SKAEF29

Deliver an exercise rehabilitation activity programme with patients requiring accelerated rehabilitation exercises after illness and injury

Overview

This standard is about the provision of accelerated musculoskeletal rehabilitation and includes the skills and knowledge required to deliver safe and effective exercise programmes for patients requiring accelerated rehabilitation exercise after illness and or injury.

The main outcomes of this standard are:

1. prepare patients for exercise rehabilitation sessions
2. teach and adapt planned exercise rehabilitation sessions

You must include the core exercise and fitness knowledge and theoretical understanding as detailed in the document SkillsActive Exercise and Fitness Core Knowledge Requirements relevant to the job role.

Qualified individuals can conduct, review and adapt programmes to address the needs of a patient with acute or chronic musculoskeletal injury.

They will normally be working without direct supervision but under the direction of a physiotherapist, Medical Officer or GP.
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Performance criteria

You must be able to:

Prepare patients for exercise rehabilitation sessions

1. prepare patients for the activity
2. ensure a screening process is completed, referring to information provided, within each exercise rehabilitation session
3. inform patients how the session links to their individual goals and or objectives
4. discuss the exercises that you have planned for the session with patients and health professionals
5. discuss the physical and technical demands of the planned exercises with patients
6. assess and agree patients’ state of readiness and motivation to take part in the session
7. manage risk to patients throughout the programme
8. communicate and consult with patients on progress throughout the programme
9. support patients’ engagement to promote sustained change in physical activity levels
10. provide ongoing reports following legal and organisational procedures for liaising with health professionals

Teach and adapt planned exercise rehabilitation sessions

11. provide instructions, explanations and demonstrations to patients
12. adapt communication methods to meet the needs of patients
13. ensure patients can carry out the exercises safely on their own
14. observe and analyse the performance of patients
15. provide encouragement throughout the session
16. determine and adapt progressive physical activity programmes according to feedback from patients and health professionals
17. negotiate and agree with patients any changes to the planned exercises that will meet their goals and or objectives and preferences and record these
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Knowledge and understanding

You need to know and understand:

Prepare patients for exercise rehabilitation sessions

1. why patients should be properly prepared before the activity begins
2. the ongoing screening process for each exercise session
3. how the session links to patients' goals
4. how to discuss the exercises that you have planned for the session with patients
5. the physical and technical demands of the planned exercises
6. how to assess and agree patients' state of readiness and motivation to take part in the session
7. how to assess, monitor and manage risk to patients throughout the programme
8. how to consult with patients on their progress
9. the types of common injuries that could occur during exercise
10. methods of promoting sustained change in physical activity levels
11. when to provide ongoing reports to communicate outcomes, following legal and organisational procedures for liaising with health professionals

Teach and adapt planned exercise rehabilitation sessions

12. ways of providing instructions, explanations and demonstrating the correct positions for exercises to patients
13. the communication methods required to meet the needs of patients
14. methods of ensuring that patients can carry out the exercises safely on their own
15. when to observe and analyse patient performance
16. methods of providing encouragement throughout the session
17. how to determine and adapt progressive physical activity programmes using sources of information as guidance
18. methods of negotiating, agreeing and recording with patients any changes to the planned exercises that will meet their goals and preferences
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**Scope/range related to performance criteria**

**Patients**

1. individuals
2. groups

**Information**

1. personal goals
2. lifestyle
3. medical history
4. physical activity history
5. physical activity preferences

**Goals and or Objectives**

1. improve fitness
2. improve motivation
3. address barriers to participation
4. improve skills and techniques
5. improve health
6. fun and enjoyment

**Exercises, to develop**

1. cardio-vascular fitness
2. muscular fitness
3. flexibility
4. motor skills
5. muscular strength and endurance fitness

**Health professionals**
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1. psychologist
2. physician
3. physiotherapist/other therapist
4. supervisor
5. specialist health/exercise professional
6. nutritionist/dietician

