss contraindications to treatment and modify treatment strategy according to myotherapy principles   |
|   |   | 3.4 | Select a treatment strategy appropriate to the patient's phase/stage of injury based on clinical reasoning  |
|   |   | 3.5 | Negotiate management of selected treatment in relation to any other current therapies   |
|   |   | 3.6 | Determine and document a suitable myotherapy treatment strategy which includes patient positioning and limitations  |
|   |   | 3.7 | Communicate the treatment plan and outcome/s to patient ensuring nature of the condition, related factors, prevention of recurrence and improved recovery are discussed and confirm patient understanding |
|   |   | 3.8 | Clarify responsibilities of the practitioner and patient within the treatment plan and strategy   |
|   |   | 3.9 | Seek and gain informed consent from patient to perform treatment plans  |
| 4 | Evaluate treatment strategy on an on-going basis                | 4.1 | Assess the outcomes/s of positive, adverse or neutral responses to treatment  |
|   |   | 4.2 | Discuss outcomes of treatment and how they align with the treatment strategy  |
|   |   | 4.4 | Make adjustments to treatment strategy in line with treatment goals as required   |
|   |   | 4.5 | Assess the need for referral to other health care practitioners   |

## Range of Conditions

N/A

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill | Description |
|-------|-------------|
|-------|-------------|

# OFFICIAL

VU23637 - Plan, implement and evaluate the myotherapy treatment strategy

|                                    |   |
|------------------------------------|---|
| Reading skills to:                 | <ul style="list-style-type: none"> <li>comprehend and interpret patient health records, medical reports, and medical terminology</li> </ul>   |
| Writing skills to:                 | <ul style="list-style-type: none"> <li>use appropriate language and terminology to prepare and document treatment plans</li> </ul>  |
| Oral communication skills to:      | <ul style="list-style-type: none"> <li>use active listening and ask open questions to seek information and confirm understanding</li> <li>adjust communication to meet differing needs</li> </ul> |
| Numeracy skills to:                | <ul style="list-style-type: none"> <li>understand range of motion in terms of degrees</li> </ul>  |
| Problem-solving skills to:         | <ul style="list-style-type: none"> <li>assess suitability of myotherapy strategies and techniques for patient condition</li> </ul>  |
| Planning and organising skills to: | <ul style="list-style-type: none"> <li>develop, evaluate and make adjustment to treatment strategy</li> </ul>   |
| Self-management skills to:         | <ul style="list-style-type: none"> <li>manage time throughout consultation</li> </ul>   |
| Digital literacy skills to:        | <ul style="list-style-type: none"> <li>use common industry relevant software to record and manage patient data and store information</li> </ul>   |

|                                 |  |  |                 |
|---------------------------------|--|--|-----------------|
| <b>Unit Mapping Information</b> | <b>Current Version</b>   | <b>Previous Version</b>                      | <b>Comments</b> |
|                                 | VU23637 - Plan, implement and evaluate the myotherapy treatment strategy | VU21877 - Plan myotherapy treatment strategy | Not Equivalent  |

## Assessment Requirements

|                             |  |
|-----------------------------|--|
| <b>Title</b>                | Assessment Requirements for <b><i>VU23637 - Plan, implement and evaluate the myotherapy treatment strategy</i></b>   |
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>• With at least five (5) different patients:             <ul style="list-style-type: none"> <li>– Plan and document a myotherapy treatment strategy by determining the overall objectives and purpose of the treatment and evaluating treatment options appropriate to the patient</li> <li>– Communicate the proposed treatment strategy and plan to the patient, taking their individual needs into consideration, and providing relevant information in a respectful and considerate manner</li> <li>– Implement the treatment strategy and evaluate treatment outcomes and patient responses to treatment making modifications as required</li> </ul> </li> </ul> <p>In the course of the above, the candidate must:</p> <ul style="list-style-type: none"> <li>• Interpret medical reports and other data relevant to the case</li> <li>• Identify clinical signs of musculoskeletal dysfunction</li> <li>• Identify treatment options and establish treatment regimes</li> <li>• Consider the suitability of selected treatments in relation to the patient's capacity to tolerate proposed treatment</li> <li>• Apply clinical reasoning in selection of a treatment strategy</li> <li>• Prepare treatment plans</li> <li>• Communicate with patient respectfully using active listening and adjusting to patient needs</li> <li>• Negotiate strategies to respectfully and sensitively overcome any obstacles to treatment</li> <li>• Evaluate myotherapy treatment strategy on an ongoing basis and modify the strategy in the light of observed adaptation responses</li> <li>• Ensure the treatment strategy incorporates the underpinning values, philosophies, practices and principles of the myotherapy framework</li> </ul> |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>• Clinical approaches to treatment planning within the myotherapy framework</li> <li>• Various disease and injury processes</li> <li>• Anatomy and physiology, biomechanics, pharmacology and nutrition as is relevant to Myotherapy practice</li> <li>• Pathology outside of musculoskeletal differential</li> <li>• Pathophysiology and aetiology of disease</li> <li>• Lifestyle factors relevant to treatment of specific conditions and diseases</li> </ul>  |

