

## Unit 52: Implement Hydrotherapy Programmes for Individuals and Groups

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Level:	3
Unit type:	Optional
Credit value:	5
Guided learning hours:	35

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### Unit Aim

This unit aims to develop the learner's ability to implement hydrotherapy programmes under the overall direction of the therapist. Knowledge and understanding of the musculo skeletal anatomy of the human body and the principles and practices of hydrotherapy underpin work practice.

### Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcomes 4 and 5 must come from real work activities.

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1 Understand current legislation, national guidelines, policies, protocols and good practice related to implementing hydrotherapy programmes	1.1 Summarise current legislation, national guidelines, policies, protocols and good practice guidelines which inform own role when implementing hydrotherapy programmes
	1.2 Explain the importance of only working within own scope of practice
2 Know musculoskeletal aspects of the body	2.1 Identify the main bones, muscle groups and joints of the body
	2.2 Describe the functions of muscle, ligaments and tendons
	2.3 Describe the normal ranges of movement of the main joints in the body

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
3 Understand principles of hydrotherapy practice	3.1 Describe principles and main benefits of hydrotherapy
	3.2 Identify potential dangers and adverse reactions related to hydrotherapy and actions to be taken
	3.3 Describe response procedures to follow in emergency situations in hydrotherapy
	3.4 Explain reasons for respecting the vulnerability of <b>individuals</b> in the hydrotherapy environment
	3.5 Explain the importance of taking refreshment and rest during hydrotherapy programmes
	3.6 Describe applications of hydrotherapy equipment
4 Be able to implement hydrotherapy programmes	4.1 Check the environment is suitable for hydrotherapy programmes
	4.2 Obtain <b>valid consent</b> from the <b>individual</b> before starting the hydrotherapy programme
	4.3 Assist the <b>individual</b> to enter/exit the pool
	4.4 Carry out specified activities under direction of the practitioner as outlined in the treatment goals
	4.5 Monitor the safety and well-being of the <b>individual</b> during and after treatment in line with national/local policy and protocol
	4.6 Explain the importance of monitoring an <b>individual's</b> condition during hydrotherapy programmes
	4.7 Ensure self and <b>individual</b> take rest and refreshment as appropriate
5 Be able to report to the practitioner on the outcomes of the hydrotherapy programme	5.1 Make records of the programme activities and the <b>individual's</b> condition in line with national/local policy and protocol
	5.2 Feedback information to the practitioner to inform future planning

### **Additional information about the unit**

Exemplification of terms used in assessment criteria:

**Individual** refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

**Valid consent:** Consent (must be in line with agreed UK country definition) may include:

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.