**Legal and organisational procedures** (to cover a minimum of 4)

1. Health and Safety at Work Act
2. Control of Substances Hazardous to Health
3. Reporting of Injuries, Diseases and Dangerous Occurrences Regulations
4. Electricity at Work Regulations
5. First Aid Regulations
6. individual organisational policies and procedures

**Communication methods**

1. interview
2. questionnaire
3. observation
4. physical measurements
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Manage risk

1. contraindications
2. heart rate monitors
3. perceived levels of exertion

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Sources of Information

1. results from physical and exercise assessments
2. medical information
3. national guidelines
4. consultation forms
5. referral forms
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Values

The following values underpin the Exercise and Fitness National Occupational Standards

Exercise Professionals should:
1. demonstrate and promote a responsible lifestyle and conduct, by actively discouraging the use of performance enhancing drugs, and any other illegal substance
2. maintain confidentiality
3. deal openly and in a transparent manner with participants; respecting their participants' needs at all times
4. seek to adopt the highest level of professional standards in all areas of their work and the development of their career

Behaviours

The following behaviours underpin the Exercise and Fitness National Occupational Standards

Exercise Professionals should:
1. seek to nurture healthy relationships with participants and other health professionals by supporting, coordinating and managing the fitness/exercise process effectively, keeping the participant at the centre of the process
2. be aware of the roles of supporting personnel in the healthcare professions and recognise when to refer issues to these specialists
3. be aware of responsibilities and liabilities under equality, diversity and inclusion legislation and industry codes of practice
4. aim to empower participants; supporting their right to make choices, discover their own solutions, and enable them to participate and develop at their own pace and in their own way
5. identify and recognise the participants' needs at the start of the process
6. aim to improve participants' confidence, self-esteem and fitness levels
7. reflect on own practice and always seek ways to improve their own fitness and exercise ability, skills and knowledge
8. establish a rapport with participants
9. show empathy and sensitivity to participants' goals and current stage of readiness
10. present a positive image of oneself and their organisation to participants
11. develop an effective working relationship with participants
12. clearly define the roles and responsibilities of other professionals who may be involved
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13. communicate clearly with participants in a way that makes them feel valued
14. show sensitivity and empathy to the participants and the information they provide

Skills

The following skills underpin the Exercise and Fitness National Occupational Standards

Exercise Professionals should:
1. systematically prepare for all activities ensuring the health, safety and welfare of their participants
2. ensure there is differentiation and inclusion that can enable participants with particular needs and of various abilities to participate in sessions and programmes. The needs of participants with a disability should be considered and, where possible, their needs met
3. implement ground rules for behaviour during the session
4. explain their role and responsibilities to participants
5. identify any barriers to participation
6. encourage participants to find a solution to their barriers
7. identify participants' readiness to participate
8. identify and agree strategies to prevent drop out or relapse
9. use instructing styles that match participants' needs
10. adapt their relationship with participants to meet their changing needs
11. listen to and ask the participants questions to check their understanding
12. identify what information they need to collect about their participants
13. collect information about their participants using approved methods
14. record the information in a way that will help with analysing it
15. use communication techniques and appropriate responses when dealing with conflict
16. recognise discriminatory behaviour and know the procedures to follow in case of any incidents

Glossary

Activities

Components of a physical activity session that may focus on your development of participants' strength, endurance, techniques or tactical awareness or strategies for problem solving. Physical activity sessions are composed of one or more activities.
Goals

Can be long, medium or short term. The stated outcome of the physical activity session (individual or group) which will influence what participants will be working on during the session.

Instructions

The key teaching points which guide a participant towards safe and effective performance of an exercise.

Plan

A physical activity session plan is a description of a particular session; included in the plan will be its aims, objectives, content, activities, timings and equipment needed. Plans should be recorded so that they can be shared with others and referenced at a later date.

Welfare

Supporting participants' well-being including basic lifestyle, nutrition and drug awareness.
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