# OFFICIAL

VU23637 - Plan, implement and evaluate the myotherapy treatment strategy

|                              |   |
|------------------------------|---|
|                              | <ul style="list-style-type: none"><li>• Treatment options and regimes such as:<ul style="list-style-type: none"><li>- Trigger point therapy<ul style="list-style-type: none"><li>○ Ischemic compression</li><li>○ Trigger point release</li></ul></li><li>- Soft tissue stretching</li><li>- Joint mobilisation</li><li>- Strapping and taping</li><li>- Muscle energy technique (MET)</li><li>- Myofascial dry needling</li><li>- Thermotherapies and cryotherapies</li><li>- Myofascial vacuum cupping</li><li>- Corrective exercise and/or therapeutic corrective exercises</li><li>- Neurodynamics</li><li>- Myofascial mobilisation</li></ul></li><li>• Contributing factors to clinical presentation</li><li>• Management of consultation processes</li><li>• Informed consent</li><li>• Role and responsibilities of practitioner and patient during course of treatment</li><li>• Range of related health professionals and therapies, and role in patient treatment</li><li>• Stages of injury and nature of the condition</li><li>• Limitations to treatment, including physical functional limitations</li><li>• Contraindications and precautions to treatment</li><li>• Responses to treatment including positive, adverse and neutral responses</li><li>• Range and purpose of outcome measures</li><li>• Referral indicators</li><li>• Referral pathways and services</li><li>• Community resources and support services</li><li>• Underpinning values, philosophies, practices and principles of the myotherapy framework</li><li>• Factors and limitations to treatment strategy</li><li>• Additional therapeutic interventions available to support the myotherapy treatment strategy</li></ul> |
| <b>Assessment Conditions</b> | <p>Skills must be demonstrated in a student clinic and/or simulated environment that reflects workplace conditions set up for the purpose of skills assessment. A simulated environment may include an appropriately resourced classroom or training room.</p> <p>Assessment must ensure access to:</p> <ul style="list-style-type: none"><li>• a range of patients who:</li></ul>  |

- are different genders (unless it is culturally/religiously inappropriate),
- are from different stages of life, and
- have varied presentations.
- where assessed in a student clinic, the patients must be members of the public

- Patient information including case history and clinical assessment findings
- Treatment plan template
- Treatment table and chair
- Hand washing or hand sanitising facilities
- Linen
- Access to bathroom facilities
- Stationery and filing systems

Where assessment occurs in a student clinic, the student clinic must meet the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in this unit.
- Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.
- The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.

#### **Assessor requirements**

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

In addition, assessors must:

- have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,

And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

And

- have current membership of a relevant Professional Association.

|                              |  |
|------------------------------|--|
| <b>Unit code</b>             | <b>VU23638</b>   |
| <b>Unit title</b>            | <b>Provide myotherapy treatment</b>  |
| <b>Application</b>           | <p>This unit describes the skills and knowledge required to administer myotherapy treatment according to the techniques and practices of the myotherapy framework.</p> <p>It applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A  |
| <b>Competency Field</b>      | N/A  |
| <b>Unit Sector</b>           | N/A  |

| <b>Element</b>   |   | <b>Performance Criteria</b>   |  |
|--|---|---|--|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |   | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |  |
| 1.   | Manage the myotherapy treatment                                       | 1.1   | Describe and discuss the myotherapy treatment and its effects with the patient   |
|  |   | 1.2   | Discuss treatment plan, its administration and management with the patient   |
|  |   | 1.3   | Discuss factors which may interfere with the effectiveness of the treatment  |
|  |   | 1.4   | Confirm consent for treatment  |
|  |   | 1.5   | Provide the patient with resources to support and assist in the monitoring of treatment reactions  |
|  |   | 1.6   | Identify, document and respond to reactions to treatments  |
| 2.   | Inform and support the patient to understand the myotherapy treatment | 2.1   | Use appropriate terminology and respectful, inclusive communication techniques which suit patient needs when explaining treatment plan and associated issues |
|  |   | 2.2   | Provide the patient with relevant information about the treatment trajectory and expected outcomes   |
|  |   | 2.3   | Respond to patient queries and concerns in a sensitive manner  |
| 3.   | Apply myotherapy techniques   | 3.1   | Discuss myotherapy treatment with patient and confirm understanding regarding current and future sessions  |

|    |                    |     |  |
|----|--------------------|-----|--|
|    |                    | 3.2 | Apply myotherapy techniques according to the treatment plan and in accordance with the values, philosophies, principles, and practices of the myotherapy framework |
|    |                    | 3.3 | Apply myotherapy techniques to achieve desired treatment outcomes  |
| 4. | Evaluate treatment | 4.1 | Design outcome measures to measure the effectiveness of myotherapy treatment plan  |
|    |                    | 4.2 | Use measurement tests to evaluate the effects of the treatment   |
|    |                    | 4.3 | Monitor responses to treatment and manage unexpected outcomes promptly if necessary  |
|    |                    | 4.4 | Review treatment options based upon reassessment and outcomes, including patient feedback  |
|    |                    | 4.5 | Evaluate the need for ongoing and/or additional treatment  |
|    |                    | 4.6 | Discuss and negotiate changes to treatment plan with patient to ensure beneficial outcomes   |
|    |                    | 4.7 | Discuss additional treatment or referral for further examination   |

### Range of Conditions

N/A

### Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                         | Description  |
|-------------------------------|--|
| Reading skills to:            | <ul style="list-style-type: none"> <li>comprehend and interpret patient and clinic information from a range of sources</li> </ul>  |
| Writing skills to:            | <ul style="list-style-type: none"> <li>use appropriate language and terminology to record clinical notes accurately and comprehensively, and in accordance with relevant regulations and standards</li> </ul>  |
| Oral communication skills to: | <ul style="list-style-type: none"> <li>use active listening and ask open questions to seek information and confirm understanding</li> <li>adjust communication to patient needs</li> <li>negotiate respectfully with patient to sensitively overcome any obstacles to treatment</li> </ul> |
| Numeracy skills to:           | <ul style="list-style-type: none"> <li>measure, interpret and record numerical information to evaluate effectiveness of treatment</li> <li>understand range of motion in terms of degrees</li> </ul>   |
| Problem-solving skills to:    | <ul style="list-style-type: none"> <li>evaluate treatment and modify based on observed responses</li> </ul>  |

|                             |   |
|-----------------------------|---|
|                             | <ul style="list-style-type: none"><li>• apply clinical reasoning skills to patient cases</li></ul>  |
| Self-management skills to:  | <ul style="list-style-type: none"><li>• manage time throughout consultation</li></ul>   |
| Digital literacy skills to: | <ul style="list-style-type: none"><li>• use common industry relevant software to record and manage patient data and store information</li></ul> |

**Unit Mapping Information**

| Current Version                        | Previous Version                       | Comments       |
|--|--|----------------|
| VU23638 - Provide myotherapy treatment | VU21878 - Provide myotherapy treatment | Not Equivalent |



## Assessment Requirements

| Title                       | Assessment Requirements for <b><i>VU23638 - Provide myotherapy treatment</i></b>  |
|-----------------------------|---|
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>• With at least five (5) different patients: <ul style="list-style-type: none"> <li>○ Manage myotherapy treatments by respectfully communicating and providing information about the treatment options, issues and outcomes to the patient</li> <li>○ Apply a full range of myotherapy techniques to achieve positive health outcomes, consistent with standard myotherapy clinical practice</li> <li>○ Monitor and measure patient responses to treatment at regular intervals to evaluate outcomes and make adjustments to treatment plans, when necessary.</li> </ul> </li> </ul> <p>In the course of the above, the candidate must:</p> <ul style="list-style-type: none"> <li>• Ensure treatment incorporates the underpinning values, philosophies, practices and principles of the myotherapy framework</li> <li>• Refer to another health care professional where required</li> <li>• Use equipment and resources competently and safely</li> <li>• Provide post-treatment advice</li> <li>• Explain and assess any perceived risks and possible responses to the myotherapy treatment to the patient</li> <li>• Communicate respectfully with patient using active listening and adjusting to patient needs</li> <li>• Assess the need for future treatments</li> </ul> |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>• Anatomy and physiology, biomechanics, pharmacology and nutrition as is relevant to Myotherapy practice</li> <li>• Range of myotherapy techniques, including: <ul style="list-style-type: none"> <li>– trigger point therapy <ul style="list-style-type: none"> <li>○ ischemic compression</li> <li>○ trigger point release</li> </ul> </li> <li>– soft tissue stretching</li> <li>– joint mobilisation</li> <li>– strapping and taping</li> <li>– muscle energy technique (met)</li> <li>– thermotherapies and cryotherapies</li> <li>– myofascial vacuum cupping</li> <li>– friction technique</li> </ul> </li> </ul>   |

|                                     |  |
|-------------------------------------|--|
|                                     | <ul style="list-style-type: none"> <li>- myofascial tension technique</li> <li>- neurodynamic techniques</li> <li>• Underpinning values, philosophies, practices and principles of the myotherapy framework</li> <li>• Corrective exercise program features according to the treatment plan</li> <li>• Treatment of a range of conditions/disease states</li> <li>• Informed consent</li> <li>• Range of measurement tests for evaluation of treatment effects such as: <ul style="list-style-type: none"> <li>- patient-reported outcome measures</li> <li>- range of motion (passive, active, resisted)</li> <li>- special/orthopaedic tests</li> <li>- movement screen/efficiency</li> <li>- strength testing</li> <li>- endurance testing</li> <li>- neurological testing (myotome/dermatomal testing)</li> <li>- flexibility testing</li> <li>- balance testing</li> <li>- posture screen/structural alignment</li> <li>- palpation</li> </ul> </li> <li>• Contraindications to all myotherapy treatment modalities and related issues</li> <li>• Relevant organisational policies and procedures</li> <li>• Role of other health care professionals and support services</li> <li>• Code of ethics for myotherapy</li> </ul> |
| <p><b>Assessment Conditions</b></p> | <p>Skills must be demonstrated in a student clinic and/or simulated environment that reflects workplace conditions set up for the purpose of skills assessment. A simulated environment may include an appropriately resourced classroom or training room.</p> <p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> <li>• a range of patients who: <ul style="list-style-type: none"> <li>- are different genders (unless it is culturally/religiously inappropriate),</li> <li>- are from different stages of life, and</li> <li>- have varied presentations.</li> <li>- where assessed in a student clinic, the patients must be members of the public</li> </ul> </li> <li>• Patient information including case history and treatment plan</li> <li>• Treatment table and chair</li> <li>• Hand washing or hand sanitising facilities</li> <li>• Linen</li> <li>• Treatment oils, lotions and creams</li> <li>• Access to bathroom facilities</li> <li>• Strapping tape and bandages</li> <li>• First aid equipment</li> </ul>   |

- Hygiene aids
- Stationery and filing systems
- Complementary therapeutic devices as relevant to the patient's treatment plan

Where assessment occurs in a student clinic, the student clinic must meet the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in this unit.
- Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.

The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.

### **Assessor requirements**

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

In addition, assessors must:

- have a minimum of 2 year's clinical experience working in a role where they have applied the skills and knowledge described in this unit of competency,

And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

And

- have current membership of a relevant Professional Association.

|                              |  |
|------------------------------|--|
| <b>Unit code</b>             | <b>VU23639</b>   |
| <b>Unit title</b>            | <b>Provide myofascial dry needling treatment</b>   |
| <b>Application</b>           | <p>This unit describes the performance outcomes, skills and knowledge required to administer myofascial dry needling treatment in a myotherapy context. It does not address acupuncture.</p> <p>The unit applies to a person who is practicing as a Myotherapist working within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | VU23634 Manage health risks in a myotherapy environment  |
| <b>Competency Field</b>      | N/A  |
| <b>Unit Sector</b>           | N/A  |

| <b>Element</b>   |   | <b>Performance Criteria</b>   |   |
|--|---|---|---|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |   | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |   |
| 1.   | Apply the central principles and practices of myofascial dry needling treatment | 1.1   | Explain myofascial dry needling treatment principles and rationale of the technique to the patient                            |
|  |   | 1.2   | Discuss the importance of education for both therapist and patient in the technique procedure and the expected roles of each  |
|  |   | 1.3   | Outline the practical application of the technique, identifying the site of treatment and the different options for treatment |
|  |   | 1.4   | Explain risk of myofascial dry needling specific to the selected treatment area to the patient                                |
|  |   | 1.5   | Explain immediate aftercare procedures for myofascial dry needling to the patient   |
|  |   | 1.6   | Seek informed consent before commencing myofascial dry needling treatment   |
|  |   | 1.7   | Evaluate myofascial dry needling treatment principles and practices in relation to the patient's health conditions            |
|  |   | 1.8   | Identify and integrate recent developments and current best practices principles into the treatment                           |
|  |   | 1.9   | Use measures to reduce risk, improve safety and enhance treatment outcomes  |

|    |   |     |  |
|----|---|-----|--|
| 2. | Work within clinic and regulation guidelines                            | 2.1 | Identify and adhere to clinic's guidelines and relevant legal and regulatory requirements for myofascial dry needling treatment      |
|    |   | 2.2 | Source and organise all relevant documentation to communicate the key regulatory requirements to other relevant work personnel       |
|    |   | 2.3 | Develop a strategy/response to a range of given clinical scenarios to ensure that appropriate guidelines are followed                |
|    |   | 2.4 | Develop clinic guidelines to ensure skills and practices are periodically reviewed & maintained                                      |
|    |   | 2.5 | Establish and practice personal hygiene and infection control guidelines   |
| 3. | Assess the patient to determine if myofascial dry needling is indicated | 3.1 | Collect the patient's history in order to determine a clinical impression  |
|    |   | 3.2 | Conduct an objective examination to assess function and dysfunction and reproduce presenting symptoms                                |
|    |   | 3.3 | Ensure myofascial trigger points are accurately palpated relevant to the presenting condition/symptoms                               |
|    |   | 3.4 | Determine the need to apply myofascial dry needling to improve the patient's condition based on clinical reasoning                   |
| 4. | Perform myofascial dry needling and evaluate treatment                  | 4.1 | Prepare the work environment correctly to conduct myofascial trigger point needling  |
|    |   | 4.2 | Select and organise required resources for effective treatment   |
|    |   | 4.3 | Ensure the correct placement of needles, cotton buds, biowaste and sharps disposal units   |
|    |   | 4.4 | Utilise best practice standards and guidelines to ensure patient safety and correct administration of myofascial dry needling        |
|    |   | 4.5 | Perform myofascial dry needling using the correct clinical procedures and correct needle size to ensure treatment goals are achieved |
|    |   | 4.6 | Evaluate the effectiveness of the myofascial dry needling in treating the patient's condition  |
|    |   | 4.7 | Complete required clinical notes accurately documenting dry needling application   |

### Range of Conditions

N/A

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                         | Description   |
|-------------------------------|---|
| Reading skills to:            | <ul style="list-style-type: none"> <li>comprehend and interpret clinic information, patient health records, medical reports, and medical terminology</li> </ul>   |
| Writing skills to:            | <ul style="list-style-type: none"> <li>use appropriate language and terminology to record clinical notes accurately and comprehensively, and in accordance with relevant regulations and standards</li> </ul> |
| Oral communication skills to: | <ul style="list-style-type: none"> <li>use active listening and open questions to seek information</li> <li>adjust communication to meet differing needs</li> </ul>   |
| Learning skills to:           | <ul style="list-style-type: none"> <li>access and interpret up-to-date information in order to remain current with industry developments and best practice</li> </ul>   |
| Self-management skills to:    | <ul style="list-style-type: none"> <li>manage time throughout consultation</li> </ul>   |
| Digital literacy skills to:   | <ul style="list-style-type: none"> <li>use common industry relevant software to record and manage patient data and store information</li> </ul>   |

## Unit Mapping Information

| Current Version                                     | Previous Version                                    | Comments   |
|---|---|------------|
| VU23639 - Provide myofascial dry needling treatment | VU21879 - Provide myofascial dry needling treatment | Equivalent |

## Assessment Requirements

|                             |   |
|-----------------------------|---|
| <b>Title</b>                | Assessment Requirements for <b><i>VU23639 - Provide myofascial dry needling treatment</i></b>   |
| <b>Performance Evidence</b> | <p>The candidate must demonstrate evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the work role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>● Apply the values, philosophies, practices, and principles of myofascial dry needling practice to the provision of myofascial dry needling treatment.</li> <li>● Demonstrate at least 20 total applications of myofascial dry needling while adhering to correct clinical procedures and guidelines. This must include: <ul style="list-style-type: none"> <li>○ At least 10 applications in the classroom/learning environment, including at least once to each of the following regions of the body: <ul style="list-style-type: none"> <li>▪ Lower leg and foot muscles</li> <li>▪ Posterior, anterior and medial thigh muscles</li> <li>▪ Hip and pelvis muscles</li> <li>▪ Posterior spinal muscles</li> <li>▪ Pectoral girdle, glenohumeral and forearm muscles</li> <li>▪ Cervical spine muscles</li> <li>▪ Hands</li> <li>▪ Face</li> </ul> </li> </ul> </li> </ul> <p>Needling skills for a body region <b>MUST</b> be correctly demonstrated in the classroom/learning environment prior to students applying needling techniques to that body region in the student clinic environment.</p> <ul style="list-style-type: none"> <li>○ At least 10 applications, across at least 3 different regions of the body, performed in a student clinic with real patients (members of the public). These applications must be appropriate to patient presentation and to assist the myotherapy treatment strategy.</li> </ul> <p>In the course of the above, the candidate must:</p> <ul style="list-style-type: none"> <li>● Prepare for myofascial dry needling appropriately by working within the relevant clinic and regulation guidelines to achieve required quality standards</li> <li>● Use communication techniques appropriate to the patient to explain myofascial dry needling to the patient, examine and assess the patient to identify need</li> <li>● Evaluate effectiveness of treatment</li> </ul> |
| <b>Knowledge Evidence</b>   | <p>The candidate must be able to demonstrate knowledge required to effectively complete the tasks outlined in elements and performance criteria of this unit in the context of the work role. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>● Relevant State and Federal legislation and regulations</li> <li>● Standards, guidelines and codes of practice</li> <li>● History and development of dry needling including the differences and</li> </ul>  |

|                                     |   |
|-------------------------------------|---|
|                                     | <p>similarities between dry needling and acupuncture</p> <ul style="list-style-type: none"> <li>● Myofascial dry needling treatment principles and practices</li> <li>● Myofascial dry needling treatment options such as superficial dry needling, static needle placement (+ or – needle rotation) and dynamic movement of the needle to facilitate local twitch response</li> <li>● Aftercare procedures including direct compression, cleaning and managing bleeding and managing adverse reactions</li> <li>● Description of a myofascial trigger point and pain</li> <li>● Neurophysiological basis of myofascial pain syndrome</li> <li>● Neurophysiological basis of: <ul style="list-style-type: none"> <li>– muscle trigger points</li> <li>– referred pain</li> <li>– sensitisation mechanisms of trigger points</li> </ul> </li> <li>● Pathophysiology of myofascial pain</li> <li>● Mechanisms and effects of myofascial dry needling</li> <li>● Category and types of needles and their purposes</li> <li>● Safety guidelines with myofascial dry needling</li> <li>● Hygiene relevant to skin penetration, including relevant hygiene guidelines for skin penetration</li> <li>● Informed consent</li> <li>● Patient skin preparation</li> <li>● Needle &amp; medical waste disposal</li> <li>● Prevention of needle stick injury</li> <li>● Absolute and relative contraindications for myofascial dry needling (MDN)</li> <li>● Anatomical considerations for needle insertion</li> <li>● Management of adverse reactions post treatment <ul style="list-style-type: none"> <li>– Pain</li> <li>– Bruising</li> <li>– Fainting</li> <li>– Pneumothorax</li> <li>– Stuck/bent needle</li> </ul> </li> <li>● OHS requirements in the workplace</li> <li>● Underpinning values, philosophies, practices and principles of myofascial dry needling practice</li> </ul> |
| <p><b>Assessment Conditions</b></p> | <p>The application of myofascial dry needling skills in this unit must be demonstrated/assessed:</p> <ul style="list-style-type: none"> <li>● in the classroom/learning environment for at least 10 applications (in accordance with the Performance Evidence).</li> </ul> <p>And</p> <ul style="list-style-type: none"> <li>● in a student clinic for at least 10 applications (in accordance with the Performance Evidence).</li> </ul>   |



Needling skills for a body region MUST be correctly demonstrated in the classroom/learning environment prior to students applying needling techniques to that body region in the student clinic environment.

The student clinic must meet the following criteria:

- Students provide services to members of the public under supervision of a clinic supervisor.
- The clinic supervisor meets the assessor requirements outlined in this unit.
- Services are provided in accordance with myotherapy industry codes of ethics and codes of practice.
- The clinical setting (inc. storage and management of patient records) is set up and managed in accordance with myotherapy industry standards and guidelines. A home-based clinical setting is not appropriate.

Assessment must ensure access to:

- a range of patients who:
  - are different genders (unless it is culturally/religiously inappropriate),
  - are from different stages of life, and
  - have varied presentations.
  - where assessed in a student clinic, the patients must be members of the public
- patient information including case history
- treatment table and chair
- hand washing or hand sanitising facilities
- linen
- treatment oils, lotions and creams
- single use dry needles
- sharps disposal unit
- access to bathroom facilities
- strapping tape and bandages
- first aid equipment
- hygiene aids
- stationery and filing systems

### **Assessor requirements**

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

In addition, assessors must:

- have a minimum of 2 year's clinical experience working in a role where they have applied the myofascial dry needling skills and knowledge covered in this unit of competency,

And

- hold a qualification at or above AQF Level 6 in myotherapy or a related health science field,

And

- have current membership of a relevant Professional Association.

Noting that acupuncture-based experience does not meet the above additional assessor competency requirements.

OFFICIAL

VU23640 - Research, evaluate and apply information about myotherapy clinical practice

|                              |  |
|------------------------------|--|
| <b>Unit code</b>             | <b>VU23640</b>   |
| <b>Unit title</b>            | <b>Research, evaluate and apply information about myotherapy clinical practice</b>   |
| <b>Application</b>           | <p>This unit describes the skills and knowledge required to source and evaluate relevant research information about myotherapy clinical practice and apply findings to own clinical practice.</p> <p>This unit applies to a person who is practicing as a Myotherapist working within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p> <p><i>No occupational licensing, legislative or certification requirements apply to this unit at the time of publication.</i></p> |
| <b>Pre-requisite Unit(s)</b> | N/A  |
| <b>Competency Field</b>      | 061999 - Complementary Therapies, nec  |
| <b>Unit Sector</b>           | N/A  |

| <b>Element</b>   |  | <b>Performance Criteria</b>   |   |
|--|--|---|---|
| <i>Elements describe the essential outcomes of a unit of competency.</i> |  | <i>Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the assessment requirements.</i> |   |
| 1.   | Plan research activities relating to myotherapy practice | 1.1   | Identify research opportunities with the potential to support and improve myotherapy practice   |
|  |  | 1.2   | Identify research aims and objectives to support and improve myotherapy practice  |
|  |  | 1.3   | Identify established sources of relevant and credible research information  |
|  |  | 1.4   | Select and use an efficient research process for gathering the required information   |
| 2.   | Collect and analyse research information                 | 2.1   | Collect and organise research for analysis  |
|  |  | 2.2   | Compare and contrast gathered research  |
|  |  | 2.3   | Assess the research methods, validity, reliability, strengths, limitations, and the currency of the information in the context of myotherapy practice |
|  |  | 2.4   | Critically evaluate the relevance of the research to clinical treatment strategies within a myotherapy framework                                      |

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VU23640 - Research, evaluate and apply information about myotherapy clinical practice

|    |  |     |  |
|----|--|-----|--|
|    |  | 2.5 | Make research conclusions based solely on the critical evaluation of the data and evidence gathered                            |
| 3. | Apply research findings to clinical practice | 3.1 | Use research conclusions to identify potential areas for improvement in current practice                                       |
|    |  | 3.2 | Correlate research findings with individual clinical case presentation to determine potential application in clinical practice |
|    |  | 3.3 | Identify issues that may require further investigation based on the research   |

## Range Of Conditions

N/A

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| Skill                                | Description   |
|--------------------------------------|---|
| Reading skills to:                   | <ul style="list-style-type: none"> <li>Understand and interpret a range of research materials</li> </ul>                        |
| Numeracy skills to:                  | <ul style="list-style-type: none"> <li>Interpret numerical data</li> </ul>  |
| Initiative and enterprise skills to: | <ul style="list-style-type: none"> <li>Incorporate relevant research information within myotherapy clinical practice</li> </ul> |
| Self-management skills to:           | <ul style="list-style-type: none"> <li>Access a range of reference materials</li> </ul>   |

## Unit Mapping Information

| Current Version   | Previous Version  | Comments   |
|---|---|------------|
| VU23640 - Research, evaluate and apply information about myotherapy clinical practice | VU21880 - Conduct research relating to myotherapy clinical practice | Equivalent |

## Assessment Requirements

|                              |  |
|------------------------------|--|
| <b>Title</b>                 | <i>Assessment Requirements for VU23640 - Research, evaluate and apply information about myotherapy clinical practice</i>   |
| <b>Performance Evidence</b>  | <p>The candidate must demonstrate the ability to complete tasks outlined in the elements and performance criteria of this unit in the context of the job role, including evidence of the ability to:</p> <ul style="list-style-type: none"> <li>• undertake a research project relating to myotherapy practice; including planning, collecting and collating information for analysis, and completion of a critical evaluation.</li> </ul> <p>In the course of the above, the candidate must:</p> <ul style="list-style-type: none"> <li>• at minimum, collect and critically analyse data and evidence related to each of the following: <ul style="list-style-type: none"> <li>– health conditions</li> <li>– clinical presentations</li> <li>– assessment approaches</li> <li>– treatment approaches</li> </ul> </li> <li>• draw conclusions to support and improve myotherapy practice, based upon the research undertaken.</li> </ul> |
| <b>Knowledge Evidence</b>    | <p>The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the work role.</p> <p>This includes knowledge of:</p> <ul style="list-style-type: none"> <li>• National Health &amp; Medical Research Council (NHMRC) levels of research evidence</li> <li>• relevant sources of information</li> <li>• research methodologies commonly used in medical, allied health and complementary medicine research</li> <li>• quantitative research</li> <li>• qualitative research</li> <li>• mixed-methods research</li> <li>• critical appraisal checklists</li> <li>• statistical significance compared to clinical significance</li> <li>• internal validity</li> <li>• external validity / generalisability</li> </ul>   |
| <b>Assessment Conditions</b> | <p>Assessment must include access to:</p> <ul style="list-style-type: none"> <li>• relevant texts, manuals, journals or research papers</li> <li>• digital technology required to undertake research.</li> </ul> <p><b>Assessor requirements</b></p>   |

# OFFICIAL

VU23640 - Research, evaluate and apply information about myotherapy clinical practice

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|---|
| <p>Assessors of this unit must satisfy the requirements for assessors in applicable Vocational Educational and Training legislation, frameworks and/or standards.</p> <p>No specialist vocational competency requirements for assessors apply to this unit.</p> |
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